

Name:

Year Group:

School:



### Warm Up Game – Spin the Bottle

- You will need a bottle and either 10 cards or create a numbered board like this!
- Spin the bottle!
- Whichever numbered activity the bottle top is pointing to you have to complete the task – see below
- Choose one of the challenges below. You may want to complete a different challenge each day, or even create your own!
- CHALLENGE 1: How many can you complete in a set time?
- CHALLENGE 2: How long does it take to complete all 10 numbered activities?
- FAMILY CHALLENGE 1: Spin the bottle for each other.
- FAMILY CHALLENGE 2: How long does it take to complete all 10 numbered activities together?

#### TASK

- |                        |                           |
|------------------------|---------------------------|
| 1: 20 x Butt Kicks     | 6: 10 x Second Sprint     |
| 2: 20 x High Knees     | 7: 10 x Burpees           |
| 3: 10 x Jumping Jacks  | 8: 10 x Tuck Jumps        |
| 4: 10 x Jumping Lunges | 9: 10 x Mountain Climbers |
| 5: 10 x Side Lunges    | 10: 20 x 'Spotty Dogs'    |

This week's challenges focus on the following School Games Values:



## National School Sports Week: Sports Day Challenges

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can make your challenges <b>harder</b> or <b>easier</b> via the highlighted sections. Make sure you do the same version each time so you will know if you have improved						
<b>ARTISTIC MOVE IT MONDAY</b>  Egg & Spoon  Equipment: 4 Markers/cones	<ul style="list-style-type: none"> <li>Boil and egg , wait for it to cool down</li> <li>Create your own Egg Head to use in your challenge</li> <li>You will need: 2 markers, an egg (if no egg create using a satsuma or potato), and a spoon</li> <li>Mark a 3 metre distance using two markers</li> <li>Start at one marker and move around the second marker and back</li> <li>Whilst moving, keep the Egg Head balanced on the spoon.</li> <li>If you drop the 'egg', stand still, replace your 'egg' on the spoon and continue moving.</li> <li>Each movement past an end marker is 1 point</li> <li>How many points can you get in 2 minutes?</li> </ul>					
<b>AIMING TO TRY IT TUESDAY</b>  Tin Can Alley  Equipment: Be creative	<ul style="list-style-type: none"> <li>You will need to build a pyramid out of 3 tins or cans</li> <li>Find an object to throw e.g. a ball or a ball of socks.</li> <li>Make a start line 3 metres away from your cans</li> <li>Record how many tins you knock over in 10 attempts. Each tin on its side counts as 1 point.</li> <li>5 metre distance. 2 metre distance</li> </ul>					
<b>ADVENTUROUS WORK OUT WEDNESDAY</b>  'Dress Yourself' Relay  Equipment: 2 markers/cones	<ul style="list-style-type: none"> <li>You will need: two markers and 4 items of clothing e.g. buttoned shirt, hat, etc.</li> <li>Place two markers, 5 metres apart. Put the items of clothing at the marker furthest from the start.</li> <li>On 'Go', sprint to the marker, pick up one item of clothing and put it on.</li> <li>Sprint back to the starter marker and repeat until all items of clothing are being worn.</li> <li>The time stops when you have returned back to the start line. Record your time in total seconds e.g. 1 min 15 secs would be recorded as '75 seconds'</li> <li>Try to be as creative with items of clothing; the crazier the better!</li> <li>6 items of clothing. 3 items of clothing</li> </ul>					
<b>ATHLETIC TRAIN IT THURSDAY</b>  5 Metre Hurdle Run  Equipment: 4 markers/cones	<ul style="list-style-type: none"> <li>You will need: two markers and an obstacle approx. 20cm high e.g. cereal box on its side.</li> <li>Place two markers, 5 metres apart, with the obstacle in the centre.</li> <li>On 'Go' sprint to the other marker; jump over the obstacle on your way. Turn around and repeat on the way back</li> <li>Each movement past an end marker is 1 point</li> <li>Record how many sprints you can complete in 2 minutes</li> <li>2 or more obstacles. 3 metre distance</li> </ul>					
<b>FRIDAY FINISHER TEAM SPORT</b>  Beach Ball Blast  Equipment: 6 items, chair, ball	<ul style="list-style-type: none"> <li>Find an item the size of a beach ball</li> <li>Find a chair to sit on and place the 'beach ball' 3 metres away from the chair.</li> <li>Using a ball or create your own missile, have ten attempts to try and 'blast' the beach ball.</li> <li>Have a few goes and record how far you have made the beach ball travel</li> <li>5 metre distance 2 metre distance.</li> </ul>					

Challenges should be done between 9am and 3pm if possible – send your results to us in order to earn a point for your school. You can take a picture and send it to Jenny or Amy via: email [jenniferknight9@gmail.com](mailto:jenniferknight9@gmail.com) or [amy.rodger@solent.ac.uk](mailto:amy.rodger@solent.ac.uk) There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO

# #NSSWtogether