

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 1



Name:

Year Group:

School:

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

Activity	Description Each activity to last for 20 - 30 minutes	Tick the relevant box below if you took part in the activity
MOVE IT MONDAY HIIT CARDIO WORKOUT	Try '30 Minute HIIT Cardio Workout' Search for YouTube Channel 'SELF': https://www.youtube.com/watch?v=bdCX8Nb_2Mg_	
TRY IT TUESDAY STRAVA CHALLENGE	Why don't you join the Hampshire SGOs Strava running group? Test yourself to run further for longer each week! Go to: https://www.strava.com/clubs/HampshireSGOs	
WELL BEING WEDNESDAY YOGA	Try 'Yoga For Complete Beginners - 20 Minute Home Yoga Workout!' Search for 'Yoga with Adrienne' on YouTube. https://www.youtube.com/watch?v=v7AYKMP6rOE&list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAl&index=2	
TRAIN IT THURSDAY ALPHABET WORKOUT	Complete 5 football-related words and the challenges associated with each letter. Each letter has a specific exercise: e.g. K-I-C-K K: Mountain Climbers x 20 I: Press-ups x 15 C: Ab Crunchers x 20 K: Mountain Climbers x 20 The 5 words are: PENALTY, GOAL, CORNER, STRIKER, REFEREE Challenge yourself by using your own words! A - Burpees x 12 B - Bunny hop x 10 C - Ab crunchers x 20 D - Up and down plank x 10 E - Squat jumps x 15 F - Side plank x 10sec G - Heel flicks x 30 H - High knees x 30 I - Press-ups x 15 J - Leg raises x 20 K - Mountain climbers x 20 L - Alternate lunges x 10 M - Wall sit x 60 secs N - Bicycle kicks x 10 O - Squats x 15 P - Step ups x 30 Q - Straight punches x 30 R - Sit-ups x 30 S - Russian twists x 10 T - Star jumps x 20 U - Plank x 20secs V - v-sit hold x 10 W - Quick feet X - Bicycle crunches x 10 Y - Arm circles forward x 10 Z - Arm circles backward x 10	
FEEL GOOD FRIDAY LEARN A DANCE ROUTINE	Learn this dance routine for BTS hit single 'Dynamite'! Search for YouTube Channel 'Learn How To Dance' Enjoy! https://www.youtube.com/watch?v=az6YPZdM1mA	

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