

HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 5








Name:

Year Group:

School:

This week's activities will focus on the school games value of **HONESTY**
Making the right choice.

Activity	Description Each activity to last for 20 - 30 minutes	Circle how you felt after doing the activity								
MOVE IT MONDAY AROUND THE SQUARE	<ul style="list-style-type: none"> You will need four objects (books/toy). Lay your objects on the floor in the shape of a square. Starting at one of the objects. Move slowly around the outside of the four objects for 5 minutes. Have a rest. Then up your speed and count how many times you can move around the square in 1 minute. Have a few goes and try to beat your score. 									
TRY IT TUESDAY MURRAY MOVEMENT	<ul style="list-style-type: none"> Why don't you try the Panathlon Games in the Garden challenge called Murray Movement? You will need something for a racket (book, trowel, Serving spoon) 17 household items as markers (plant pot, tins etc), a bean bag (or rolled up socks, satsuma etc) and a stopwatch Go to: https://youtu.be/7pmANg7YV6Q 									
WELLBEING WEDNESDAY CHILL OUT TIME	<ul style="list-style-type: none"> Find a nice quiet place. Sit down and get comfy Close your eyes and breathe in for 3 seconds and then breathe out for 3 seconds and repeat. Keep doing it until you feel nice and relaxed. Once you feel relaxed, have a quick chat with someone and say what makes you feel happy. 									
TRAIN IT THURSDAY SNOOKER FRAME	<ul style="list-style-type: none"> Why don't you try the Panathlon Games at Home Target Challenge called Snooker Frame? You will need a rolled up sock or a missile like a small soft toy and 7 pieces of paper numbered 1 – 7 written in these colours: <table border="0" style="margin-left: 20px;"> <tr> <td>1: RED worth 1 point</td> <td>5: BLUE worth 5 points</td> </tr> <tr> <td>2: YELLOW worth 2 points</td> <td>6: PINK worth 6 points</td> </tr> <tr> <td>3: GREEN worth 3 points</td> <td>7: BLACK worth 7 points</td> </tr> <tr> <td>4: BROWN worth 4 points</td> <td></td> </tr> </table> Go to: https://youtu.be/Wx1JI03CG8Q 	1: RED worth 1 point	5: BLUE worth 5 points	2: YELLOW worth 2 points	6: PINK worth 6 points	3: GREEN worth 3 points	7: BLACK worth 7 points	4: BROWN worth 4 points		
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FEEL GOOD FRIDAY MUSICAL STATUES 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 someone in charge of stopping the music When the music stops, FREEZE and hold a position without moving Who can stay still for the longest! Challenge yourself by changing the FREEZE position each time 									

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