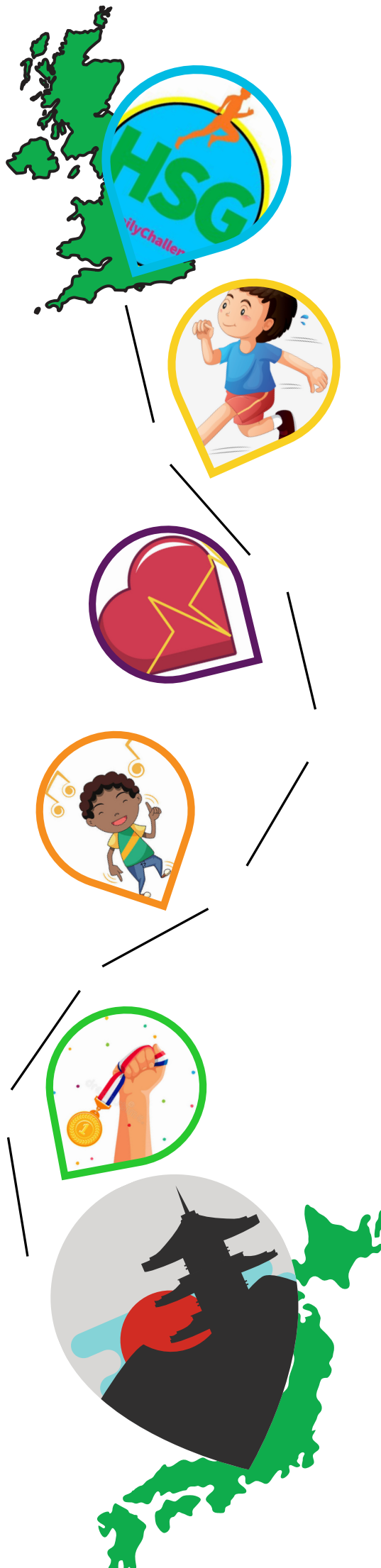


**TREK TO  
TOKYO  
WEEK 8**





# TREK TO TOKYO SUMMER CHALLENGE

A note from the Hampshire School Games Organisers:

It's time for Week 3 of the Trek to Tokyo summer challenge! We hope you're enjoying the challenge so far and are having fun keeping fit and healthy!

This week, we've got a Deck of Cards Wake Up Shake Up activity lined up and don't forget to keep sending us photos of your great Olympic Posters – we're loving your creativity!

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'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

## Deck of Cards workout

40

Mark out two spots, distance between the spots is up to you. Lay your pack of cards around one of the spots. Starting at the other spot, run and pick up one card and take it back to the starting spot.

Depending on which suit you pick up, will determine what activity you will do. Depending on what number you pick up, will determine how many you do.

(Jack, Queen, King or Ace you decide how many you want to do. Joker – rest card)

How many cards can you pick up in 5 minutes.



**Air Boxing**



**High Knees (on the spot)**



**Burpees**



**Star Jumps**

40

## Daily Challenge: Shuttle Runs

Use two markers to make a shuttle run. You'll need a straight line somewhere in your house/garden preferably 5m long. If you don't have space then set up a circle to run around instead.

How many shuttles/loops can you do in 3 minutes?

Increase the time to make it more challenging!

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: K

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: River Crossing



You need a start and finish line, and two items you can stand on i.e. floats, spots, card etc. The space between your start and finish line is a river. You must cross without falling in.

You must use your two items to cross. Only your feet and hands can touch your items, no body part is allowed to touch the river (floor). If you do you need to start again.

How quickly can you cross? Use smaller items to make it more challenging.

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: L

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: Step-Ups

How hard do you want to work? You have two options:

- 1) Speed challenge - Do step-ups for 30 seconds - how many can you do?
- 2) Endurance challenge - Do step-ups for the whole 5 minutes - how many can you do?

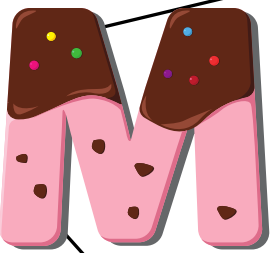
Rules: safety first - your whole foot must go on the step!

Try leading with your non-dominant foot.

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: M

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: Tennis Keepie ups

You need to keep an object in the air for as long as possible.  
You can use a racket, your hand or a hard book.

You will also need a ball, a balloon or a rolled up piece of paper.

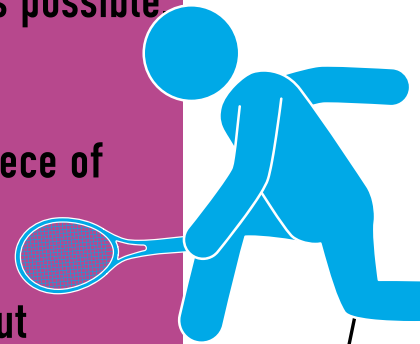
Bounce your object as many times as you can without dropping it on the floor. How many can you do?

Try using your weaker hand.

1:

2:

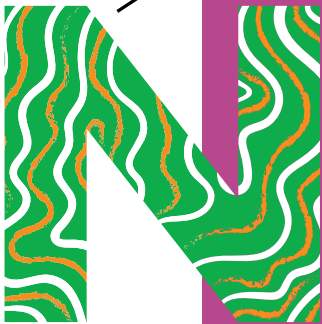
3:



## 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: N

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 earned this many miles toward Toyko!

# FRIDAY FINISHER

## 40 Daily challenge: Slalom Course

Select six items to act as markers. Set them out in the garden or in a room at least 1m apart. Choose someone to time you.

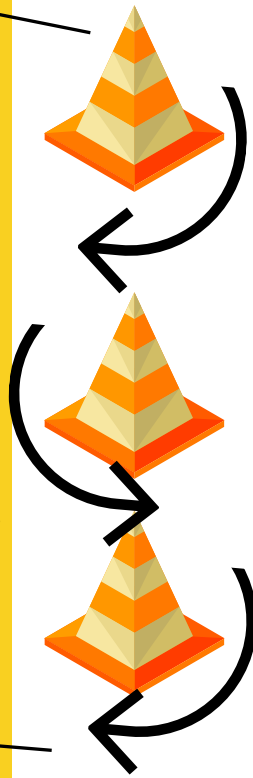
Travel in a figure of eight. How long does it take you to move in and out of the markers and back.

Try this three times and try and beat your score. If you found this easy, try balancing something on your head and try again!

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: O

Record your score here:

60

## Dance Challenge: Add a Move

This is an activity to play with your family. Choose your favourite music and stand in a circle so you can all see.

Choose someone to start in the middle of the circle. This person has to make up a dance move. When they have finished, the person next to them swaps places. They have to start with the first dance move and then add one of their own.

Keep adding a move every time there is a new person in the middle.

As a family, how many dance moves could you remember and perform correctly?

Record your score here:



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 France 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!

