

Name:

HAMPSHIRE SCHOOL GAMES SCHOOL GAMES MARK MAY – 11th May

School:

Year Group:

	LUCC
]	HSG
	#DailyChallenge

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WEEKA	MPSHIRE SCHOOL GAMES Mary Weekly Warm Up		SC	THES.
10 Jumping Jacks	3 Push-ups	5 Tuck jumps on the spot	Sit on the floor + get up without using your hands	5 Arm circles
B 5 Hops on one foot	Front support for 10 secs	Back support for 10 sec	Pretend to juggle 5 secs	Jog on the spot 10 secs
Walk like a bear for 5 sec	4 Burpees	Hold dish shape for 5 sec	5 Hops on your right foot	
10 Straight jumps	5 Lunges on each leg	Jump full turn	Pretend to spin a plate	[
Bend down + and touch your toes 5 times (with straight legs)	Jump half turn	Sit in pike shape and touch toes	10 squats	3
8 Star Jumps	Sit and stand up 5 times	Pretend to hula hoop 5 sec	4 sit ups	// /

Weekly Warm Up: ACROBATIC ALPHABET

To prepare you for your daily physical challenge you need to first warm up!

Work your way through the Alphabet doing the movement that goes with each letter.

- What words will you spell out?
- Why not try your full name on Monday, your favourite sport on Tuesday, your favourite lesson on Wednesday, your favourite movie on Thursday. Be creative!

Equipment needed for your daily challenges:

- A ball you can make a ball out of clothing if you do not have one. Place 2 t-shirts on top of a jumper and then use the arms of the jumper to wrap up the t-shirts to make a ball shape.
- A basket You can use a laundry basket or a toy box
- Markers any flat household item will work.







KEY STAGE 2 STUDENT CHALLENGES

FOOTBALL DRIBBUING Ball & 4 markers of control of the provided proposomately 1 metre apart. Using your foot dribble the ball in and out of the markers and back to the start, every time you do this you will socre a point! You will have 2 minutes to complete as many as possible How many can you do? Have a feet goes and record your best score "See the warm up page for equipment ideas if you do not have a ball. You will not do objects off interent sizes - empty water bottles, milk bottles, time fice, Place the objects on the ground standing up, spacing them apart to become targets. Challenge yourself by placing markers at 2 metres, 3 metres and 5 metres away from the targets. The provided of the targets and knowledge and the targets are provided as the score 2 point. If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 2m you score 1 point, If you started at 3m score 3 points and If you started at 2m you score 1 point, If you started at 3m score 3 points and If you started at 2m you score 1 point, If you started at 3m score 3 points of each target you hill You will have comed to be a score 3 backets. If the point is a score 3 points and If you started at 2m you score 2 makes. If the ball goes in you will have scored 3 backets. If you miss or drop the ball into your backet. If the ball goes in you will have scored 3 backets. If you miss or drop the ball then your score will be 2 backets and post the ball accord your will have comed 2 backets. If you will have comed 2 backets and you goes in your will have scored 3 backets. If you will have scored 3 backets. If you will have comed 2 backets and you goes in you will have scored 3 backets. If you will not you y	ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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DRIBBLING DRIBBL		Using your foot dribble the ball in and out of the markers and back to the					
DRIBBLING Ball & 4 markers* TRY IT TUESDAY FOOTBALL SHOOTING 6 objects & a ball* WORK OUT WENNSDAY BASKETBALL SHOOTING Ball and a Basket* TRAIN IT THURSDAY BASKETBALL SHOOTING BAIL and Basket* TRAIN IT THURSDAY THAIN IT THURSDAY THE final challenge is the clapping challenge- Throw the ball. If the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball. The final challenge is the clapping challenge- Throw the ball.							
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		Have a few goes and record how many times you clapped before you					
Fridays Finisher Repeat all the activities and try to beat your score!							
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