

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 4



Name:

Year Group:

School:

This week's activities will focus on the school games value of **TEAMWORK**
Treating everyone equally.

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 BALL SKILLS CATCHING CHALLENGES	Develop your catching and reaction skills by attempting the challenges presented in the video. https://www.youtube.com/watch?v=UEmnT17kpWM&ab_channel=OffTheBall	
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 YOGA WORKOUT	Try this 20-minute full-body Yoga Workout to develop strength and tone. Ideal for people of different abilities. https://www.youtube.com/watch?v=xVifQow87b4&ab_channel=SarahBethYoga	
TRAIN IT THURSDAY SUPER MARIO FITNESS CHALLENGE	Have a go at this Super Mario inspired fitness workout. No equipment needed just a clear space. Follow the YouTube Workout here: https://www.youtube.com/watch?v=9f_dt2XGrWk&ab_channel=MICHAELGINICOLA	
FEEL GOOD FRIDAY FORTNITE INSPIRED DANCES	Let yourself feel good by Dancing to a song or two! Bring the Fortnite characters to life by recreating their moves in real life. Find the tutorial here on YouTube: https://www.youtube.com/watch?v=w6Zdf5bfg9U&ab_channel=LearnHowToDance	

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