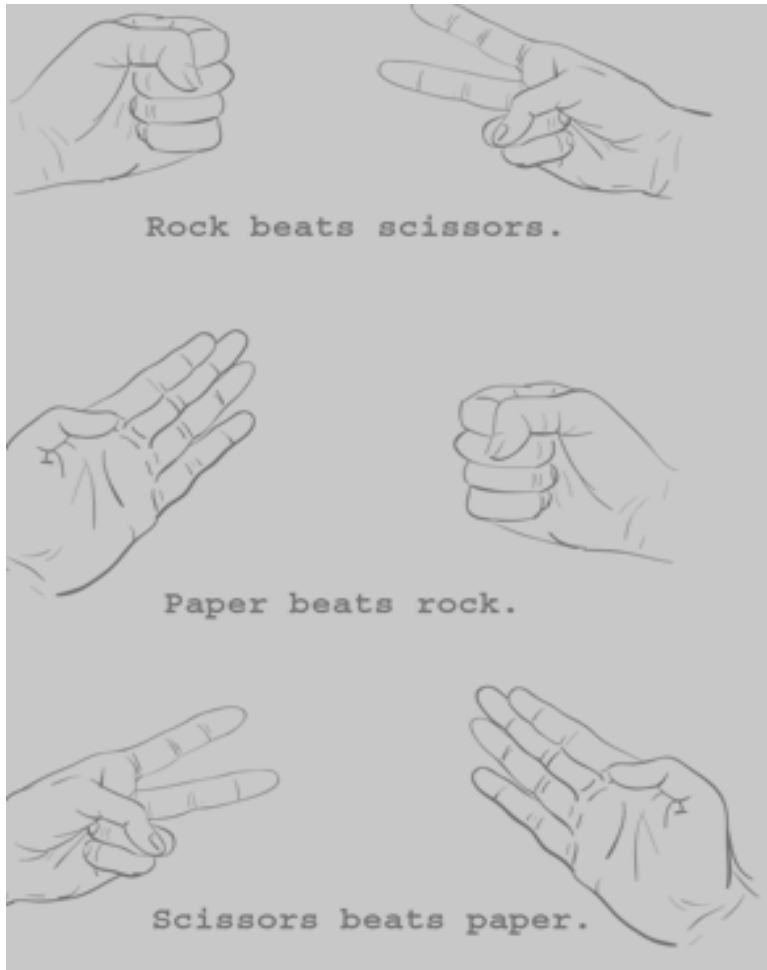


Name:

Year Group:

School:

Olympic Week- This week is all about trying a new Olympic Sport



ROCK PAPER AND SCISSORS WARM UP

- Working in pairs at a distance clench your fist into a ball and count to three together.
- When you both say the number three you need to decide if you wish to challenge your partner with a rock, paper or scissors. The table attached tells you if you have won
- If you win then pick a fitness challenge for your partner to do. Here are some ideas;
 - Bunny Hop for 10 Seconds,
 - Fast Jog on Spot for 10 seconds,
 - Crab walk for 20 seconds,
 - Hold the Plank for 15 seconds,
 - Do 20 Star Jumps,
 - Dance for 10 seconds,
 - Jump as high as you can 10 times,
 - Hop on left foot 10 times,
 - Hop on right foot 10 times
 - or can you be creative and make up your own fitness challenge.
- If you beat someone 3 times then swap partners and challenge them to Rock, Paper, and Scissors

Olympic Sports Week Challenges

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						
SKATEBOARDING MOVE IT MONDAY HIPPIE JUMP Equipment: Chalk, tape, something to make a rectangular shape on the floor	<ul style="list-style-type: none"> You will need: Chalk, tape or something to create a shape on the floor Make a shape of a 'skateboard' approximately 50 cm x 20cm on the floor Stand with two feet on your 'skateboard'. Can you jump in the air with both feet at the same time and land on your skateboard? How many successful 'Hippie Jumps' can you do in 1 minute? Include a 'half turn'. Increase 'skateboard size to 70cm x 40cm. 					
TRY IT TUESDAY BASEBALL PITCH HITTER Equipment: Ball and Bat	<ul style="list-style-type: none"> In Baseball the batter must be able to hit the ball all around the outfield depending on where the fielders are! This challenge will see whether you can do just that! Set up 5 targets around the garden at different distances and angles from where you will bat and in 10 attempts you must see how many of these targets you can hit! If you hit a target successfully you can no longer go back to that target to score more points! 3 attempts of 10, let us know your best score! Technique: Eye on the prize, the power of your swing is important! Use a ball or ball of socks and any type of bat or a wrapping paper roll. 					
ROCK CLIMBING WORK OUT WEDNESDAY HORIZONTAL SPEED CLIMB Equipment: 20 objects	<ul style="list-style-type: none"> You will need: 20 objects e.g. shoes, teddies, etc. Place objects on the floor evenly spaced out over a distance of approximately 3metres. On 'Go', walk on your hands and feet, touching each object on the way, as if you're climbing a wall. How quickly can you complete the 'speed climb'? 15 objects over 2.5 metre distance. 20 objects over a 5 metre distance 					
TRAIN IT THURSDAY KARATE Equipment: Toilet Roll	<ul style="list-style-type: none"> Ask a partner to hold a toilet roll upright on a flat hand at your punching height. Make sure your fingers stay together and your hand stays flat. There arm should be extended with (If right-handed) Standing in a lunge stance with your left leg forward and using your right arm, you will aim to punch the toilet roll target as many times as you can in 30 seconds. Each time you hit the toilet roll target you get 1 point; you then collect the toilet roll and it back to your partner and return to the start position. How many times can you punch the toilet roll in 30 seconds? 					
FRIDAY FINISHER BADMINTON Equipment: Missile, 2 x targets, barrier, frying pan/racket	<ul style="list-style-type: none"> Make yourself a playing area 3m – 5m long You will need a missile, a line or barrier and 2 buckets or targets Place the line or barrier in the middle of the playing area and place the buckets or targets on the other side of the barrier Using an underarm throw make sure the missile is sent looping over your line/barrier, at least above head height Aim to try and get your missile to hit your target or land inside your bucket Have 10 attempts and record your score Use your hand/ a racket/ frying pan to hit missile. Make your target bigger 					

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