

HAMPSHIRE SCHOOL GAMES: Secondary 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	Tick the relevant box below if you took part in the activity
MOVE IT MONDAY TOILET ROLL CHALLENGES	Try The Konkurs Gym Break Challenge to test your coordination, balance and agility. If you don't want to use toilet rolls; try it with a pair of socks or soft toy! https://www.youtube.com/watch?v=6kqzlemvDok&t=35s	
TRY IT TUESDAY COUCH TO 5K	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 NETBALL HIIT WORKOUT	You will need some trainers, water and a ball if you have one! Try this 30 minute workout led by Elite Netball player Laura Malcolm https://www.youtube.com/watch?v=fWP35pkmlw Fun workout for people of different abilities. How did you feel after the workout?	
TRAIN IT THURSDAY SKIPPING CARDIO WORKOUT	Have a go at the 10 minute Skipping Cardio workout. No rope just air skip and get involved. Make sure you warm up first. Follow the YouTube Workout here: https://www.youtube.com/watch?v=0NlvRAaOdIQ_	
FEEL GOOD FRIDAY JERUSALEMA DANCE	Fancy learning a line dance routine that went viral in lockdown? Challenge yourself to see how quickly you can learn it! Be creative by changing the movements! Find the tutorial here on YouTube: https://www.youtube.com/watch?v=zrKyX669few	

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