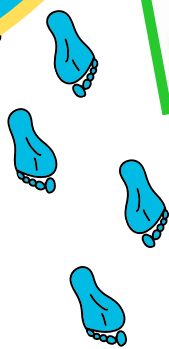
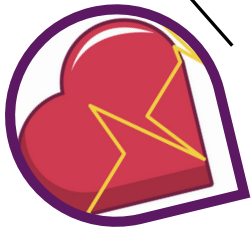


TREK TO
TOKYO
WEEK 2





TREK TO TOKYO SUMMER CHALLENGE

A note from the Hampshire School Games Organisers:

Welcome to Week 2 of the Trek to Tokyo summer challenge! We hope you enjoyed Week 1 and are ready and raring to add to your miles!

This week we've got a Snakes and Ladders Wake Up Shake Up activity lined up and don't forget to try and beat your Daily Challenge scores and achieve a new Personal Best.

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 who 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 are 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 your photos!

WEEKLY WAKE UP SHAKE UP

40 Snakes and Ladders

Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares.

Every time you land on a square you will need to complete that activity before the next person can take their turn.

Keep playing for 20 minutes to warm up properly, even if you end up winning!

Don't forget to climb ladders if you land on them, or slide down snakes if they catch you.

Good luck and have fun!

25 Slide down the snake	26 Sprint on the spot for 26 secs	27 Do 27 Squats	28 Dance crazy for 28 secs	29 Slide down the snake	30 Do a victory dance
24 Sprint on the spot for 24 secs	23 Slide down the snake	22 Dance crazy for 22 secs	21 Go forward 4 spaces	20 Do 20 star jumps	19 Do sit ups for 19 secs
13 Dance crazy for 13 secs	14 Go Back 1 space	15 Sprint on the spot for 15 secs	16 Do 16 star jumps	17 Slide down the snake	18 Do 18 Squats
12 Climb the ladder	11 Get up and sit down 11 times	10 Sprint on the spot for 15 secs	9 Do 9 press ups	8 Go back 1 space	7 Do 7 jumping jacks
1 Ready Steady Go!	2 Go forward 1 space	3 Do 3 different stretches	4 Climb the ladder	5 Do 5 squat jumps	6 Go forward 1 space

MOVE IT MONDAY

40

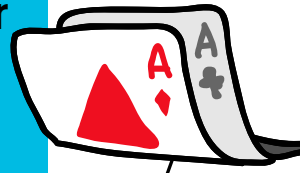
Daily Challenge: Matching Pairs

Lay 5 pairs of playing cards at one end of the room and start at the other end. Travel towards the cards, turn over two cards at a time trying to match pairs.

How can you move? - skip, hop, side step, jog, walk.

How long does it take you to match the pairs?

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: F

Record your score here:

F

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

Scoot around

Make up a circuit of activities



Write down how many miles toward Tokyo you earned today!

TRY IT TUESDAY

40

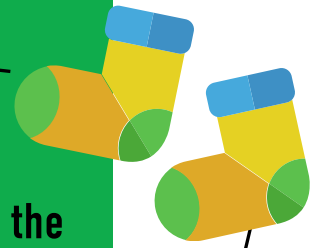
Daily challenge: Sock Move

Set out 10 pairs of socks on the floor. Then sit down on the floor and see how many pairs of socks you can move using only your feet from one pile to another in 30 seconds.

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: G

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

Scoot around

Make up a circuit of activities



Today I earnt this many miles toward Tokyo!

WORKOUT WEDNESDAY

40

Daily challenge: Target

Place 3 items of clothing, each slightly further away. Closest 2 points, middle 5 points, furthest 10 points. Throw one pair of socks at a time, under arm.

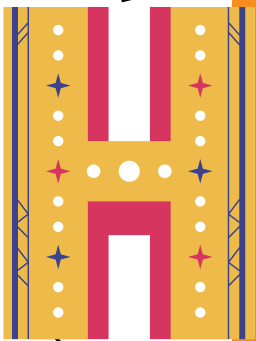


How many points can you score in 30 seconds

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: H



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



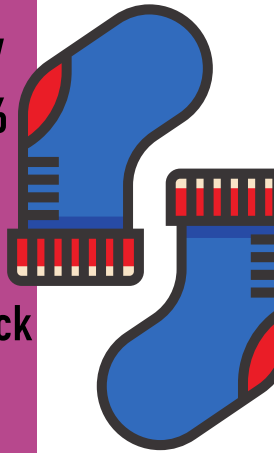
Today I earnt this many miles toward Tokyo!

TRAIN IT THURSDAY

40

Daily challenge: Soccia

Challenge a member of your family to play against. Each person will need 6 socks folded into a ball shape and ideally of different colours (Player 1 has 6 red socks, player 2 has 6 blue socks). Chose a white item to become the target or 'Jack'. Decide who is going first. They will choose where to place the target. Take it in turns to see who can get their sock closest to the target. Whoever is closest scores a point. Challenge different people or play the game three times.

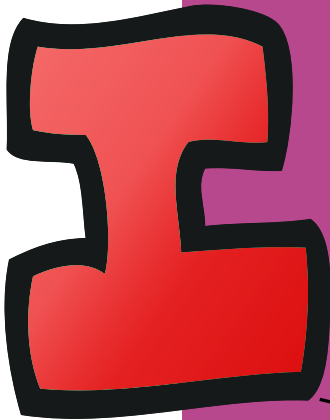


1: 2: 3:

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: I

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!

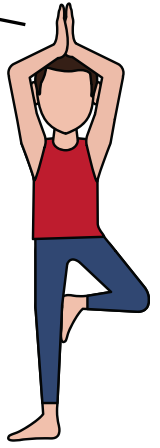


40

Daily challenge: Balance Challenge

Balance on 1 foot and see how quickly you can pick up the 4 pairs of socks in front of you.

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: J

Record your score here:

60

Gymnastics Challenge: What's my name?

1. Decide who is going first.
2. Using the images opposite, first person has to spell their name and people have to guess what they are spelling.
3. Swap so everyone has a go spelling their names.
4. When everyone has had a go, first person chooses an animal and spells the animal using body shapes.
5. You could try spelling countries or favourite band or TV show.
6. See who can guess the word the quickest!
7. To make it more difficult can you spell them as a pair!



Today I earnt this many
miles toward Tokyo!

★DESIGN A POSTER CHALLENGE:

100

SUMMER ★OLYMPICS 1936

Make sure you include the name of the country and the host city.

The names of some of the stadiums and other cities used

The mascot used in 1936!

You could find out and draw the national flag for the host country and some other cultural images that are unique to the country who hosted the Games

You could include a picture of some the sports involved in the Olympic Games of 1936. Anything unique that happened?