

# TREK TO TOKYO WEEK 4



# TREK TO TOKYO SUMMER CHALLENGE

A note from the Hampshire School Games Organisers:

Hello and welcome to Week 4 of the Trek to Tokyo summer challenge! Well done to those of you that have travelled halfway to Tokyo already! You're doing a great job of keeping fit and healthy!

This week we hope you enjoy the Noughts and Crosses Wake Up Shake Up activity and have fun trying to beat your personal bests on the daily challenges!

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!



## Noughts and Crosses

40

You will need to make your own noughts and crosses board (area). This can be done with sticks/pipes/paper.

Next, you will need to be creative and find objects to make the noughts and crosses for the game.

You will need 5 of each. For example 5 rolled up socks for the noughts, 5 hats for the crosses. The choice is yours!

Have a marker 3m from your noughts and crosses board.

You will need a partner to play against. One player has the socks, the other has the hats.

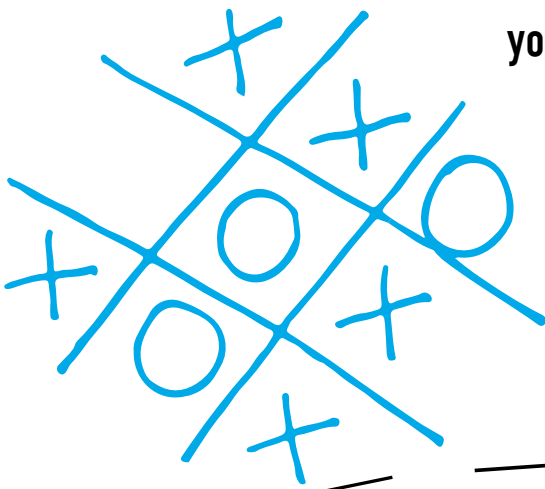
Have objects on the floor next to first marker, the first person runs and lays one object in one of the squares. Then they run back to collect the second object. Partner can start running for their go once opponent's object has hit the floor.

The person who lays 3 in a row wins that game.

Move the marker further away if you want to make it a little harder.

Best of 3! Then swap objects!

This Wake Up, Shake Up activity is worth 30 miles towards your Trek to Tokyo miles total.



# MOVE IT MONDAY

## 40 Daily Challenge: Mountain Climbers

Start in a press up position. On go, bring your knees to your chest one at a time. You get a point for every time you bring your knees to your chest.



Try:

1 minute, 1 minute rest, 1 minutes, 1 minute rest, 1 minute.

Record your points for each minute:

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: P

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

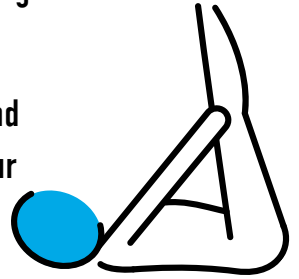
## Daily challenge: Sit Up Challenge

Lie flat on the floor, on your back, in a straight shape with your arms above your head. Hold a cuddly toy/cushion between your feet. At the same time, keeping your arms and legs straight, bring them up together.

Make sure you keep your back flat on the floor. When your straight arms and legs come together, grab the toy with your hands, then lie back down in your straight shape again.

Keep on going moving your toy between your hands and feet. How many can you do in a minute? Have three try's and record your score 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: Q

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

Scot around

Make up a circuit of activities



Today I earnt this many miles toward Tokyo!

# WORKOUT WEDNESDAY

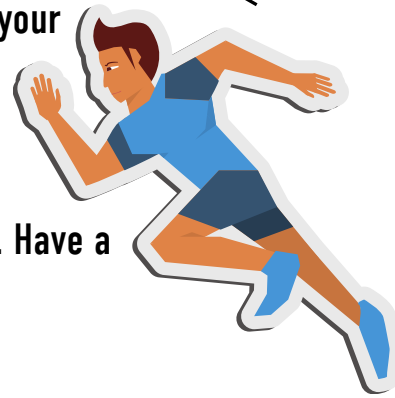
## 40 Daily challenge: Move the Objects

Place two cushions 5-10 metres apart. Pick 15 soft items of your choice and place on one of the cushions.

Three, Two, One, Go!

You must move all the items one by one to the other cushion. Have a rest. Then do it again and try to beat your time.

Try balancing objects on your head to make harder

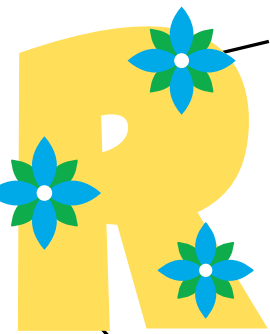


1:  2:  3:

## 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: R

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 earned this many miles toward Tokyo!

# TRAIN IT THURSDAY

40

## Daily challenge: Through the Ladder

Make your own ladder using different objects. This could be books/rolled up towels or spots. You ideally need 5/6 objects spaced your foot size apart from each other. First have a practice running through the ladder.

Start at one end, on go, run through the ladder as fast as you can. At the end, run back to the beginning and repeat. One point for every time you go through the ladder.

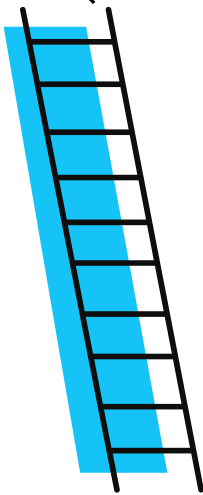
How many times can you run through the ladder?

1 minute, 1 minute rest, 1 minute, 1 minute rest, 1 minute.

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: S

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: Treasure Hunt

Ask a member of your family to hide 5 items in a room or in the garden. Ask them to take a picture of the items or draw a picture of what you are looking for. Once the items are hidden, ask them to start you off and time how long it takes you to find all 5. Record your score and ask them to hide the same items in different places or choose 5 new items to hide. Can you beat your time? Can you beat your family members 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: T

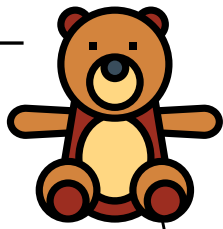
Record your score here:

## 60 Athletics Challenge: Memorise a Move

Play with a partner or with your whole family. Choose 4 items to use as markers and spread them out in the garden or field. Make sure you have at least 5m between objects.

Start in the middle of the objects. Partner calls out two objects that you have to run to in order e.g. Teddy, Bottle. If you do it in the right order, add an object e.g. teddy, bottle, cereal. Only add an object if you run in the correct order.

Once you get it wrong, swap and let your partner have a go. Who can run in the correct order to the highest number of objects!



Record your score here:

Today I earned this many miles toward Tokyo!



# OLYMPIC AND PARALYMPIC SPORT FACT FINDER

100



1. How many new World Records were set in athletics during the 2016 Paralympics?

2. Which country has won the most gold medals in archery at the Summer Olympics?

3. Who invented the sport of basketball?

4. What is the name of the indoor wooden track used in track cycling?

5. What is different about the spectators at goalball matches?

6. What were trampolines originally used for?

7. How many people are in a handball team?

8. Which novel, written by Thomas Hughes, inspired Baron Pierre de Coubertin to introduce rugby to the Olympic games?

9. Table tennis is the sport with the most participants worldwide. True or False?

10. What was the original name of wheelchair rugby?