

HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 1








Name:

Year Group:

School:

This week's activities will focus on the school games value of **DETERMINATION**
Keep on going, no matter what.

Activity	Description Each activity to last for 20 - 30 minutes	Circle how you felt after doing the activity
MOVE IT MONDAY REACH TO THE SKY	<ul style="list-style-type: none"> • Reach to the sky • Deep breath in • Reach to the floor • CAN YOU DO IT 10 TIMES? • Have a rest and try again • Too easy? Try balancing on one foot and do the challenge 	
TRY IT TUESDAY BOCCIA SNOOKER	<ul style="list-style-type: none"> • Why don't you try the Panathlon Indoor Games at home challenge – Boccia Snooker? • You will need some paper and pens and some rolled up socks • Go to: https://youtu.be/Wx1JI03CG8Q 	
WELL BEING WEDNESDAY OBJECT MOVE	<ul style="list-style-type: none"> • Pick your favourite soft toy or object • Sit on the floor • Cuddle your object • Move the object to your knees and then to the floor • CAN YOU DO IT 10 TIMES? • Have a rest and try again • Too easy? Try moving object from one side of your body to the other 	
TRAIN IT THURSDAY PYRAMID WORKOUT	<ul style="list-style-type: none"> • Why don't you try the Panathlon Indoor Games at home challenge Through The Gap? • You will need some objects to act as gates and some small balls or rolled-up socks or satsumas! • Go to: https://youtu.be/xVDdKzudjZQ 	
FEEL GOOD FRIDAY JUST DANCE	<ul style="list-style-type: none"> • Choose a piece of music that makes you feel happy • Dance with your family and choose who has been the most creative or active. • Circle how you felt after doing it. • If you want to send in a picture too that would be great! • Challenge yourself by dancing for longer or changing your speed! 	

Make sure you email your teacher to let them know if you completed each of the daily activities!