

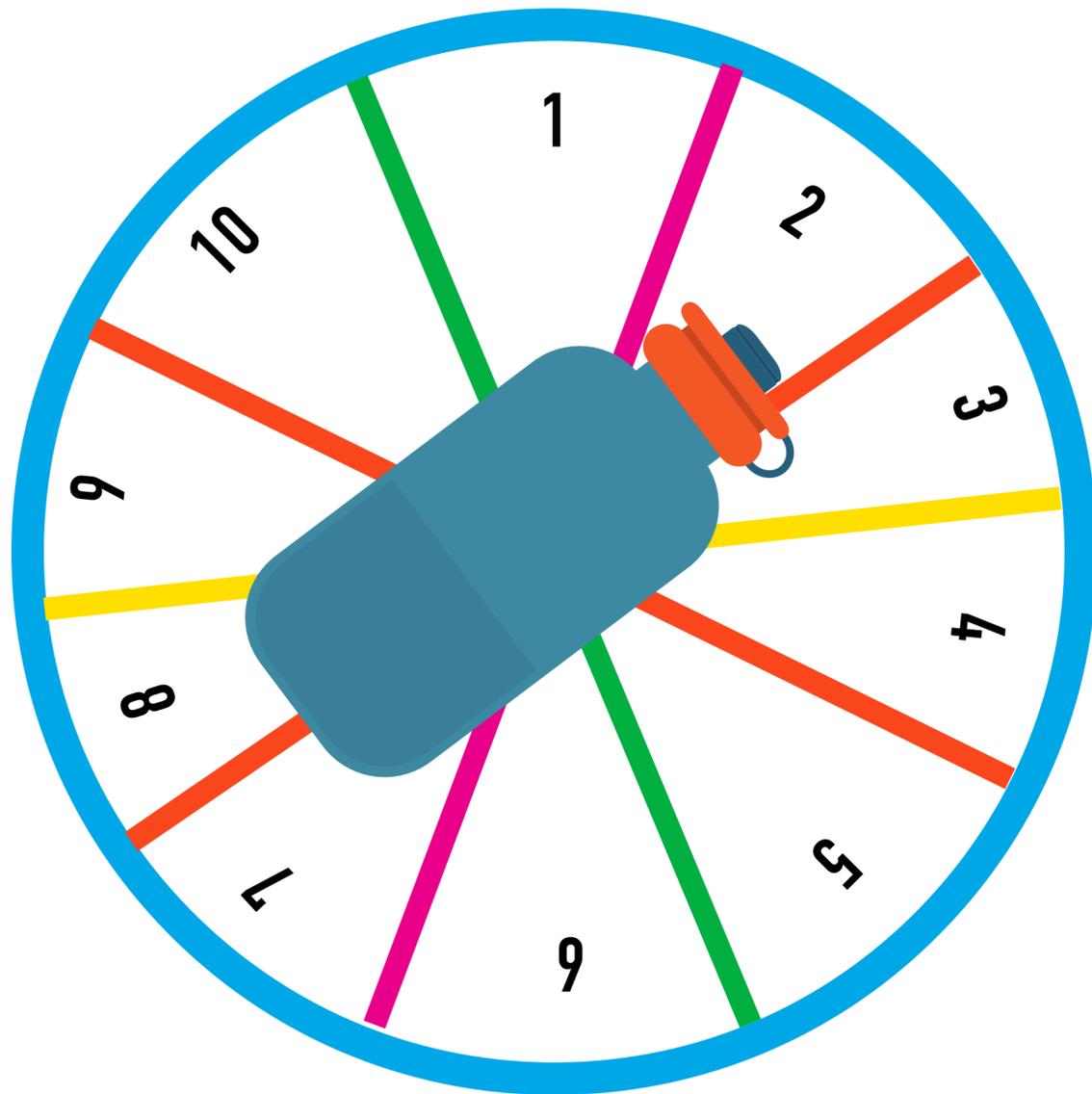
HAMPSHIRE SCHOOL GAMES: Spin the Bottle Warm-Up Game

Name:

Year Group:

School:

This week's activities will focus on the school games value of **EMPATHY**
To understand and share the feelings of another.



- You will need a bottle and either 10 cards or create a numbered board like this!
- Spin the bottle!
- Whichever numbered activity the bottle top is pointing to you have to complete the task – see below
- Choose one of the challenges below. You may want to complete a different challenge each day, or even create your own!
- CHALLENGE 1: How many can you complete in a set time?
- CHALLENGE 2: How long does it take to complete all 10 numbered activities?
- FAMILY CHALLENGE 1: Spin the bottle for each other.
- FAMILY CHALLENGE 2: How long does it take to complete all 10 numbered activities together?

TASK

1: 20 x Butt Kicks

2: 20 x High Knees

3: 10 x Jumping Jacks

4: 10 x Jumping Lunges

5: 10 x Side Lunges

6: 10 x Second Sprint

7: 10 x Burpees

8: 10 x Tuck Jumps

9: 10 x Mountain Climbers

10: 20 x 'Spotty Dogs'

<h1>Activity</h1>	<h1>Description</h1> <p>Each Activity to last 5 minutes.</p>	<p>Enter your score or tick in the relevant box below if you took part in the activity.</p>
<p>Move it Monday GUIDED WALK</p> <p>Markers, eye covering</p>	<ul style="list-style-type: none"> • Create a course with 2 markers which are placed 5 metres apart. Choose one person to wear the eye covering whilst the second person is the guide. • You will also need something to time how many laps you can complete in 2 minutes • Make sure the guide is giving clear instructions to keep you safe – you may hold the arm of your guide • Change roles and think about how you can improve – the instructions you are giving – are they clear? • Once you have both had a go discuss how you may be quicker and try to beat your score • How many shuttle runs/loops can you do in 2 minutes? • Increase the distance to make it more challenging. 	
<p>Try it Tuesday BALANCE IT</p> <p>Racket or something to balance and item on, Rolled up pair of socks or a satsuma.</p>	<ul style="list-style-type: none"> • Create a course with 2 markers which are placed 5 metres apart • You will also need something to time how many laps you can complete in 2 minute • Balancing an item on your racket (or hand or book) how many laps can you do in 2 minutes without the item falling off. • Have a rest and then try again! • To make it more challenging try swapping hands! 	
<p>Well-Being Wednesday SLIDE TO SCORE</p> <p>Clean used jar lids, marker pens and paper, vinyl floor or table top</p>	<ul style="list-style-type: none"> • Make some simple targets by using blank paper. • Number the paper targets 1, 3 and 5 • Stick them at the far end of the table or floor using tape • This is a New Age Kurling activity, you'll need some clean jar lids. Slide the lids from one end of the table towards the paper • To score the lid must land on the piece of paper • How many can you score with three attempts? • Repeat a second time and see if you can beat your score. • Challenge- Write down the name of someone you think would enjoy this challenge! 	
<p>Train it Thursday BALLOON KEEPY UPPY</p> <p>Indoor space, balloon or beach ball.</p>	<ul style="list-style-type: none"> • You can do this activity by yourself or with a partner • You will need a balloon, beach ball or scrunched up paper • This is a Sitting Volleyball activity so make sure your bottom stays on the floor all the time! • Count how many times you can keep hitting the ball in the air whilst sitting on the floor • Time yourself for 2 minutes and record the longest rally. If the item touches the floor start again from 0. • Have a rest and try again to beat your score! • To easy? Try it with your weaker hand. 	
<p>Feel Good Friday FREESTYLE DANCE</p> <p>Music of your choice</p>	<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! • Challenge yourself by dancing for longer or changing your speed! 	