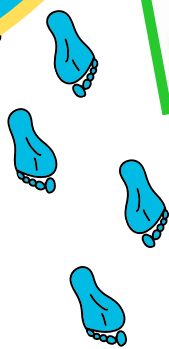
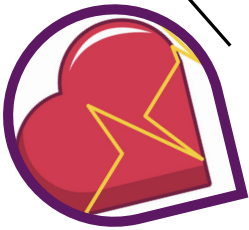


# TREK TO TOKYO WEEK 1





# TREK TO TOKYO

## SUMMER CHALLENGE

To commemorate the Tokyo 2020 Olympics which are no longer taking place this Summer, the Hampshire School Games Organisers (SGOs) are challenging you to Trek to Tokyo!

This is a 6-week challenge for the summer holidays, asking you to complete daily physical activities and creative challenges throughout each week. Earn miles for each activity you take part in and record your daily miles on the chart as you trek your way across the globe to Tokyo.

Every week there'll be a new booklet for you to download from the Energise Me website containing different challenges for you to try and have a go at – get your family and friends involved too!

So, how far is it to Tokyo? It's 5,991 miles from Hampshire to Tokyo! That means you need to travel 1,000 miles a week to reach Tokyo by the end of the summer.

## WHAT YOU CAN EARN MILES FOR:

- Wake Up Shake Up activity – 40 miles
- Daily Challenges – 40 miles
- Ten Minute Filler – 40 miles
- Active 30 minutes or Friday Gym or Dance activity – 60 miles
- Weekly Cultural Fact Finder or Poster or Maths Challenge – 100 miles

Don't worry if you miss a day, you can always double up activities another day, and of course the more active you are, the more miles you can earn and the quicker you will get to Tokyo.

Completing these activities every day will help you meet the recommended daily levels of physical activity – 60 active minutes! Certificates will be awarded for everyone that manages to reach the following milestones:

- Bronze certificate for trekking 2,000 miles
- Silver certificate for trekking 4,000 miles
- Gold certificate for trekking 6,000 miles

We'd love to see what you're up to, so send us photos of you being active and of your artistic creations on social media:

Twitter: @HampshireSGO

Instagram: hampshiresgos

Facebook: Hampshire SGO

We hope you enjoy the challenge and look forward to seeing what you're up to!

# WEEKLY WAKE UP SHAKE UP

40

## Rock, Paper, Scissors

Working in pairs at a distance clench your fist into a ball and count to three together. When you both say the number three you need to decide if you wish to challenge your partner with a rock, paper or scissors. The table below tells you if you have won. If you win then pick a fitness challenge for your partner to do.

Here are some ideas:

- Bunny Hop for 10 Seconds
- Fast Jog on Spot for 10 seconds
- Crab walk for 20 seconds
- Hold the Plank for 15 seconds
- Do 20 Star Jumps
- Dance for 10 seconds
- Jump as high as you can 10 times
- Hop on left foot 10 times
- Hop on right foot 10 times

Or can you be creative and make up your own fitness challenge.

If you beat someone 3 times then swap partners and challenge them to Rock, Paper, and Scissors.



Rock beats scissors

Scissors beats paper



Paper beats rock

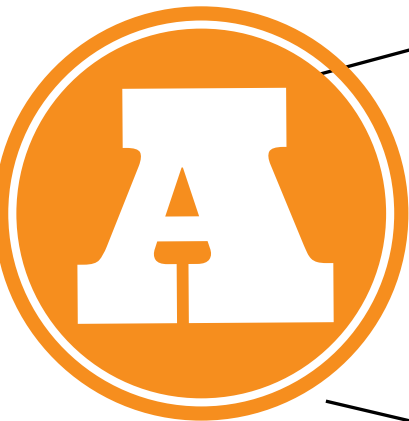
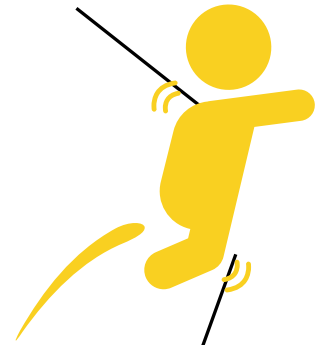
# MOVE IT MONDAY

## 40 Daily Challenge: Speed Bounce

How many times can you do a two feet to two feet jump sideways over a cereal box in 20 seconds?

Try three attempts and see if you can better your score each time

1:  2:  3:



## Ten Minute Filler 40

Search around your house or garden and see how many things you can find in ten minutes that start with the letter: A

Record your score here:

## 60 Active 30 Minutes

Your choice of active 30 minutes

Heart rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

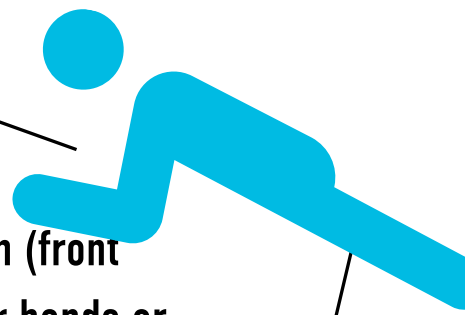
Scout around

Make up a circuit of activities



Write down how many miles toward Tokyo you earned today!

# TRY IT TUESDAY

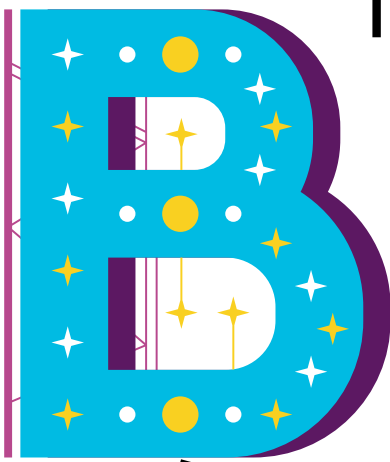


## 40 Daily challenge: Plank

How long can you hold yourself in a plank position (front support)? You can choose to hold yourself on your hands or elbow. Have three attempts and record your time below.

1:  2:  3:

## Ten Minute Filler 40



Search around your house or garden and see how many things you can find in ten minutes that start with the letter: B

Record your score here:

## 60 Active 30 Minutes

Your choice of active 30 minutes

Heart rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

Scout around

Make up a circuit of activities



Today I earnt this many miles toward Tokyo!

# WORKOUT WEDNESDAY



## 40 Daily challenge: Static Balance

How long can you balance on your right leg for without moving?

Now try on you Left Leg.

1:  2:  3:

## Ten Minute Filler 40

Search around your house or garden and see how many things you can find in ten minutes that start with the letter: C

Record your score here:

## 60 Active 30 Minutes

Your choice of active 30 minutes

Heart rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

Scout around

Make up a circuit of activities



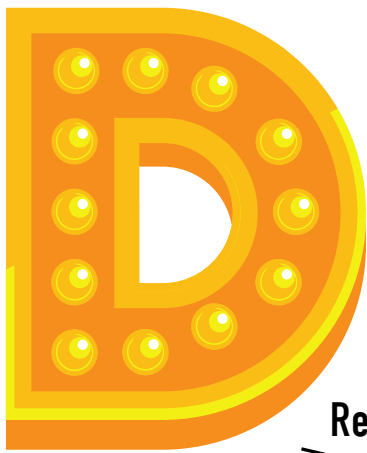
Today I earnt this many miles toward Tokyo!

40

## Daily challenge: 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. You can choose to do this with both hands or one hand.

1:  2:  3:



## 40 Ten Minute Filler

Search around your house or garden and see how many things you can find in ten minutes that start with the letter: D

Record your score here:

## 60 Active 30 Minutes

Heart Rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

Scout around

Make up a circuit of activities



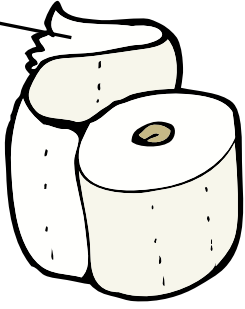
Today I earnt this many miles toward Toyko!

# FRIDAY FINISHER

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## Daily challenge: 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.



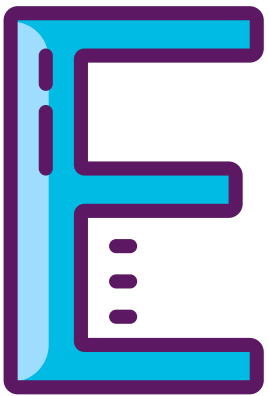
1:

2:

3:

## Ten Minute Filler

40



Search around your house or garden and see how many things you can find in ten minutes that start with the letter: E

Record your score here:

60

## Dance challenge: Musical Statues

This is an activity to play with your family. Choose one person to start and stop the music and act as the judge.

Choose your favourite music. When the music starts, everyone playing starts dancing. When the music stops you have to become a statue.

Everyone starts on 10 points. If someone moves, they lose one of their points.

Whoever has the most points at the end of the game wins that game and becomes the judge!

Keep playing until you are worn out!



Today I earnt this many  
miles toward Tokyo!



# OLYMPIC AND PARALYMPIC COUNTRY FACT FINDER



Australia has hosted the Olympic Games twice. In which cities did the Games take place?

What is the most popular sport in Barbados?

What is the tallest mountain in Canada?

What is China's national sport?

Can you list the three sports GB have won the most Gold medals in, and put them in order?

How many medals did Germany win at London 2012?

What is the capital of Japan?

Which sea does Latvia lie on?

In which two sports have Morocco won medals at the Summer Olympic Games?

Which famous tennis player carried the Spanish flag in the 2016 games in Rio de Janeiro?