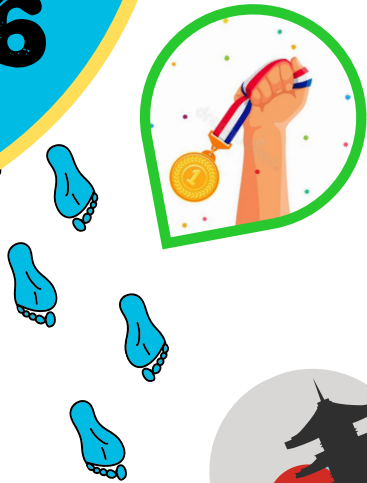


TREK TO TOKYO WEEK 6



TREK TO TOKYO SUMMER CHALLENGE



A note from the Hampshire School Games Organisers:

Welcome the 6th and final week of the Trek to Tokyo summer challenge! Well done to everyone who has joined in the Challenge so far, now it's time to enjoy the last week of activities!

Our final Wake Up Shake Up activity is BINGO and this is the last chance to challenge yourself on the Daily Challenges and get a new Personal Best.

Don't forget to total up your miles at the end of the week and send a photo or a copy of your Mileage Chart to your SGO to receive your certificate of achievement.

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

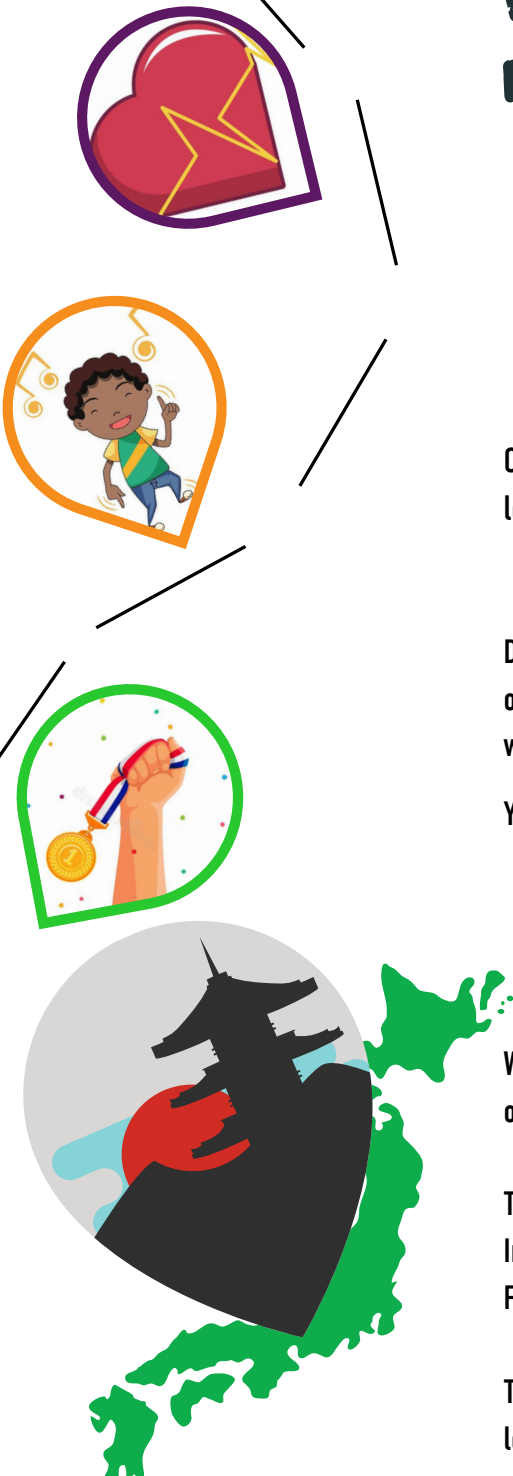
We would love to see what you are up to, so send us photos of you being active and of your artistic creations on social media:

Twitter: @HampshireSGO

Instagram: hampshiresgos

Facebook: Hampshire SGO

Thank you to everyone that has joined in the challenge – we hope you've had fun, learnt something new and enjoyed staying active over the Summer break!



WEEKLY WAKE UP SHAKE UP

Bingo

40

Here is this week's Wake Up Shake Up activity.

How to Play:

Once you complete an activity tick it off. Can you complete the activities in green squares in less than 60 seconds?

If you are finding some of the activities hard, change them or have a rest and continue. When performing the activities, make sure that you are honest.

Keep playing for 20 mins – how many activities can you get ticked off?

Good Luck and have Fun!

Jump up and down in a space 40 times	Play musical statues	Ride a bike or a scooter	Balance on a part of your body for 60 seconds	Jump or move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttles (Walking, running or moving)	Skip or move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	Perform 40 squat jumps/sit fowards	Throw or roll a ball against a wall or with a sibling	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling or parent or carer
Perform 30 push ups	Perform dance movements	Perform a short fitness workout	Perform 30 sit ups or lean forwards	Perform a gymnastics routine	Invent and play a new game

40

Daily Challenge: Memory Moves

Make a square using four markers. Start on one marker and hold a balance of your choice for 5 seconds. Once finished, move to the next. You must hold your 1st balance for 5 seconds, and then hold a different balance for another 5 seconds.

Move to the next spot; repeat your 1st and 2nd balance, and then hold a 3rd balance. Go to the fourth marker and repeat, 1st, 2nd, 3rd and hold a 4th balance. Keep moving around the square. Remember you must hold each balance for 5 seconds.

How many balances can you remember and hold without losing control.

Make it easier by only holding your balance for 3 seconds or harder by holding for 7 seconds.

1: 2: 3:



Ten Minute Filler

40

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

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

Daily challenge: Aim for the Goal

40

You will need to build 3 goals. Be creative and use what you can, plant pots/cones/chairs etc. Each goal must be different and must be big enough for a ball to fit through them.

Place three markers in a line and then put your three goals at different distances away from the start - one at 2m, one at 4m and one at 6m. Record how many times can you roll/throw/kick a ball through your first goal. Collect the ball after each try and move back to the start before you try again.

After one minute, have a little rest and onto the second goal. Repeat and then the third goal.

Make the goals smaller or move further away for more of challenge. Make your goals larger or move closer to make it easier.



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 are the colour red.

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

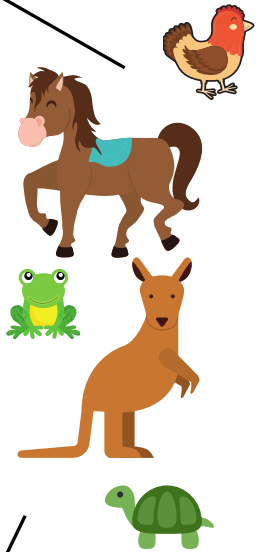
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Daily challenge: Animal Moves

Place two markers, 5 metres apart. On 'Go' move like an animal of your choice between the markers. Move for 30 seconds, how many times can you move between the cones? Have three attempts and write down your scores and what animal you were.

Try to be as creative as possible.

Be an animal that moves using 4 legs to make it harder i.e. dog, frog e.t.c. Be an animal that moves using 2 legs to make it easier i.e. chicken, gorilla.



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 are the colour blue.

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: Tip Toe Around

Mark out a square with 4 markers. You will need a partner stood in the middle of the square with their eyes shut.

On 'Go' you must quietly run around the square, touching the markers as you go, you can change direction but you must keep moving. When your partner says stop you must stop.

If you are in between markers, move to the closest marker. The person in the middle will point to the marker. If they point to the marker where you are standing, you must do a crazy dance on the spot for 20 seconds.

Complete the game for 5 minutes, how many times will you get caught? That is your score! Your partner can call 'sprint', 'hop', 'walk', 'jump' etc to make it easier or harder.



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 are the colour yellow.

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:

Find 6 items that become skittles to knock over (empty plastic bottles, can, plant pots etc). Find a chair to sit on and place the skittles in a line 3m-4m away from the chair.

Using a ball or create your own missile, have six goes to try and knock as many skittles over as possible.

Have a few goes and record your scores. Increase/decrease the distance between your chair and the skittles to make it easier/harder.

1:

2:

3:



Ten Minute Filler

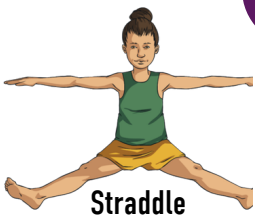
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Search around your house or garden and see how many things you can find in ten minutes that are the colour green.

Record your score here:

60

Gymnastics Challenge: Shake Up



Straddle

Choose one of the shapes as your starting position. Decide which shape you are going to make next and decide how to move into it. Keep adding a shape until you have used them all up.

Can you remember the routine you have made? Think about how you move in and out of the shapes you have made smoothly. Make sure you hold your shapes still?

Can you travel to different area of the room or garden before making the next shape? If you are doing it with a member of your family, show them your routine and ask for feedback.



Star



Pike



Sitting Tuck



Standing Pencil

Today I earnt this many miles toward Tokyo!

MATHS CHALLENGE:

100

Research what the total number of medals (Bronze, Silver and Gold) were won by Spain at these Summer Olympic Games 1896, 1936, 1964, 1980, 1992, 2016.

Record your scores on the bar chart to score 100 miles for this activity towards your Trek to Tokyo tally!

