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Year Group:

School:

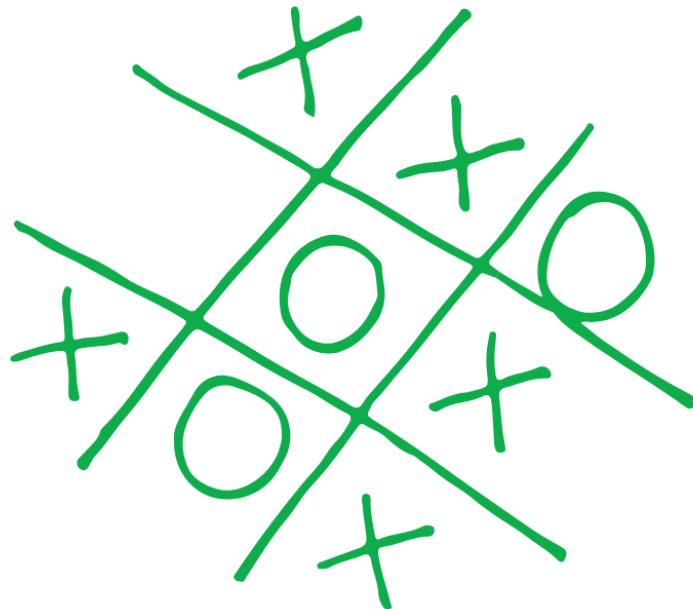


# WEEK 11

## HAMPSHIRE SCHOOL GAMES PRIMARY PERSONAL BEST CHALLENGES

### WARM UP GAME: NOUGHTS AND CROSS (8th - 12th June)

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



- You will need to make your own noughts and crosses board (area) this can be done with sticks/pipes/paper.
- Next, you will need to be creative and find objects to make the noughts and crosses for the game.
- You will need 5 of each. For example - 5 rolled up socks for the noughts, 5 hats for the crosses. Choice is yours!
- Have a marker 3m from your noughts and crosses board.
- You will need a partner to play against. One player has the socks, other has the hats.
- Have objects on the floor next to marker, first person runs and lays one object in one of the squares. Then they run back to collect second object. Partner can start running for their go once opponents object has hit the floor.
- Person who lays 3 in a row wins that game.
- Move the marker further away if you want to make it a little harder.
- Best of 3! Then swap objects!



**Creative Skills - Focus for the week: "I can create my own ideas and my own versions of activities/tasks. I can use variety and creativity to make tasks fun and challenging"**

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>You can make your challenges <b>harder</b> or <b>easier</b> via the highlighted sections. Make sure you do the same version each time so you will know if you have improved</p>						
<p><b>MOVE IT MONDAY</b></p> <p>Memory Moves</p> <p>Equipment: 4 Markers/cones</p>	<ul style="list-style-type: none"> <li>• Make a square using four markers.</li> <li>• Start on one marker and hold a balance of your choice for 5 seconds.</li> <li>• Once finished, move to the next marker. You must then hold your 1<sup>st</sup> balance for 5 seconds, and then hold a different balance for another 5 seconds.</li> <li>• Move to the next spot; repeat your 1<sup>st</sup> and 2<sup>nd</sup> balance, and then hold a 3<sup>rd</sup> balance. Go to the fourth marker and repeat, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and hold a 4<sup>th</sup> balance. Keep moving around the square. Remember you must hold each balance for 5 seconds.</li> <li>• How many balances can you remember and hold without losing control?</li> <li>• <b>Hold your balance for 7 seconds. Hold your balance for 3 seconds.</b></li> </ul>					
<p><b>TRY IT TUESDAY</b></p> <p>Aim for the Goal</p> <p>Equipment: Be creative</p>	<ul style="list-style-type: none"> <li>• You will need to build 3 goals. Be creative and use what you can, plant pots/cones/chairs etc. Each goal must be different and must be big enough for a ball to fit through them.</li> <li>• Place three markers in a line and then put your 3 goals at different distances away from the start – one at 2m, one at 4m, and one at 6m.</li> <li>• Record how many times can you roll/throw/kick a ball through your first goal. Collect the ball after each try and move back to the start before you try again. After one minute, have a little rest and move onto the second goal. Repeat and then the third goal.</li> <li>• <b>Make your goals small to make them more challenging, or move them further away.</b></li> <li>• <b>Make your goals larger, or move them closer to your start line 1m, 3m, 5m.</b></li> </ul>					
<p><b>WORK OUT WEDNESDAY</b></p> <p>Animal Moves</p> <p>Equipment: 2 markers/cones</p>	<ul style="list-style-type: none"> <li>• Place two markers, 5 metres apart</li> <li>• On 'Go' move like an animal of your choice between the markers</li> <li>• 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.</li> <li>• Try to be as creative as possible!</li> <li>• <b>Be an animal that moves using four 4 legs, i.e. a dog, frog etc</b></li> <li>• <b>Be an animal that moves using 2 legs, i.e. chicken, gorilla etc</b></li> </ul>					
<p><b>TRAIN IT THURSDAY</b></p> <p>Tip Toe Around</p> <p>Equipment: 4 markers/cones</p>	<ul style="list-style-type: none"> <li>• Mark out a square with 4 markers. You will need a partner stood in the middle of the square with their eyes shut.</li> <li>• On 'Go' you must quietly run around the square, touching the markers as you go, you can change direction, but you must keep moving. When your partner says stop you must stop.</li> <li>• If you are in between markers, move to the closest marker. The person in the middle will point to a marker. If they point to the marker where you are standing, you must do a crazy dance on the spot for 20 seconds.</li> <li>• Complete the game for 5 minutes, how many times will you get caught? That is your score!</li> <li>• <b>You partner can call 'sprint', 'hop', 'walk', 'jump' etc to make it easier or harder.</b></li> </ul>					
<p><b>FRIDAY FINISHER and/or INCLUSIVE CHALLENGE</b></p> <p>Boccia Skittles</p> <p>Equipment: 6 items, chair, ball</p>	<ul style="list-style-type: none"> <li>• Find 6 items that become skittles to knock over (empty plastic bottles, cans, plant pots etc)</li> <li>• Find a chair to sit on and place the skittles in a line 3m – 4m away from the chair.</li> <li>• Using a ball or create your own missile, have six goes to try and knock as many skittles over as possible.</li> <li>• Have a few goes and record your scores</li> <li>• <b>Increase the distance between your chair and the skittles/decrease the distance.</b></li> </ul>					

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 your Test Valley SGO Holly Shirley via: email [holly.shirley@mountbatten.hants.sch.uk](mailto:holly.shirley@mountbatten.hants.sch.uk) or via Facebook @TestValley SchoolGames or Twitter @SGOTest. There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO