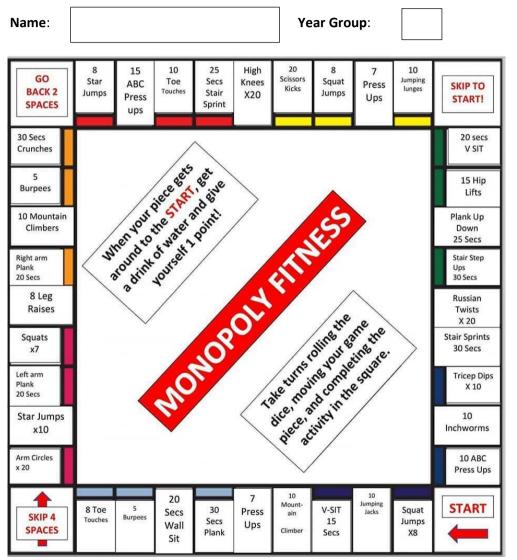


HAMPSHIRE SCHOOL GAMES PRIMARY PERSONAL BEST CHALLENGES WEEK TWO 30 MARCH – 03 APRIL



School			
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- To prepare you for your daily physical challenge you need to first warm up!
- This week we are suggesting playing the Monopoly Fitness Game.
- You can play this with your family!
- Choose a piece of equipment to represent your character!
- Take turns in rolling the dice and move your piece the correct number of squares
- Make sure you complete the activity on the square before the next person can take their turn
- Keep playing for 20 minutes
- You should be nice and warm now to take part in your Daily Challenge
- Have a go and make sure you let your teacher have your score or email your SGO with your name, age, school and score!
- Good Luck and have Fun!

ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	EACH ACTIVITY TO LAST 5 MINUTES					
MOVE IT MONDAY	Moving between 2 spots, distance is up to you and how					
MATCHING PAIRS	much space you have! Lay 5 pairs of playing cards at one end and start at the other end. Move towards the cards,					
Playing cards	turn over two cards at a time trying to match pairs. How can you move - skip, hop, side step, jog, walk. Why					
2 markers	not turn this into a maths challenge as well by subtracting or adding numbers together					
TRY IT TUESDAY	Sitting on the floor, how many items can you move using					
SOCK MOVE	only your feet from one pile to another in 30 seconds. Both hands on the floor					
10 pairs of socks	1 hand on floor No hands on the floor					
WORK OUT WEDNESDAY	Place 3 items of clothing, each slightly further away.					
TARGET	Closest 2 points, middle 5 points, furthest 10 points Throw one pair of socks at a time, under arm					
10 pairs of socks	- How many points can you score in 30 seconds					
3 items of clothing	Try with your left hand and right hand, which is better?					
TRAIN IT THURSDAY	Balance on 1 foot and see how quickly you can pick up 4					
BALANCE CHALLENGE	pairs of socks in front of you hold your balance and try not to put your foot down					
4 pairs of socks	Try on your left foot and right foot, which is better					
FRIDAYS	Repeat all the activities and try to beat your score!					
FINISHER						

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 your School Games Organiser (SGO) for your area, more details can be found on the next page. You can also follow the Hampshire SGOs and Hampshire SGO Facebook page where we will be updating the results each day

Hampshire School Games Organisers (SGOs) Contact Details

Basingstoke – Phil Jeffs pjeffs@brightonhill.hants.sch.uk Twitter@BasingstokeSGO

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