

HAMPSHIRE SCHOOL GAMES: Battleships Warm-Up Game

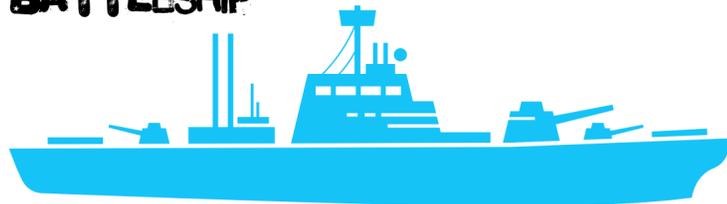
Name:

Year Group:

School:

This week's activities will focus on the school games value of **RESPECT**

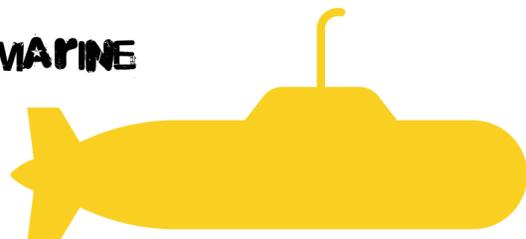
BATTLESHIP



AIRCRAFT CARRIER



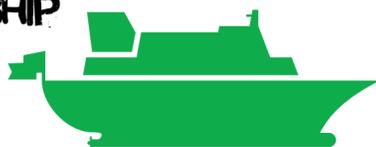
SUBMARINE



DESTROYER



SMALL SHIP



Your warm-up this week is Battleship, with a twist!
The aim is to find all the hidden Battleships in the Water.

1. Find someone to play with.
2. You will need 12 pieces of paper
3. Put x1 ship on 5 different pieces of paper, you can use the ships opposite (or you can draw your own, which is more fun!)
4. Put a W on the rest of the paper for Water and shuffle the papers!
5. Place a marker in front of you as your starting point
6. Take 10 giant steps forward and place your 12 pieces of paper on the floor
7. Get your partner to time you

On 'GO' move as fast as you can from the start to the pieces of paper.

Turn over one piece of paper and try to find a 'Battleship' Return to the start line. Keep going until all the Battleships have been found. If you find a W you found WATER! If you pick a piece of paper with 'W' on, you have to do 5 exercises that your partner calls out!

Time how long it takes you to find all 5 battleships

Activity

Description

Each Activity to last 5 minutes.

Enter your score or tick in the relevant box below if you took part in the activity.

Move it Monday MOUNTAIN CLIMBERS	<ul style="list-style-type: none">• Start in a press up position. On go, bring your knees to your chest one at a time. You get a point every time you bring knees to chest• Try:<ul style="list-style-type: none">◦ 1 minute then 1 minute rest◦ 1 minute then 1 minute rest◦ 1 minute then finish• Add together all your points for the 3 minutes.	
Try it Tuesday SIT UP CHALLENGE	<ul style="list-style-type: none">• Lie flat on the floor, on your back, in a straight shape with your arms above your head, holding a cuddly toy/cushion between your feet.• At the same time, keeping your arms and legs straight, bring them up together. Make sure you keep your back flat on the floor.• When your straight arms and legs come together, grab the toy with your hands, and then lie back down in your straight shape again.• Keep on going, moving your toy between your hands and your feet. How many can you do in 1 minute?	
Well-Being Wednesday YOU CHOOSE 30 MINUTES OF PHYSICAL ACTIVITY	<ul style="list-style-type: none">• Today you should choose a sport or physical activity that makes you happy.• Try and do the activity for 30 minutes.• After you have done your activity you should be feeling happy and positive, a great time to write a bucket list.• Write a list of things you want to do with your friends & family after lockdown, new things you'd like to try, anything you would like to achieve, anything you want to learn, any places you would like to visit etc• What was the activity you to help you feel happy?	
Train it Thursday THROUGH THE LADDER	<ul style="list-style-type: none">• Make your own ladder using different objects. This could be books/rolled up towels or spots. You ideally need 5/6 objects spaced your foot size apart from each other.• Start at one end, on go, run through the ladder as fast as you can. Then run back to he beginning.• How many times can you run through the ladder in the allocated time? One point for every time you go through the ladder• Try: 1 minute, 1 minute rest, 1 minute, 1 minute rest, 1 minute.• Add together all your points for the 3 minutes	
Feel Good Friday FREESTYLE DANCE 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 who has been the most creative or active• Tick the box to let us know you did it• If you want to send in a picture too that would be great!• Try: 1 minute, 1 minute rest, 1 minute, 1 minute rest, 1 minute.• Challenge yourself by Dancing for longer or changing your speed!	

Send your completed sheet or a picture of you doing the activities to your teacher or School Games Organiser.

There is also a Hampshire SGO Twitter account @HampshireSGO and Facebook page