

Week 3



Keep Active during lockdown

HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE

Now, more than ever, it is important that pupils are physically active to support both their physical and mental well-being. Once again, the role of the National network of School Games Organisers has shifted to support and implement the Chief Medical Officers guidelines; for all children to be active for 60 minutes each day.

The Hampshire SGOs #HSGDailyChallenge will begin on Monday 11th January and will initially run until February Half Term. Please let us know if you are taking part in the challenges and we can then send this information to the School Games Organisers.

We look forward to parents and children sharing photos and videos of all the activities they have taken part in. Don't forget to use the #HSGDailyChallenge in your posts and tweets, as well as tagging your local SGO or Sports Partnerships (Gosport) and our school so they can see what your pupils have been up to and the impact this challenge is having across Hampshire!

The main aim of the campaign is to get and keep people moving whilst trying to have some fun!

HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE



Wk3 'Weekly Wam-up': Noughts & Crosses

- Have objects on the floor next to the marker. The first person runs and lays one object in one of the squares.
- Then they run back to collect a second object. Partner can start running for their go once your opponents object has hit the floor.



- The player 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!



#HSGDailyChallenge



HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE



Wk3 'Move It Monday': Memory Moves



- Make a square using four markers.
- Start on one marker and hold a balance of your choice for 5 seconds.
- Once finished, move to the next marker. You must then hold your 1st balance for 5 seconds, and then hold a different balance for another 5 seconds.
- Move to the next spot; repeat your 1st and 2nd balance, and then hold a 3rd balance. Go to the fourth marker and repeat, 1st, 2nd, 3rd and hold a 4th balance. Keep moving around the square. Remember, you must hold each balance for 5 seconds.

How many balances can you remember and hold without losing control?

Easier: Hold your balance for 3 seconds.

Harder: Hold your balance for 7seconds.



#HSGDailyChallenge



HAMPSHIRE SCHOOL GAMES

DAILY CHALLENGE



Wk3 'Try It Tuesday': Aim For The Goal



- 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.

- 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.

- 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.

Harder: Make your goals small to make them more challenging, or move them further away.

Easier: Make your goals larger, or move them closer to your start line
1m, 3m, 5m.



#HSGDailyChallenge



HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE



Wk3 'Wellbeing Wednesday': Scavenger Hunt

Today you should explore the outdoors.

How many of the following items can you find? You can bike, scoot, run or walk



- * An acorn *A stick (pick this up and take home or back to your classroom)
- * A flying insect *a vehicle *a squirrel *two types of leaves *an animal making noise
- * a flower *a shop *a post box



During your walk find a stick. This will become your 'worry wand' when you get back to home/school you could decorate your worry wand. Whilst decorating your wand, think about anything which is worrying you. You may choose to discuss it or keep it to yourself.

After you have made your wand, use your imagination to magic your worry away. You may even want to create a spell.

Challenge- how many items did you find or send us a photo of your worry wand. Record on this week's worksheet!



#HSGDailyChallenge



HAMPSHIRE SCHOOL GAMES

DAILY CHALLENGE



Wk3 'Train It Thursday': Animal Moves



- Place two markers, 5 metres apart
- On 'Go' move like an animal of your choice between the markers
- 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.
- Try to be as creative as possible!

Harder: Be an animal that moves using four 4 legs, i.e. a dog, frog etc

Easier: Be an animal that moves using 2 legs, i.e. chicken, gorilla etc



#HSGDailyChallenge





FEEL GOOD FRIDAY FREESTYLE DANCE

Choose a piece of music that makes you feel happy.

Dance with your family and choose who has been the most creative or active.

Circle how you felt after doing it.

If you want to send in a picture too that would be great!

Challenge yourself by dancing for longer or changing your speed!



#HSGDAILYCHALLENGE