

Name:

Year Group:

School:

|  |  |  |                                       |                                   |                                      |
|--|--|--|---------------------------------------|-----------------------------------|--------------------------------------|
| <b>25</b><br>Slide down the snake            | <b>26</b><br>Sprint on the spot for 26 secs. | <b>27</b><br>Do 27 Squats                    | <b>28</b><br>Dance crazy for 28 secs. | <b>29</b><br>Slide Down the snake | <b>30</b><br>Do a victory dance.     |
| <b>24</b><br>Sprint on the spot for 24 secs. | <b>23</b><br>Slide down the snake            | <b>22</b><br>Dance crazy for 22 secs.        | <b>21</b><br>Go forward 4 spaces      | <b>20</b><br>Do 20 Star Jumps     | <b>19</b><br>Do Sit Ups for 19 secs. |
| <b>13</b><br>Dance crazy for 13 secs.        | <b>14</b><br>Go back 1 space                 | <b>15</b><br>Sprint on the spot for 15 secs. | <b>16</b><br>Do 16 Star Jumps         | <b>17</b><br>Slide down the snake | <b>18</b><br>Climb the ladder        |
| <b>12</b><br>Climb the ladder                | <b>11</b><br>Get up and sit down 11 times    | <b>10</b><br>Sprint on the spot for 10 secs. | <b>9</b><br>Do 9 Press Ups            | <b>8</b><br>Go back 1 space       | <b>7</b><br>Do 7 Jumping Jacks       |
| <b>1</b><br>Ready Steady Play                | <b>2</b><br>Go Forward 1 space               | <b>3</b><br>Do 3 different stretches         | <b>4</b><br>Climb the ladder          | <b>5</b><br>Do 5 Squat jumps      | <b>6</b><br>Go forward 1 spaces      |

- Here is this week’s warm up game, Snakes and Ladders.
- You can play this by yourself or with your family.
- Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares
- Every time you land on a square you will need to complete that activity before the next person can take their turn.
- Keep playing for 20 minutes to warm up properly, even if you end up winning 😊
- Don’t forget to climb ladders if you land on them, or slide down snakes if they catch you.
- Once finished you will be nice and warm to start your Daily Challenge.
- Have a go and make sure you let your teacher know your score, or email your SGO with your name, age, school and score!
- Good Luck and have Fun!

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



| ACTIVITY   | DESCRIPTION<br>EACH ACTIVITY TO LAST 5 MINUTES  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--------|---------|-----------|----------|--------|
| <b>MOVE IT MONDAY</b><br>SHUTTLE RUNS<br>Markers   | <ul style="list-style-type: none"> <li>• Create a shuttle run with 2 markers. You need a straight line somewhere in your house/garden, preferably 5m long.</li> <li>• If you do not have enough space then set up a circle to run around instead.</li> <li>• How many shuttle runs/loops can you do in 3 minutes?</li> <li>• <b>Increase the time to make it more challenging.</b></li> </ul>   |        |         |           |          |        |
| <b>TRY IT TUESDAY</b><br>RIVER CROSSING<br>A Start and Finish Line<br>2 objects  | <ul style="list-style-type: none"> <li>• You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc.</li> <li>• The space between your start and finish line is a river; you must cross the river without falling in. You must use your two items to cross.</li> <li>• Only your feet and hands can touch your items, no body part is allowed to touch the river (floor), if you do you need to start again – How quickly can you cross?</li> <li>• <b>Use smaller items to make it more challenging!</b></li> </ul> |        |         |           |          |        |
| <b>WORK OUT WEDNESDAY</b><br>STEP UPS<br>A step – this could be the <b>bottom</b> step of any set of stairs in your house. | <ul style="list-style-type: none"> <li>• How hard do you want to work out? You have two options.               <ol style="list-style-type: none"> <li>1. Speed Challenge - Do step-ups for 30 seconds – how many can you do?</li> <li>2. Endurance Challenge - Do step-ups for the whole 5 minutes – how many can you do?</li> </ol> </li> <li>• Rules: Safety first - Your whole foot must go on the step!</li> <li>• <b>Try leading with your non dominant foot</b></li> </ul>  |        |         |           |          |        |
| <b>TRAIN IT THURSDAY</b><br>TENNIS KEEPIE UPS<br>Racket/Hand/Book<br>Ball/Paper/Balloon                                    | <ul style="list-style-type: none"> <li>• You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book.</li> <li>• You will also need a ball, a balloon or a rolled up piece of paper.</li> <li>• Bounce your object as many times as you can without it dropping it on the floor. How many can you do?</li> <li>• <b>Use your weaker hand</b></li> </ul>   |        |         |           |          |        |
| <b>FRIDAY FINISHER</b>   | <ul style="list-style-type: none"> <li>• Repeat all the activities and try to beat your score! Good Luck!</li> </ul>  |        |         |           |          |        |

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