

HAMPSHIRE SCHOOL GAMES: Inclusive 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 Each activity to last for 20 - 30 minutes	Circle how you felt after doing the activity
MOVE IT MONDAY THROW AND DROP	<ul style="list-style-type: none"> You will need a soft ball or pair of rolled-up socks. You may sit or stand. Throw the sock or ball into the air. Can you make it land in your lap (if sitting) or at your feet (if standing)? TRY THIS 10 TIMES? HOW MANY LAND IN YOUR LAP OR AT YOUR FEET Have a rest and try again Too easy? Try clapping before socks land in your lap or at your feet 	
TRY IT TUESDAY PRECISION BEAN BAG	<ul style="list-style-type: none"> Why don't you try the Panathlon Indoor Games at Home challenge – Precision Bean Bag? You will need some paper and some rolled up socks, chair and stopwatch Go to: https://youtu.be/_hmqisIGiU 	
WELL BEING WEDNESDAY MUSICAL MOVES	<ul style="list-style-type: none"> You need to choose a room that allows you to move around You will need a phone or something to play some music! Pick a song and try moving from one side of the room to the other Try different movements hop, skip, jump CAN YOU KEEP MOVING FOR THE WHOLE SONG? Too easy? Try to use your whole body or change your speed 	
TRAIN IT THURSDAY FUNFAIR	<ul style="list-style-type: none"> Why don't you try the Panathlon Indoor Games at Home challenge Funfair? You will need 4 socks, small balls or bean bags, 4 objects (boxes, Tupperware, soft toys), Timer Go to: https://youtu.be/E76uthkCoJY 	
FEEL GOOD FRIDAY FREESTYLE DANCE Music of your choice	<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. Get them to copy your moves! Tick the box to let us know you did 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!