

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 6



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 FAST WALKING WORKOUT	You just have to move those feet to the BEAT! Stay indoors and let's WALK! https://www.youtube.com/watch?v=enYITYwvPAQ	
TRY IT TUESDAY STRAVA CHALLENGE 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 STRETCH IT	Let's chill out today and try the beginner's yoga – Hatha Yoga Style! You will strengthen and stretch the body, hold each pose for several breaths. This workout will help you de-stress by moving slowly and mindfully. https://www.youtube.com/watch?v=GWg-siH2VEA	
TRAIN IT THURSDAY JUMANJI FITNESS CHALLENGE	Have a go at this Jumanji inspired fitness workout. No equipment needed just a clear space. For bonus points learn the names of the characters in the film! https://www.youtube.com/watch?v=FokWfHsqOgc	
FEEL GOOD FRIDAY JUST DANCE WITH POPSUGAR FITNESS	No matter what your Dance background you will be able to keep up with the easy to follow these moves! This workout is a mixture of Dance and plyometrics. Make sure to follow the instructions carefully and have fun! https://www.youtube.com/watch?v=aBtP7008EfA&t=29s	

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