

# HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 2








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
<b>MOVE IT MONDAY</b> STANDING TALL	<ul style="list-style-type: none"> <li>Hold an object (soft toy)</li> <li>Stand up tall</li> <li>Move the object around your body</li> <li>CAN YOU DO IT 10 TIMES?</li> <li>Have a rest and try again</li> <li>Too easy? Try it with your eyes closed!</li> </ul>	
<b>TRY IT TUESDAY</b> NOUGHTS AND CROSSES	<ul style="list-style-type: none"> <li>Why don't you try the Panathlon Indoor Games at home challenge – Noughts and Crosses?</li> <li>You will need some paper and some rolled-up socks.</li> <li>Go to: <a href="https://youtu.be/mfbUcXhhPrQ">https://youtu.be/mfbUcXhhPrQ</a></li> </ul>	
<b>WELL BEING WEDNESDAY</b> STEPPING STONES	<ul style="list-style-type: none"> <li>Place three pieces of paper on the floor and number them 1, 2 and 3</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #00AEEF; color: white; padding: 5px 10px; margin: 2px;">1</div> <div style="background-color: #00AEEF; color: white; padding: 5px 10px; margin: 2px;">2</div> <div style="background-color: #00AEEF; color: white; padding: 5px 10px; margin: 2px;">3</div> </div> <ul style="list-style-type: none"> <li>Starting on paper 1, move your way to paper 2, then 3</li> <li>Try hopping and jumping</li> <li>CAN YOU KEEP MOVING FOR 60 SECONDS</li> <li>Have a rest and try again.</li> <li>Too easy? Move the paper further apart</li> <li>Wheelchair users can you weave in and out of the papers</li> </ul>	
<b>TRAIN IT THURSDAY</b> INTO THE TOWER	<ul style="list-style-type: none"> <li>Why don't you try the Panathlon Indoor Games at home challenge Into the Tower?</li> <li>You will need some 3 Jam Jar lids or bean bags, toys, rolled up socks, a chair, a smooth surface and a stopwatch</li> <li>Go to: <a href="https://youtu.be/4pCM-tmeQIE">https://youtu.be/4pCM-tmeQIE</a></li> </ul>	
<b>FEEL GOOD FRIDAY</b> FREESTYLE DANCE  Music of your choice	<ul style="list-style-type: none"> <li>Choose a piece of music that makes you feel happy</li> <li>Dance with your family and choose who has been the most creative or active. Get them to copy your moves!</li> <li>Tick the box to let us know you did it</li> <li>If you want to send in a picture too that would be great!</li> <li>Challenge yourself by dancing for longer or changing your speed!</li> </ul>	

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