

TREK TO TOKYO WEEK 5





TREK TO ★ TOKYO ★ SUMMER CHALLENGE

A note from the Hampshire School Games Organisers:

It's week 5 of the Trek to Tokyo summer challenge and we're almost there! We hope you enjoy another week of keeping fit and are coming up with lots of creative ways to stay active.

This week there's a Roll the Dice Wake Up Shake Up activity to get you started in the morning and we'd love to hear your favourite facts about any of the sports or countries you've been learning about in the fact finder challenge!

Don't forget to keep totalling up your miles at the end of each week...

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

Completing these activities every day will help you meet the recommended daily levels of physical activity – 60 active minutes!

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.

You can earn a certificate for achieving 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 would 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

Roll the Dice

40

All you need for this warm up game is yourself, any family members that are free, and a dice. If you do not have a dice then why not make your own, or use a dice on the internet.

Take it in turns to have your go, as soon as you have rolled the next person goes and so on.

Each participant will need to roll the dice twice, the first roll will determine the exercise you will be doing, and the second roll will determine the length of time you will be doing that exercise.

Keep on going for 20 minutes, How many of the exercises can you get through in that time.

FIRST
ROLL



Star
Jumps



Tuck
Jumps



High
Knees



Burpees



Squats



One Leg
Hop

SECOND
ROLL



10
seconds



20
seconds



30
seconds



40
seconds



50
seconds



60
seconds

40

Daily Challenge: Sit Down Stand Up

How many times can you sit down (crossed legged) and then stand up in a straight shape (arms straight up above your head)? Make sure you sit down in a controlled manner on to a clear floor.

How many can you do in 1 minute?

Harder: Do the challenge without using your hands to get up off the floor.

Easier: Go to a crouch position instead of sitting down

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: U

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 earnt today!

TRY IT TUESDAY

40

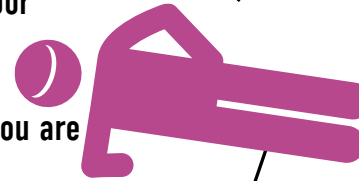
Daily challenge: Side Plank

We did the Plank/Front Support in Week 1, this week we are 'trying' the Side Plank – start on your side with your feet together, one arm bent on the floor ready to support the body.

Push through your feet and elbow to raise your knees, hips and torso so you are in a straight line. Time how long you can hold the plank without dropping your hips.

Harder: Do a straight arm side support

Easier: Place your knees on the floor and just raise your hips and torso



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: V

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: Hopscotch Shuttle

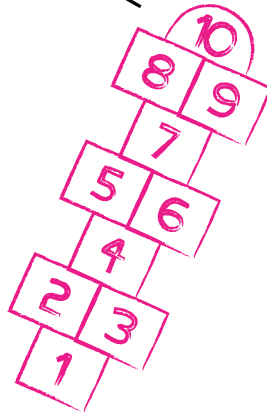
You will need to lay out two markers about 3-5m apart. On 'Go' you need to do your hopscotch shuttles, continuing back and forth for 3 minutes, but don't worry you will have a rest in between. Count how many lengths you do in this time.

1 minute working, 1 minute rest, 1 minute working, 1 minute rest, 1 minute working. Add up your scores from each 'working' minute.

Harder: Hopscotch backwards instead.

Easier: Choosing either hopping or jumping, or one length of each etc

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: W

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: Alternate Ball Roll

Crouch on the floor 1m from your wall, with one ball in each hand. On 'go' you need to roll one ball at a time to rebound back off the wall, into your hand. Alternate your hands.

When you receive the ball back in your hand you get 1 point.

How many points can you get in 1 minute?

Harder: Stand up and throw the ball, use one ball but use alternate hands.

Easier: Use one ball, but still alternate 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: X

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

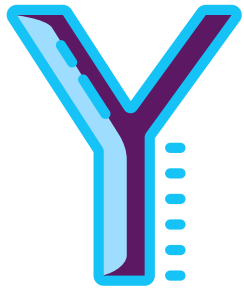
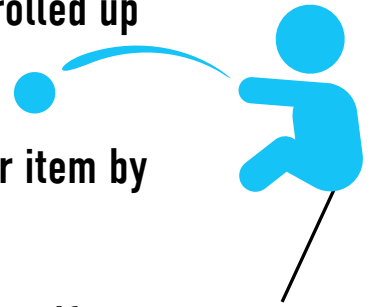
40

Daily challenge: Wall Target

Challenge members of your family to see who can get closest to the wall without touching it. You can use a pair of rolled up socks or a bean bag or soft toy.

Decide what distance to start from the wall. Send your item by throwing, pushing or kicking.

Whoever gets their item closest to the wall wins a point. If your item hits the wall it cannot count. See who can get five points first.



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: Y

Record your score here:

60

Dance Challenge: Dance in Gear

This is an activity to play with your family. Choose your favourite music. Choose one person to call out the gears. Change how you dance when a certain number is called out

Gear 1 is to dance slowly

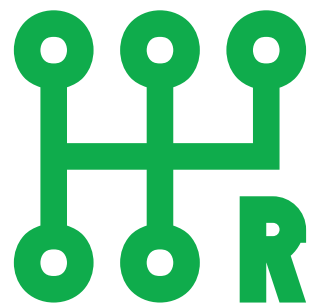
Gear 2 is to dance at a medium pace

Gear 3 is to dance at a fast pace

Gear 4 is to dance side to side

Gear Reverse is to dance backwards

Brake is to freeze



Change who is calling out the instructions after the first Dance. Change what moves the gears represent.

Today I earnt this many miles toward Tokyo!

★DESIGN A POSTER CHALLENGE:

SUMMER ★OLYMPICS 1992

100

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 1992!

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 of the sports involved in the Olympic Games of 1992. Anything unique that happened?