

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 3



Name:

Year Group:

School:

This week's activities will focus on the school games value of **SELF BELIEF**
Believe in yourself and you can achieve anything.

Activity

Description

Tick the relevant box below if you took part in the activity

Each activity to last for 20 - 30 minutes

MOVE IT MONDAY WATER BOTTLE WORKOUT

Try the Bottle Flip Workout using 2 half-full bottles. Allocate different activities for the combinations of how the bottles land when you flip them.



Work for 5 minutes, have a rest then change the exercises then repeat the workout. Repeat for as many blocks of 5 mins you can manage.

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 RELAXING AND BREATHING

Relaxing is really important for your health and well-being so have a go the breathing exercises. They will take a bit of practice but stick with it and the results will surprise you.

Body scan visualisation:

- Find a private, calm space and sit or lie down.
- Close your eyes and take a few deep breaths.
- Imagine you are in a beautiful location, your favourite place, the beach, woods, a mountainside, your bedroom.
- Visualise your surroundings, the sounds, the feel of the sun on your face, the smell of cut grass.
- Stay in the scene and visualise every aspect until you feel relaxed.
- Return to this place whenever you need to relax.

'Square' breathing for relaxation:

- Sit on a chair with your feet flat on the floor and your hands in your lap.
- Inhale slowly through your nose for a count of 4 allowing the air to fill your belly.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- As you breathe, visualise a healing blue or white light washing over your body.
- Finally hold the breath for a count of 4.
- Repeat the sequence for 4 minutes.





**TRAIN IT
THURSDAY
PLAYING CARD
WORKOUT**

Try the Playing Card Workout where each playing card suit is a different exercise and the number on the card is the number of repetitions that you do. There are 5 workouts to try: Full Body, Upper Body, Lower Body, Core or Cardio.

Go through the whole deck of cards or set a time limit. The choice is yours. Do all 5 or select one or two.

- Each suit is allocated an exercise. (see below for examples or use your own)
- Shuffle the cards. Then put on your timer for the amount of time you wish to work for.
- Pick up the top card. Do the allocated exercise for that suit for the number of repetitions on the card. Eg 4 of hearts = 4 press-ups (full body work out).
- Put the card down to the side then pick up the next one and so on for the time you have set.
- Picture cards (jack, queen, king) = 10 reps. Joker = 20

EXAMPLES OF EXERCISES

| SUIT | FULL BODY | LOWER BODY | UPPER BODY | CORE | CARDIO |
|---|---------------|----------------|--------------------------|----------------|-------------------|
|  | SQUATS | JUMP SQUATS | PRESS UPS | SIT UPS | AIR JACKS |
|  | PRESS UPS | REVERSE LUNGES | UPRIGHT ROW | REVERSE CURLS | HIGH KNEES |
|  | JUMPING JACKS | BRIDGE LIFT | TRICEP DIPS | FLUTTER KICKS | MOUNTAIN CLIMBERS |
|  | SIT UPS | JUMP LUNGES | BICEP CURLS WITH WEIGHTS | RUSSIAN TWISTS | BURPEES |

**FEEL GOOD
FRIDAY**

It's time to let yourself go and let your hair down!

Have a go at learning how to Shuffle.

Use this link to the tutorial then away you go.

'Learn Shuffle for Beginners-Ultimate Follow Along – Very Slow to Fast'

<https://youtu.be/tJGPwoPrHrA>

'Every day I'm shufflin''

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