

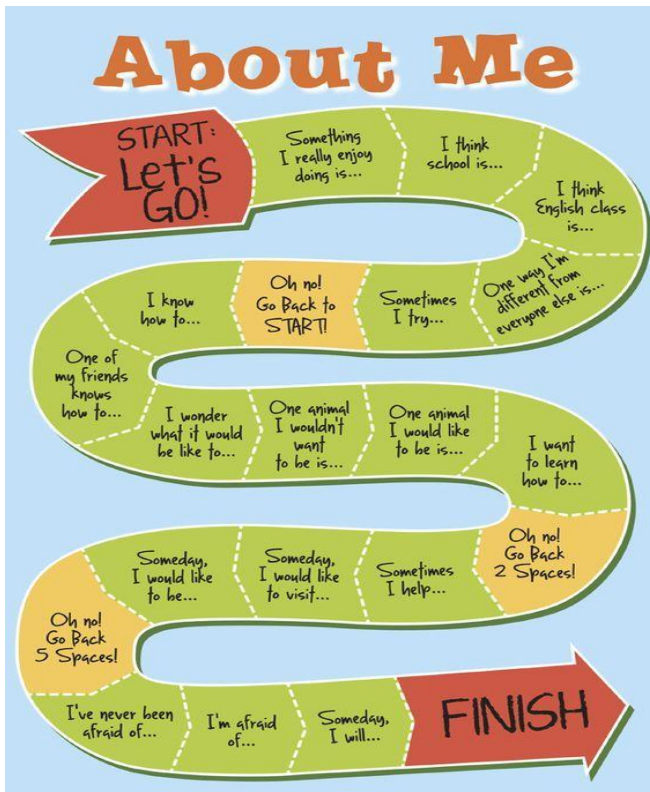
Name:

Year Group:

School:

**Wellbeing Week- This week is all about being positive, think about your own physical and mental well-being and making your own choices**

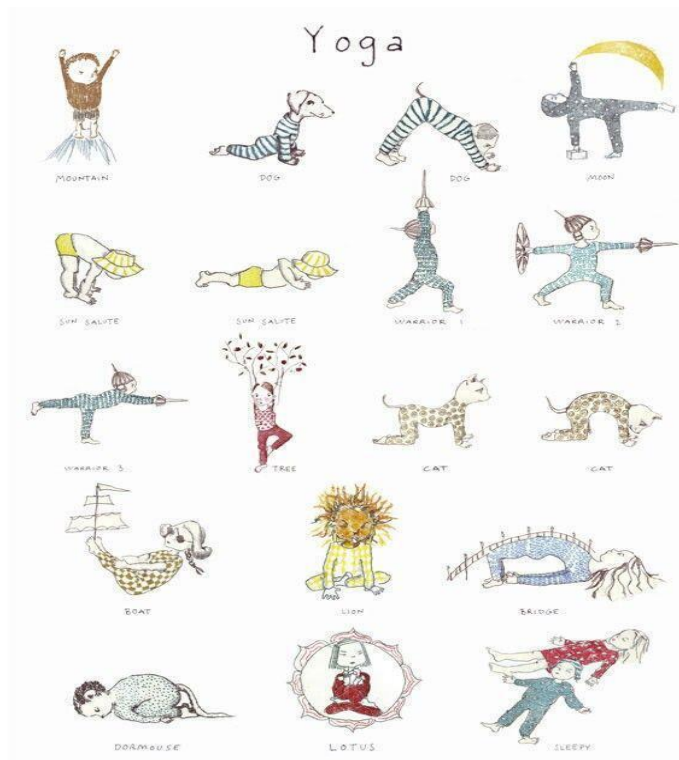
#### WARM UP FOR THE WEEK



#### Equipment: a dice

- With a friend or family member play the game.
- Take Turns and if they answer the question wrong they must do a fitness challenge set by you.
- Ideas could be star jumps, mountain climbers, jogging on the spot, jumping, tuck jump, chair sit, sprinting

#### YOGA POSES ARE MONDAYS ACTIVITY



#### THE BEAN GAME IS FOR USE OF FRIDAY.

##### BEAN GAME ACTIONS FOR FRIDAY

- String bean** – stretch up as high as you can.
- Broad bean** – make yourself as wide as you can.
- Runner bean** – run on the spot.
- Jumping bean** – jump on the spot.
- Jelly beans**– shake your whole body like jelly
- Beans on toast** – lie flat on the floor.
- Chilli beans** – shiver as though you are very cold.
- Mr. Bean** – shrug your shoulders and make a confused face.
- Beanie Baby** – suck on your thumb.
- Bean bags** – huddle in a ball on the floor
- French bean** – wiggle your hips and say 'Oh La La ' in a French accent



**This week's challenges all focus on the School Games Values of Determination, Passion, Honesty and Self Belief**

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Wellbeing Week- Focus for the week: <i>This week is all about being positive, think about you own physical and mental well-being and making your own choices</i></b>						
<b>MOVE IT MONDAY</b>  YOGA  Equipment- music, pen and paper	Complete the Yoga routine with some relaxing music on. Hold each pose for up to 20 seconds. Complete each move slowly and try to relax and breathe. Complete it once and write down something great about a family member. Repeat the poses second time and write down something great about a friend and finally repeat it a third time and write something great about yourself. <b>Challenge- Tell us one great thing about yourself. Write it in the box!</b>					
<b>TALKING TUESDAY</b>  SIMON SAYS	Talk to a friend/family member and challenge them to play 'Simon Says.' Set your partner different exercises to do like 'Simon Says' actions shake your whole body, Jump, spin, wave arms in the air, walk like a crab, hop, lay on back and pedal a bike, pretend to sit in a chair, arm circles, balance, touch your toes 10 times, pretend to shoot a basketball, skipping, dance, touch the floor and jump up. You can add a set number of times for each activity. Swap and someone else becomes 'Simon.'  At the end of the game ask your friend or family member the following questions: Which action did they enjoy the most? Which action was the hardest? Which action was the easiest? Ask them what they have enjoyed the most about lockdown? What has been the hardest thing about lockdown? What are they most excited to do in the future? <b>Challenge: Write down what you are most looking forward to in the future. Record it in the box!</b>					
<b>WORRY LESS WEDNESDAY</b>  SCAVENGER HUNT & WORRY WAND MAKING  Equipment: stick, felt tip pens, paper, glitter and glue, sellotape	Today you should explore the outdoors. How many of the following items can you find? You can bike, scoot, run or walk * An acorn *A stick (pick this up and take home or back to your classroom) * A flying insect *a vehicle *a squirrel *two types of leaves *an animal making noise * a flower *a shop *a post box  During your walk find a stick. This will become your 'worry wand' when you get back to home/school you could decorate your worry wand. Whilst decorating your wand, think about anything which is worrying you. You may choose to discuss it or keep it to yourself. After you have made your wand, use your imagination to magic your worry away. You may even want to create a spell. <b>Challenge- how many items did you find or send us a photo of your worry wand. Record in the box!</b>					
<b>TRAIN IT THURSDAY</b>  30 MINS OF PHYSICAL ACTIVITY & BUCKET LIST  Equipment: Pen, paper, felt tips.	<b>ACTIVE 30</b> Today you should do a sport or physical activity which makes you happy. Try and do the activity for 30 minutes. After you have done your activity you should be feeling happy and positive. You should create a bucket list. Create a bucket list post of things you want to do with your friends and family after lockdown, new things you would like to try, anything you would like to achieve, anything you want to learn, new foods you would like to try, and places you would like to visit. <b>Challenge Tell us the activity you did which made you feel happy? Write it in the box!</b>					
<b>FRUIT &amp; VEG FRIDAY</b>  BEAN GAME & HEALTHY EATING  Equipment: Pen, paper, felt tips.	Today you should try to eat more fruit, vegetables and drink more water. KS1 Task- Draw a plate and draw what a healthy meal should look like KS2 Task- Draw a plate and separate the plate into sections for fruits and vegetables, protein, carbohydrates, and fats. After you have created this write down a healthy meal containing each of the food groups. To keep you active today, How about playing the bean game . Ask someone to be in charge of calling out the names of the beans. Make sure you do the actions! This should get your heart pumping. Then swap the caller! <b>Challenge- Tell us what healthy meal you have created today. Write it in the box!</b>					

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 or [amy.rodger@solent.ac.uk](mailto:amy.rodger@solent.ac.uk)

There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO