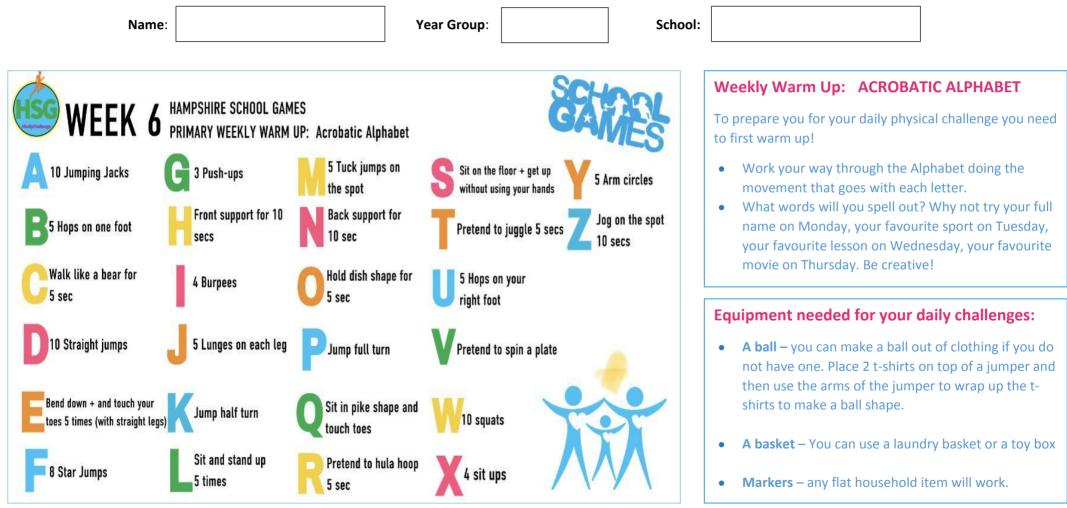


HAMPSHIRE SCHOOL GAMES SCHOOL GAMES MARK MAY – WEEK SIX: 4th – 8th May



This week the challenges have been split into KS1 and KS2 challenges – please see the appropriate sheet below



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



KEY STAGE 1 STUDENT CHALLENGES

ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	KS1 Using a ball of your choice and 2 markers placed 5 metres apart					
MOVE IT MONDAY						
FOOTBALL	You will have 2 minutes to dribble the ball as much as you can.					
FOOTBALL DRIBBLING	Every time you dribble the ball to the end and back, you get 1 point. How					
DRIDDEING	many points can you score?					
Ball & 2 markers*						
	*See the warm up page for equipment ideas if you do not have a ball.					
	KS1- Find 6 objects of different sizes – empty water bottles, milk bottles, tins					
TRY IT TUESDAY	etc, and a ball of your choice.					
	Place the objects 3 metres away from where you are shooting from and					
FOOTBALL	space them apart. Using a ball of your choice, try and knock down all 6					
SHOOTING	objects.					
6 objects & a ball*						
	You will have 10 attempts to record your best score (1 point for each object					
	knocked down). KS1 Stand in front of your basket and drop the ball in. If the ball goes					
WORK OUT	through you will have scored one basket. Take one step back and shoot the					
WEDNESDAY	ball. If it goes through you will have scored 2 baskets in a row. Then take a					
BASKETBALL	further step back and shoot again. If it goes through you will have scored 3					
SHOOTING	baskets. If you miss then your score will be 2 baskets and you must start					
Sheenne	again.					
Ball and a Basket*	How many baskets can you get in a row? You can have a maximum of 6 goes					
	KS1 You will need a partner or a wall about 10 steps apart. Keep passing the					
TRAIN IT	ball, trying not to drop It.					
THURSDAY						
	If a player drops the ball, they must kneel on one leg and then continue					
NETBALL	throwing and catching from that position. If the same player drops the ball again, they must kneel down on both knees but if they catch the ball they					
PASSING AND	can stand back up. 1st dropped ball - one knee, 2nd dropped ball - two					
RECEIVING	knees, 3rd dropped ball - one elbow, 4th dropped ball - two elbows.					
Partner/Wall &						
Ball*	If you successfully catch the ball then you get the use of that body part back.					
	Play for 5 minutes- How many times did you drop the ball?					
FRIDAY FINISHER	Repeat all the activities and try to beat your scores					

If possible the 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 via email to holly.shirley@mountbatten.hants.sch.uk or via Facebook Messenger @TestValley SchoolGames. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook page.

KEY STAGE 2 STUDENT CHALLENGES

MOVE IT MONDAY Place your 4 markers on the ground approximately 1 metre apart. Using your foot dribble the ball in and out of the markers and back to the start; every time you do this you will score a point! You will have 2 minutes to complete as many as possible Ball & 4 markers* They approximately 1 metre apart. Wow many can you do? Ball & 4 markers* You will have 2 minutes to complete as many as possible How many can you do? You will need 6 objects of different sizes – empty water bottles, milk bottles, the warm up page for equipment ideas if you do not have a ball. You will need 6 objects of different sizes – empty water bottles, milk bottles, the become targets. FOOTBALL You will need 6 objects of different sizes – empty water bottles, milk bottles, the become targets. Challenge yourself by placing markers at 2 metres, 3 metres and 5 metres away from the targets. FOOTBALL ShOOTING Try and knock down as many objects as possible with your ball. You can pick objects dat yo our berge 5 points for exact and traces to points for exact at the you sore 1 points of you strated at 2m you score 2 points for exact. That as at the ball around your whead, then around your wills parcetishes the ball around your body in the same sequence then shoot the ball. If the goes in your will have scored 2 baskets in arow. BaskETBALL ShOOTING Basket the all around your walls parcetishing your ball hand ingot your ball you point bargets. If you miss or drop the ball around your bady and shoot again. If it goes in your will be parcetishing your balle hand you pope shoot again. H	AY FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	DESCRIPTION	ACTIVITY
FOOTBALL start; cvery time you do this you wills ave score a point! POOTBALL start; cvery time you do this you will have score a point. Ball & 4 markers* *See the warm up page for equipment ideas if you do not have a ball. Yuu will need 5 objects of different sizes - empty water bottles, milk bottles, tins etc., Place the objects on the ground standing up, spacing them apart to become targets. FOOTBALL You will need 5 objects of different sizes - empty water bottles, milk bottles, tins etc., Place the object as possible with your ball. You can pick objects back up once they have all been knocked down to continue scoring. FOOTBALL Try and knock down as many objects as possible with your ball. You can pick objects back up once they have all been knocked down to continue scoring. 6 objects & a ball* If you stared at Sm score 5 points for each target you hit! You will have 2 intures to score as many points as possible Stand in front of your basket. Pass the ball around your head, then around your body in the same sequence then shoot the ball. If goes in you will have scored 2 baskets in a row. Then take another step back and pass the ball around your body and shoot again. If goes in you will have zored 3 baskets: Noo Wilk and your goor any ouget all back to prophing the ball or many basket. Score 3 basket and your would have scored 3 baskets: No wilk back drophing the ball or missing the basket? You can have a maximum of 6 attempts. NETBALL PASING AND The final challenge is the clapping challenge. Throw the ball up high and clap. How many titimes can you clap before you catch the ball?						Place your 4 markers on the ground approximately 1 metre apart.	
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WEDNESDAY the ball goes in you will have scored one basket. Take a step back and pass the ball around your body in the same sequence then shoot the ball. If it goes in you will have scored 2 baskets in a row. Then take another step back and pass the ball around your body and shoot again. If it goes in you would have scored 3 baskets. If you miss or drop the ball then your score will be 2 baskets and you must start again. How many baskets can you get in a row without dropping the ball or missing the basket? You can have a maximum of 6 attempts. TRAIN IT THURSDAY Working on your own you will be practising your ball handling skills. Can you pass the ball back and forth, from one hand to the other hand: 1. In front of your body. 2. Above your head NETBALL PASSING AND RECEIVING The final challenge is the clapping challenge- Throw the ball up high and clap. How many times can you clap before you catch the ball?			<u> </u>			your hips and then around your knees then drop the ball into your basket. If	WORK OUT
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Ball*							
Ball*							
Have a few goes and record how many times you clapped before you							Ball*
caught the ball.							
Fridays Finisher Repeat all the activities and try to beat your score!						Repeat all the activities and try to beat your score!	Fridays Finisher

If possible the 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 via email to holly.shirley@mountbatten.hants.sch.uk or via Facebook Messenger @TestValley SchoolGames. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook page.