



# HAMPSHIRE SCHOOL GAMES PRIMARY PERSONAL BEST CHALLENGES WEEK TWO 30 MARCH – 03 APRIL



Name:

Year Group:

School

<b>GO BACK 2 SPACES</b>	8 Star Jumps	15 ABC Press ups	10 Toe Touches	25 Secs Stair Sprint	High Knees X20	20 Scissors Kicks	8 Squat Jumps	7 Press Ups	10 Jumping lunges	<b>SKIP TO START!</b>
30 Secs Crunches	<div style="text-align: center;"> <p>When your piece gets around to the <b>START</b>, get a drink of water and give yourself 1 point!</p> <p><b>MONOPOLY FITNESS</b></p> <p>Take turns rolling the dice, moving your game piece, and completing the activity in the square.</p> </div>								20 secs V SIT	
5 Burpees									15 Hip Lifts	
10 Mountain Climbers									Plank Up Down 25 Secs	
Right arm Plank 20 Secs									Stair Step Ups 30 Secs	
8 Leg Raises									Russian Twists X 20	
Squats x7									Stair Sprints 30 Secs	
Left arm Plank 20 Secs									Tricep Dips X 10	
Star Jumps x10									10 Inchworms	
Arm Circles x 20									10 ABC Press Ups	
<b>SKIP 4 SPACES</b>									8 Toe Touches	5 Burpees

- 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 text to your SGO Madeleine Campbell 07958965463 with your name, age, school and score!
- Good Luck and have Fun!

ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>EACH ACTIVITY TO LAST 5 MINUTES</b>					
MOVE IT MONDAY MATCHING PAIRS Playing cards 2 markers	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 SOCK MOVE 10 pairs of socks	Sitting on the floor, how many items can you move using only your feet from one pile to another in 30 seconds. Both hands on the floor 1 hand on floor No hands on the floor					
WORK OUT WEDNESDAY TARGET 10 pairs of socks 3 items of clothing	Place 3 items of clothing, each slightly further away. Closest 2 points, middle 5 points, furthest 10 points. - Throw one pair of socks at a time, under arm - How many points can you score in 30 seconds Try with your left hand and right hand, which is better?					
TRAIN IT THURSDAY BALANCE CHALLENGE 4 pairs of socks	Balance on 1 foot and see how quickly you can pick up 4 pairs of socks in front of you. - hold your balance and try not to put your foot down Try on your left foot and right foot, which is better					
FRIDAYS FINISHER	Repeat all the activities and try to beat your score!					

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school. You can take a picture and send it to Madeleine Campbell by text on 07958 965463 or by email [mcampbell@priorysouthsea.org](mailto:mcampbell@priorysouthsea.org) or via twitter @Pompey\_SSP. There is also a Portsmouth School Sport Partnership and Hampshire SGO Facebook page where we will be updating the results each day