



HAMPSHIRE SCHOOL GAMES

PRIMARY PERSONAL BEST CHALLENGES

WEEK SIXTEEN 13 – 17 JULY

Name:

Year Group:

School:

This is the last of the #HSGDaily Challenge for this academic year! Hampshire SGO's have picked a challenge from weeks 1 – 10 for you to attempt – either do both challenges or pick your favourite one each day!
 The Warm-Ups to choose from are Monopoly and Snakes and Ladders

HAMPSHIRE SCHOOL GAMES
Snakes and Ladders Warm Up Game

25 Slide down the snake
 26 Sprint on the spot for 26 secs
 27 Do 27 Squats
 28 Dance crazy for 28 secs
 29 Slide down the snake
 30 Do a victory dance

24 Sprint on the spot for 24 secs
 22 Dance crazy for 22 secs
 20 Do 20 star jumps
 19 Do sit ups for 19 secs

21 Slide down the snake
 18 Climb the ladder

13 Dance crazy for 13 secs
 11 Go back 1 space
 10 Sprint on the spot for 10 secs
 9 Do 9 press ups
 8 Go back 1 space
 7 Do 7 jumping jacks

12 Climb the ladder
 11 Get up and sit down 11 times
 10 Sprint on the spot for 10 secs
 9 Do 9 press ups
 8 Go back 1 space
 7 Do 7 jumping jacks

1 Ready Steady Go!
 2 Go forward 1 space
 3 Do 3 different stretches
 4 Climb the ladder
 5 Do 5 squal jumps
 6 Go forward 1 space

This week's warm up game is Snakes and Ladders!
 You can play by yourself or with your family.

Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares.

Every time you land on a square you will need to complete that activity before the next person can take their turn.

Keep playing for 20 minutes to warm up properly, even if you end up winning!

Don't forget to climb ladders if you land on them, or slide down snakes if they catch you.

Once finished you will be nice and warm to start your Daily Challenge

Good Luck and have fun!

HAMPSHIRE SCHOOL GAMES
Monopoly Warm Up Game

39 30 Secs Crunches
 38 5 Burpees
 37 30 Mountain Climbers
 36 Right arm Plank 20 Secs
 35 8 Leg Raises
 34 Squats x7
 33 Left arm Plank 20 Secs
 32 Star Jumps x10
 31 Arm Circles x20
 30 SKIP 4 SPACES

29 20 Secs Wall Sit
 28 30 Secs Plank
 27 7 Press Ups
 26 Mount on Climb
 25 W/SIT 15 Secs
 24 10 Jumping Jacks
 23 Squat Jumps x8
 22 START

21 20 Secs V SIT
 20 15 Hip Lifts
 19 Plank Up Down 25 Secs
 18 Star Step Up 30 Secs
 17 Russian Twists x20
 16 Star Sprints 30 Secs
 15 Tricep Dips x10
 14 10 Inchworms
 13 20 ABC Press Ups

12 GO BACK 2 SPACES
 11 8 Star Jumps
 10 15 ABC Press Ups
 9 10 Toe Touches
 8 25 Secs Star Sprint
 7 High Knees x20
 6 20 Side Sliders
 5 8 Squat Jumps
 4 7 Press Ups
 3 10 Jumping Jacks
 2 SKIP TO START!

When your piece gets around to the START, get a drink of water and give yourself 1 point!

MONOPOLY FITNESS

Take turns rolling the dice, moving your piece, and completing the activity in the square.

To prepare you for your daily physical challenge you need to first warm up!

This week we are suggesting playing the Monopoly Fitness Game.
 You can play this with your family!

Choose a piece of equipment to represent your character!

Take turns in rolling the dice and move your piece the correct number of squares.
 Make sure you complete the activity on the square before the next person can take their turn.

Keep playing for 20 minutes

You should be nice and warm now to take part in your Daily Challenge

Have a go and make sure you let your teacher have your score or email your SGO with your name, age, school and score!
 Good Luck and have Fun!

DAY	ACTIVITY ONE	ACTIVITY TWO	SCORE (S)
MOVE IT MONDAY	<p style="text-align: center;">Static Balance</p> <ul style="list-style-type: none"> How long can you balance on your right leg for without moving? Now try on you Left Leg Add your right leg and left leg scores together for a total score! If it's easy try doing it with one eye shut, swap eyes! Can you do it with both eyes shut? 	<p style="text-align: center;">Matching Pairs</p> <ul style="list-style-type: none"> Moving between 2 spots, distance is up to you and how much space you have! Lay 5 pairs of playing cards at one end and start at the other end. Move towards the cards, turn over two cards at a time trying to match pairs. How can you move - skip, hop, side step, jog, walk. Why not turn this into a maths challenge as well by subtracting or adding numbers together 	
TRY IT TUESDAY	<p style="text-align: center;">River Crossing</p> <p>You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc.</p> <ul style="list-style-type: none"> The space between your start and finish line is a river; you must cross the river without falling in. You must use your two items to cross. Only your feet and hands can touch your items, no body part is allowed to touch the river (floor), if you do you need to start again How quickly can you cross? Use smaller items to make it more challenging! 	<p style="text-align: center;">Move the Objects</p> <ul style="list-style-type: none"> Place two cushions 5-10metres apart. Pick 15 soft items of your choice and place on one of the cushions. On go, you must move all the items one by one to the other cushion. Have a rest. Then do it again and try beat your time. Try balancing objects on head to make harder. Change the way you move Make the cushions further apart 	
WORK OUT WEDNESDAY	<p style="text-align: center;">Football Shoot a Target</p> <ul style="list-style-type: none"> KS1- Find 6 objects of different sizes – empty water bottles, milk bottles, tins etc, and a ball of your choice. Place the objects 3 metres away from where you are shooting from and space them apart. Using a ball of your choice, try and knock down all 6 objects. You will have 10 attempts to record your best score (1 point for each object Try with your non-dominant foot, change the distance 	<p style="text-align: center;">Tennis Control and Move</p> <p>KS1 – you will need two markers 2m apart.</p> <ul style="list-style-type: none"> Bounce the ball on the floor, then catch it, throw the ball in the air and then catch it and repeat. Follow this pattern whilst travelling between the two markers <p>KS2 – you will need your markers 4m apart plus you will need a ball and a racket of some kind (hand, racket)</p> <ul style="list-style-type: none"> Bounce the ball on the floor and then 'tap it' in the air, allow the ball to bounce again and then tap it again. Follow this pattern whilst travelling between the two markers Count how many lengths you are able to do before you lose control of the ball. Have a few goes and record your best score. 	
TRAIN IT THURSDAY	<p style="text-align: center;">Swimming – Flutter Kick</p> <ul style="list-style-type: none"> Lay on your tummy, making the shape of a rocket (arms above your head, legs together) Can you lift your legs off the floor? Now try to kick them, keep legs straight and make small fast movements, just like you are doing a front crawl (flutter) kick. How long can you do it for? Can you try it again on your back? 	<p style="text-align: center;">Tri- Golf Target</p> <p>KS1 - You need 11 objects placed in a line around 3-5m from your tee, the middle object is worth 5 points, the 2 objects either side 3 points, the remaining 6 objects are worth 1 point.</p> <ul style="list-style-type: none"> You have 10 putts to see how many points you can score, remember to keep count! <p>KS2 – Place an object in your playing area and set up 3 tees to putt from, one tee 1m away, the next 2m away and the third 3m away.</p> <ul style="list-style-type: none"> Start at the closest tee, and attempt to hit the object two times in a row, when you do, move back to the 2nd tee and attempt the same until you have completed all 3! How many putts does it take you? Have a few goes and record your best score 	
FRIDAY FINISHER	<p style="text-align: center;">Hopscotch Shuttles</p> <ul style="list-style-type: none"> You will need to lay out two markers about 3-5m apart. On 'Go' you need to do your hopscotch shuttles, continuing back and forth for 3 minutes, with 1 min rest in between. Count the lengths you do in this time. 1 minute working, 1 minute rest, 1 minute working, 1 minute rest, 1 minute working. Add up your scores from each 'working' minute. Hopscotch backwards instead. Choosing either hopping or jumping, or one length of each etc 	<p style="text-align: center;">Animal Moves</p> <p>Place two markers, 5 metres apart</p> <ul style="list-style-type: none"> On 'Go' move like an animal of your choice between the markers Move for 30 seconds, how many times can you move between the cones. Have three attempts – write down your highest score. Also write down which animal you were. Try to be as creative as possible! Be an animal that moves using four 4 legs, i.e. a dog, frog etc Be an animal that moves using 2 legs, i.e. chicken, gorilla 	

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 jenniferlknight9@gmail.com or amy.rodger@solent.ac.uk There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO

