

Name:

Year Group:

School:



Who stole the Olympic Flag??????

- You can play this by yourself or with your family, to solve the mystery of ‘Who stole the Olympic Flag?’
- Before you start you need 19 pieces of card/paper/cardboard – these will become your clues.



- **Who stole the flag?** - On 6 pieces of your card you need to scribble red pen on one side, and then on the other side write a member of your family (1 person on each card) i.e. Mum, Dad, Nan etc, Don't forget to add your name!
- **How did they get away?** - On the next 6 pieces of card you need to scribble green pen on one side, and then on the other side write the following (1 on each card) Car, Bike, Scooter, Running, Plane and Train
- **Where is it hidden?** – On the next 6 pieces of card you need to scribble blue pen on one side, and then write the following on the other side (1 on each card) Bathroom, Lounge, Bedroom, Kitchen, Hallway and Garden.
- Your final piece of card is your ‘note sheet’ – copy the table below (or cut it out) to help you solve the mystery.

- Once you have your cards ready put them in a pile with the colours facing up. Without looking you need to remove 1 red, 1 green and 1 blue card from your pile. Put them somewhere safe as they hold the answer to your mystery – you will need to check these once you think you have the answer.
- Have a starting marker and leave your note sheet there. Place your remaining coloured cards at the other end of the space you are using. On ‘go’ you run up to your cards and look at one, you must turn it face down again and run back to tick off what you saw on your note sheet, then go again and keep on going until you solve the mystery.
- Eventually on your note sheet you will have one person left, one get away method left and one hiding place left and that will solve your mystery.
- Remember you are only allowed to look at one card at a time, and you must turn it face down again before you run back. If you turn a card over that you have already seen then you still have to run back to the beginning before you can look at another one.
- Rather than running each time, change the exercise – be creative (skipping, jumps, spider walks etc). If you finish before the 20 minutes is up, then have another go, remember to remove 3 cards first!
- Have a think about the colours on the back of your cards, how could they help you?
- Good Luck and have Fun!

Who stole it?		Get away method?		Where it's hidden?	
1. Mum		1. Car		1. Bathroom	
2. Dad		2. Bike		2. Lounge	
3.		3. Scooter		3. Bedroom	
4.		4. Running		4. Kitchen	
5.		5. Plane		5. Hallway	
6.		6. Train		6. Garden	

Personal Skills - Focus for the week: "I see all new challenges as opportunities to learn and develop. I cope well and react positively when things become difficult"

ACTIVITY	DESCRIPTION (EACH ACTIVITY TO LAST 5 MINUTES)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>You can make your challenges harder or easier via the highlighted sections. Make sure you do the same version each time so you will know if you have improved</p>						
<p>MOVE IT MONDAY Sit Down Stand Up</p>	<ul style="list-style-type: none"> How many times can you sit down (crossed legged) and then stand up in a straight shape (arms straight up above your head)? Make sure you sit down in a controlled manner on to a clear floor. How many can you do in 1 minute? Do the challenge without using your hands to get up off the floor. Go to a crouch position instead of sitting down 					
<p>TRY IT TUESDAY Side Plank</p>	<ul style="list-style-type: none"> We have tried the Plank before; this week we are 'trying' the Side Plank – start on your side with feet together, one arm bent on the floor ready to support the body. Push through your feet and elbow to raise your knees, hips and torso so you are in a straight line. Time how long you can hold the plank without dropping your hips. Do a straight arm side support Place your knees on the floor and just raise your hips and torso 					
<p>WORK OUT WEDNESDAY Hopscotch Shuttles 2 markers</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 how many 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>TRAIN IT THURSDAY Alternate Ball Roll 2 balls & a wall</p>	<ul style="list-style-type: none"> Crouch on the floor 1m from your wall, with one ball in each hand. On go, you need to roll one ball to rebound back off the wall, into your hand. Alternate your hands. When you receive the ball back in your hand you get 1 point. How many points can you get in 1 minute? Stand up and throw the ball, use one ball but use alternate hands. Use one ball, but still alternate your hands. 					
<p>FRIDAY FINISHER TREASURE HUNT</p>	<ul style="list-style-type: none"> Find THREE (KS1) OR FIVE(KS2) items of treasure and get your partner to place them in the garden/room, 3m – 5m from a start line Make a blindfold and ask your partner to put it over your eyes Your partner should time how long it takes you to find the treasure and return it to the starting position Your partner should shout out directions to help you find the treasure and keep you safe! 					

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