

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 2



Name:

Year Group:

School:

This week's activities will focus on the school games value of **PASSION** - Giving 100%.

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 TABATA WORKOUT	Try '12 Minute Tabata Workout' that involves 8 x 20 secs activity with 10 secs rest using various activities for the whole body workout! Find it on YouTube: https://www.youtube.com/watch?v=ttkg49P_7ds	
TRY IT TUESDAY STRAVA CHALLENGE	Why don't you join the Hampshire SGOs Strava running group? Use the NHS advice to create a training programme https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ Record your progress on https://www.strava.com/clubs/HampshireSGOs	
WELL BEING WEDNESDAY STRETCH IT	Try a full relaxing Body Stretch wither when you get up or before you go to bed. Have a go at this one on YouTube: https://www.youtube.com/watch?v=g_tea8ZNk5A How much more relaxed do you feel?	
TRAIN IT THURSDAY PYRAMID WORKOUT	Have a go at the Pyramid circuit where the time per exercise gets longer each time to the peak and then reduces on the way back down! Rest for 10 seconds between each exercise or miss the rest for a more intensive workout 10 seconds Mountain Climbers 20 seconds Push Ups 30 seconds Squats 40 seconds Tricep Dips 50 seconds Jumping Jax 60 seconds Plank Hold 50 seconds Air Jax (or Jumping Jax) 40 seconds Tricep Dips (Feet further away) 30 seconds Jump Squats (or static squats) 20 seconds push up and shoulder tap (or just push ups) 10 seconds Mountain Climbers with a twist – kneel to opposite elbow (or normal)	
FEEL GOOD FRIDAY JUST DANCE	Let yourself feel good by Dancing to a song or two! Throw in some shapes and have some fun; find it here on YouTube: Just Dance 2018 - Waka Waka (Football version)	

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