

Name:

Year Group:

School:

<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Slide down the snake	Sprint on the spot for 26 secs.	Do 27 Squats	Dance crazy for 28 secs.	Slide Down the snake	Do a victory dance.
<b>24</b>	<b>23</b>	<b>22</b>	<b>21</b>	<b>20</b>	<b>19</b>
Sprint on the spot for 24 secs.	Slide down the snake	Dance crazy for 22 secs.	Go forward 4 spaces	Do 20 Star Jumps	Do Sit Ups for 19 secs.
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Dance crazy for 13 secs.	Go back 1 space	Sprint on the spot for 15 secs.	Do 16 Star Jumps	Slide down the snake	Climb the ladder
<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>7</b>
Climb the ladder	Get up and sit down 11 times	Sprint on the spot for 10 secs.	Do 9 Press Ups	Go back 1 space	Do 7 Jumping Jacks
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Ready Steady Play	Go Forward 1 space	Do 3 different stretches	Climb the ladder	Do 5 Squat jumps	Go forward 1 spaces

- Here is this week’s warm up game, Snakes and Ladders.
- You can play this 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.
- Have a go and make sure you let your teacher know your score, or email your SGO with your name, age, school and score!
- Good Luck and have Fun!

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>MOVE IT MONDAY</b>  SHUTTLE RUNS  Markers	<ul style="list-style-type: none"> <li>• Create a shuttle run with 2 markers. You need a straight line somewhere in your house/garden, preferably 5m long.</li> <li>• If you do not have enough space then set up a circle to run around instead.</li> <li>• How many shuttle runs/loops can you do in 3 minutes?</li> <li>• <b>Increase the time to make it more challenging.</b></li> </ul>					
<b>TRY IT TUESDAY</b>  RIVER CROSSING  A Start and Finish Line  2 objects	<ul style="list-style-type: none"> <li>• You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc.</li> <li>• 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.</li> <li>• 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?</li> <li>• <b>Use smaller items to make it more challenging!</b></li> </ul>					
<b>WORK OUT WEDNESDAY</b>  STEP UPS  A step – this could be the <b>bottom</b> step of any set of stairs in your house.	<ul style="list-style-type: none"> <li>• How hard do you want to work out? You have two options.               <ol style="list-style-type: none"> <li>1. Speed Challenge - Do step-ups for 30 seconds – how many can you do?</li> <li>2. Endurance Challenge - Do step-ups for the whole 5 minutes – how many can you do?</li> </ol> </li> <li>• Rules: Safety first - Your whole foot must go on the step!</li> <li>• <b>Try leading with your non dominant foot</b></li> </ul>					
<b>TRAIN IT THURSDAY</b>  TENNIS KEEPIE UPS  Racket/Hand/Book  Ball/Paper/Balloon	<ul style="list-style-type: none"> <li>• You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book.</li> <li>• You will also need a ball, a balloon or a rolled up piece of paper.</li> <li>• Bounce your object as many times as you can without it dropping it on the floor. How many can you do?</li> <li>• <b>Use your weaker hand</b></li> </ul>					
<b>FRIDAY FINISHER</b>	<ul style="list-style-type: none"> <li>• Repeat all the activities and try to beat your score! Good Luck!</li> </ul>					

Challenges should be done between 9am and 3pm – send through your results to me in order to earn a point for your school. You can take a picture and send it to Holly Shirley: email [holly.shirley@mountbatten.hants.sch.uk](mailto:holly.shirley@mountbatten.hants.sch.uk) or via Facebook Messenger @TestValley SchoolGames. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook page.