

Name:

Year Group:

School:



# WEEK 6

## HAMPSHIRE SCHOOL GAMES PRIMARY WEEKLY WARM UP: Acrobatic Alphabet



- |                                                                       |                                    |                                           |                                                             |                                  |
|-----------------------------------------------------------------------|------------------------------------|-------------------------------------------|-------------------------------------------------------------|----------------------------------|
| <b>A</b> 10 Jumping Jacks                                             | <b>G</b> 3 Push-ups                | <b>M</b> 5 Tuck jumps on the spot         | <b>S</b> Sit on the floor + get up without using your hands | <b>Y</b> 5 Arm circles           |
| <b>B</b> 5 Hops on one foot                                           | <b>H</b> Front support for 10 secs | <b>N</b> Back support for 10 sec          | <b>T</b> Pretend to juggle 5 secs                           | <b>Z</b> Jog on the spot 10 secs |
| <b>C</b> Walk like a bear for 5 sec                                   | <b>I</b> 4 Burpees                 | <b>O</b> Hold dish shape for 5 sec        | <b>U</b> 5 Hops on your right foot                          |                                  |
| <b>D</b> 10 Straight jumps                                            | <b>J</b> 5 Lunges on each leg      | <b>P</b> Jump full turn                   | <b>V</b> Pretend to spin a plate                            |                                  |
| <b>E</b> Bend down + and touch your toes 5 times (with straight legs) | <b>K</b> Jump half turn            | <b>Q</b> Sit in pike shape and touch toes | <b>W</b> 10 squats                                          |                                  |
| <b>F</b> 8 Star Jumps                                                 | <b>L</b> Sit and stand up 5 times  | <b>R</b> Pretend to hula hoop 5 sec       | <b>X</b> 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.

This week's challenges all focus on the School Games Values of Determination, Passion, Honesty and Self Belief



## KEY STAGE 2 STUDENT CHALLENGES

ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MOVE IT MONDAY</b>  FOOTBALL DRIBBLING  Ball & 4 markers*	Place your 4 markers on the ground approximately 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 score a point! <b>You will have 2 minutes to complete as many as possible</b> <b>How many can you do?</b> Have a few goes and record your best score *See the warm up page for equipment ideas if you do not have a ball.					
<b>TRY IT TUESDAY</b>  FOOTBALL SHOOTING  6 objects & a ball*	You will need 6 objects of different sizes – empty water bottles, milk bottles, tins etc,. 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. Try and knock down as many objects as possible with your ball. You can pick objects back up once they have all been knocked down to continue scoring. If you started at 2m you score 1 point; If you started at 3m score 3 points and if you started at 5m score 5 points for each target you hit! <b>You will have 2 minutes to score as many points as possible</b>					
<b>WORK OUT WEDNESDAY</b>  BASKETBALL SHOOTING  Ball and a Basket*	Stand in front of your basket. Pass the ball around your head, then around your hips and then around your knees then drop the ball into your basket. If the ball goes in you will have scored one basket. Take a step back and pass the ball around your body in the same sequence then shoot the ball. If it goes in your will have scored 2 baskets in a row. Then take another step back and pass the ball around your body and shoot again. If it goes in you would have scored 3 baskets. If you miss or drop the ball then your score will be 2 baskets and you must start again. <b>How many baskets can you get in a row without dropping the ball or missing the basket? You can have a maximum of 6 attempts.</b>					
<b>TRAIN IT THURSDAY</b>  NETBALL PASSING AND RECEIVING	Working on your own you will be practising your ball handling skills. Can you pass the ball back and forth, from one hand to the other hand: <ol style="list-style-type: none"> <li>In front of your body.</li> <li>Above your head</li> </ol> How many times can you do this before you drop the ball?  The final challenge is the clapping challenge- Throw the ball up high and clap. How many times can you clap before you catch the ball? <b>Have a few goes and record how many times you clapped before you caught the ball.</b>					
Fridays Finisher	Repeat all the activities and try to beat your score!					