

Week 2

Spring 2



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!

Name: _____

Year Group: _____

School: _____

A  10 Sit Ups	B  20 Calf Raises	C  20 Backward Arm Circles	 15 Second Side Plank	E  10 Push Ups
F  30 Second Left Leg Balance	G  15 Squats	H  30 Jumping Jacks	I  10 Forward Lunges	J  40 Hops (20 on each foot)
K  40 Mountain Climbers	L  10 Burpees	M  20 Forward Arm Circles	N  10 Squat Jumps	
 10 Stretch and Toe Touches	P  20 Alternate Leg Raises	Q  60 High Knees	R  10 Wall Push Ups	
S  10 Alternate Side Lunges	T  10 Star Jumps	U  30 Second Sprint on the Spot	V  30 Side Steps	
W  30 Second Right Leg Balance	X  40 Speed Bounce	Y  30 Second Wall Sit	Z  60 Second Plank	



- Create a starting line and an end line, ideally a minimum of 5m.
- At the starting line you will need a piece of paper and a pencil.
- At the end line you will need this letter sheet.
- Without looking at the letters, choose a character from your favourite book, or perhaps the book title instead, and write it on your paper.
- On 'go' run to the end line, find a letter you need and complete the exercise detailed in the letter box i.e., Z = do a 60 second plank.
- Once you have finished your exercise run back to the start and then go for your second letter and so on.
- If you would like to practise some Math then why not write the value of the letter down on your piece of paper i.e., Z = 60 = 60 points.
- Keep on going until you have completed every letter for your word.....if you need the same letter more than once, then you need to do the exercise more than once as well.
- The game should last for 20 minutes, if you complete your word within this time choose another word and go again

Each day you can change the way you move, why not travel like the characters in your favourite books.

As the week goes on, try and choose a word with the less common letters for more points i.e., K, J, Q, X, Z

#HSGDAILYCHALLENGE

Activity

Description

Each Activity to last 5 minutes.

Enter your score or tick in the relevant box below if you took part in the activity.

Move it Monday MR MEN BOOKS CHARACTERS

- You will need a partner for this game, if you are doing this activity in school then the class can participate whilst the teacher calls out the instructions. If you are at home, you can ask a family member to call them out for you.
- You will be working for 2 minutes with a 1-minute rest, then working again for another 2 minutes, travelling around in a safe space.
- During your 'working' minutes your teacher/family member will call out different Mr or Mrs Characters (see the attached sheet for ideas – page 4), and you need to travel like that character i.e., Mr Tall, you must make yourself as tall as you can whilst continuing to travel around..... not all the characters are as easy as Mr Tall! You must continue moving around like your character until another one is called out.
- Try and be creative with your movements, see if you can use different levels, different speeds etc. Why not try and make your teacher/family member laugh with the characters you are pretending to be, without being silly!
- Some of the characters are quite tricky so you have 3 passes that you can use, if you use a 'pass' continue to run around until you hear the next character. You can also copy others if you are unsure or ask for help if you are unsure of the meaning of a word.
- **Once you have finished, write down which character you enjoyed doing the most.**

Try it Tuesday THE BFG DREAM CATCHING

- You need 2 bases, ideally 10m apart. One base is 'Dream Country', and the other base is the 'BFG's home'. Both bases are safe from Fleshlumpeater and Bloodbottler. If you do not have enough space, try using a circle to run around instead.
- You need to start with 10 objects in 'Dream Country', these are 'dreams', i.e., balls of socks, balls of paper etc.
- You will be working for 1 minute then resting for 1 minute, continuing that pattern until the 5 minutes is over. During your 'working' minutes try to push yourself as much as possible, and then recover during your rests.
- On 'go' run between the bases and collect as many 'dreams' as possible. You can only collect 1 dream per run!
- Once the dreams get back to the BFG's house, the bad dreams disappear. If you collect all of the dreams within your working minutes, then you can take them back to 'Dream Country' again to give the good dreams back to the children around the world.
- **How many dreams did you catch? If you have someone to work with, they can pretend to be Fleshlumpeater or Bloodbottler and get in your way to make the challenge a little harder before swapping over.**

Well-Being Wednesday GOING ON A BEAR HUNT OVER, UNDER AND THROUGH

- For this challenge you are going to go on a family walk, or a class walk around the school grounds.
- With the people you are walking with, take it in turns to be the Leader. The person leading decides the direction the walk will go in. Change the Leader after a while so everyone gets a turn.
- Whilst you are out and about on your walk take the time to focus on what is around you, the colours, the sounds, how things feel when you touch them etc
- As we know from 'Going on a Bear Hunt'..... we can't go over it, we can't go under it, we have to go through it.... well today we are going to do all three!
- When you are the Leader, have a look around for something you can climb over safely – every item to climb over gives you 1 point. Look for something you can pick up – if you can see a creepy crawly under your item then you get 1 point. When the Leader changes, everyone comes together to make a non-contact tunnel for the new leader to walk through – every time you go through the tunnel you get 1 point.
- **How many points did you get, and which was your favourite part of the walk, going over, going under or going through? Why not add a bear chase too!**

<p>Train it Thursday HARRY POTTER</p> <p>QUIDDITCH</p>	<ul style="list-style-type: none"> • You will need a broomstick, i.e., a broom, a hockey stick, a wrapping paper tube or just a really good imagination. • You will need 10 Quaffles, you can use the 10 pairs of socks/balls of paper you used for the BFG challenge for this. • The last thing you need is a goal of some kind, i.e., a hoop, a bin, a pillow etc • Place your Quaffles 5-10m from your target. If you do not have that space, use a circle to run around instead. • Start at your goal, 'fly' to your Quaffles, pick one up and shoot for your goal, 'fly' back to your goal, touch it and go again. • You get a point for every Quaffle that hits the goal. Repeat until you have just one Quaffle left; that last Quaffle is the Golden Snitch, instead of shooting with your favourite hand, use the other one and if it goes in you get 5 points. • Have a few goes and record your best score (the maximum is 14)? 	
<p>Feel Good Friday</p> <p>MUSICAL STATUES</p>	<ul style="list-style-type: none"> • This activity is for your whole family, a great way to end the week. Why not get other family members involved via Zoom/FaceTime, the more the merrier! • Choose your favourite book that has also become a film, so you can use the theme tune from the movie (YouTube, Spotify etc) • Family members need to take it in turns to be the 'DJ' and stop the music as you play. • Whilst the song is playing you need to dance. You will start the game with 10 lives, every time the music stops you need to freeze, and if you wobble or fall you lose a life. • Remember this is Feel Good Friday, put as much energy as you can into your dance, and when you freeze chose different statues – can your family members guess which character you are trying to be? Or can you make them laugh? 	





MOVE IT MONDAY: MR MEN BOOKS - CHARACTERS

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TRY IT TUESDAY:

THE BFG - DREAM CATCHING



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FEEL GOOD FRIDAY: MUSICAL STATUES

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