

Name:

Year Group:

School:



Warm Up Game – Spin the Bottle

- You will need a bottle and either 10 cards or create a numbered board like this!
- Spin the bottle!
- Whichever numbered activity the bottle top is pointing to you have to complete the task – see below
- Choose one of the challenges below. You may want to complete a different challenge each day, or even create your own!
- CHALLENGE 1: How many can you complete in a set time?
- CHALLENGE 2: How long does it take to complete all 10 numbered activities?
- FAMILY CHALLENGE 1: Spin the bottle for each other.
- FAMILY CHALLENGE 2: How long does it take to complete all 10 numbered activities together?

TASK

- | | |
|------------------------|---------------------------|
| 1: 20 x Butt Kicks | 6: 10 x Second Sprint |
| 2: 20 x High Knees | 7: 10 x Burpees |
| 3: 10 x Jumping Jacks | 8: 10 x Tuck Jumps |
| 4: 10 x Jumping Lunges | 9: 10 x Mountain Climbers |
| 5: 10 x Side Lunges | 10: 20 x 'Spotty Dogs' |

This week's challenges focus on the following School Games Values:



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ACTIVITY	DESCRIPTION - EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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						
'ARTISTIC' MOVE IT MONDAY Egg & Spoon 5m distance/2m distance	<ul style="list-style-type: none"> You will need: <ul style="list-style-type: none"> 2 markers placed 3m apart Boiled egg (if no egg then use a Satsuma or take off your socks & roll them into a ball) A spoon (if no spoon, then balance the egg/ball/sock on the back of your hand) Start at one marker, move around the second marker and back whilst balancing the 'egg' If you drop the 'egg', stand still, replace your 'egg' on the spoon and continue moving. Each movement past a marker gets you 1 point. How many points can you get in 2 minutes? We would love to see your egg decorated, send us your photos when you send your scores 					
'AIMING' TO TRY IT TUESDAY Tin Can Alley 5m distance/2m distance	<ul style="list-style-type: none"> You will need to build a pyramid out of 3 tins or cans, or any other equipment you have available. <i>If you have no equipment</i>, then draw a target on a piece of paper to aim at instead. Find an object to throw e.g. a ball or take off your socks and make a ball with them. Place a marker 3 metres away from your pyramid, this is your throwing line. Record how many tins you knock over in 10 attempts. Each tin on its side counts as 1 point. If you are using a target, then give yourself 1 point every time you hit it. 					
'ADVENTUROUS' WORK OUT WEDNESDAY 'Dress Yourself' Relay (equipment required) or Animal Jump Shuttles (no equipment required) 6 items/3 jumps 3 items/1 jump	<ul style="list-style-type: none"> Dress Yourself Relay - You will need: two markers and 4 items of clothing e.g. buttoned shirt, hat, etc. <i>the funnier the better</i>. Place your items by your furthest marker. Animal Jump Shuttles - You will need: two markers (or lines on floor) and you need to choose 4 animals, as you will be jumping like them – <i>again the funnier the better</i>. Your markers/lines should be 5m apart. On 'Go', sprint to the marker and: Dress Yourself Relay - pick up one item of clothing and put it on, sprint back and go again. Never take an item off, you are adding to the clothing each time you run. Animal Jump Shuttles – do your two animal jumps, jumping as high as you can, sprint back to the start and go again, jumping with your next animal and so on. Time how long it takes you to complete 4 shuttles, there and back = 1. We'd love to see you dressed up/being animals, send us a photo with your scores 					
'ATHLETIC' TRAIN IT THURSDAY 5 Metre Hurdle Run 2+ obstacles/3m distance	<ul style="list-style-type: none"> You will need 2 markers/lines & an obstacle approx. 20cm high e.g. cereal box on its side. If you have no equipment, use a marking on the floor and jump as high as you can Your 2 markers/line should ideally be 5m apart, with your obstacle in the centre. On 'Go' sprint to the other marker; jump over the obstacle with two feet as you go. Turn around and repeat on the way back. Each movement past a marker/line = 1 point Record how many sprints you can complete in 2 minutes 					
FRIDAY FINISHER Redo your challenges or do the Beach Ball Blast Challenge 5m distance/2m distance	<ul style="list-style-type: none"> Find an item the size of a beach ball Find a chair to sit on (or sit on the floor) and place the 'beach ball' 3m away from there. You will need missile to throw at your 'ball', i.e. ball, or take off your socks & roll them up. You have 10 attempts to try and 'blast' the beach ball with your missile. If your item is a ball, your score will be how far the beach ball travel (count using your feet) If your item isn't able to move, give yourself 1 point every time you hit it. 					

Challenges should be done between 9am - 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 or via Facebook @TestValley SchoolGames or Twitter @SGOTest. There is also a Hampshire SGO Twitter & Facebook page @HampshireSGO

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