



# HAMPSHIRE SCHOOL GAMES

## PRIMARY PERSONAL BEST CHALLENGES

### WEEK ONE 23 – 29 MARCH

Name:

Year Group:

School:

**4 – 5 minute Activate/Warm Up before starting the Challenges (here is a suggestion)**

30 Seconds jogging on the spot/30 Seconds Jumping Jacks; 30 Seconds jogging on the spot /30 Seconds High Knees

30 Seconds jogging on the spot /30 Seconds Heel Flicks; 30 Seconds jogging on the spot /30 Seconds Spotty Dogs

| ACTIVITY          | DESCRIPTION<br>EACH ACTIVITY TO LAST 5 MINUTES  | MONDAY     | TUESDAY    | WEDNESDAY  | THURSDAY   | FRIDAY     |
|-------------------|---|------------|------------|------------|------------|------------|
| Speed Bounce      | How many times can you do a two feet to two feet jump sideways over a cereal box in 15 or 20 seconds  |            |            |            |            |            |
| Plank             | How long can you hold yourself in a plank position (front support)<br>You can choose to hold yourself on your hands or elbows   |            |            |            |            |            |
| Static Balance    | How long can you balance on your right leg for without moving?  | Right      | Right      | Right      | Right      | Right      |
|                   | Now try on you Left Leg   | Left       | Left       | Left       | Left       | Left       |
| Throw and catch   | How many times can you throw and catch a tennis ball, apple, orange in a minute with only one hand and not moving from the spot   | Both Hands | Both Hands | Both Hands | Both Hands | Both Hands |
|                   |   | Right      | Right      | Right      | Right      | Right      |
|                   | You can choose to do this with both hands or one hand   | Left       | Left       | Left       | Left       | Left       |
| Partner Challenge | Keeping a toilet roll between your knees how long will it take you and your partner to travel across the room and back – passing the toilet roll without using your hands<br><br>Send a picture of you doing the challenge – funniest picture to win a prize! |            |            |            |            |            |

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school. You can take a picture and send it to Catherine Mckeracher, email: [c.mckeracher@samuelcody.hants.sch.uk](mailto:c.mckeracher@samuelcody.hants.sch.uk) or via twitter @NehSGO. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook page where we will be updating the results each day