

HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 4



Name:

Year Group:

School:






This week's activities will focus on the school games value of **RESPECT**
Being polite and not shouting or losing my temper.

Activity

Description

Circle how you
felt after doing the
activity

Each activity to last for 20 - 30 minutes

<p>MOVE IT MONDAY SKY HIGH</p>	<ul style="list-style-type: none"> • Sit on a chair, sofa or the floor • Hold rolled-up socks in each hand • Lift arms to the sky at the same time • CAN YOU DO IT 10 TIMES? • Have a rest and try again • Too easy? Try using a can of beans or something heavier (if allowed) 	
<p>TRY IT TUESDAY MESSI FOOTBALL</p>	<ul style="list-style-type: none"> • Why don't you try the Panathlon Games at Home challenge called Messi Skills? • You will a ball, a goal, 2 tall cones or sticks, 6 plant pots, or something to become a marker, a timer • Go to: https://youtu.be/l_ZxFt5DmoA 	
<p>WELL BEING WEDNESDAY BALANCE AND MOVE</p>	<ul style="list-style-type: none"> • Choose a room with enough space to move from one side to the other. • Choose something to balance on your hand (toy, ball, bean bag, banana etc. • Try to move from one side of the room to the other without dropping the object • How many times can you move from one side of the room to the other without dropping the object? • Have a rest and try again. Can you beat your score? • Too easy? Try to balance the object on a different body part – head, shoulder etc. 	
<p>TRAIN IT THURSDAY SHOOTING RANGE</p>	<ul style="list-style-type: none"> • Why don't you try the Panathlon Games at Home challenge called Shooting Range? • You will need 3 rolled-up socks or balls of tin foil or small balls, 3 x buckets, plant pots, saucepans a stick or rope/string, a Timer • Go to: https://youtu.be/WdECq1NgDMM 	
<p>FEEL GOOD FRIDAY FREESTYLE DANCE</p> <p>Music of your choice</p>	<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!