

HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 6








Name:

Year Group:

School:

This week's activities will focus on the school games value of **TEAMWORK**
Working together to have fun and achieve,.

Activity	Description Each activity to last for 20 - 30 minutes	Circle how you felt after doing the activity
MOVE IT MONDAY LIFT THOSE ARMS OR LEGS	<ul style="list-style-type: none"> • Lie on your back with your legs flat and straight. • Lift one leg at the time towards the ceiling and back down. • Do this with control – can you do it 20 times? • Swap legs and repeat • Using your arms instead – place arms by your side and keep straight. Slowly lift one up to the ceiling and follow the same sequence as above • Too easy? Lift both legs or arms at the same time! 	
TRY IT TUESDAY PIRATE SHIP	<ul style="list-style-type: none"> • Why don't you try the Panathlon at Home Garden Game challenge called Pirate Ship? • You will need 6 items of treasure (rolled-up socks, soft toys) 10 pieces of A4 paper numbered 1 – 10, a treasure chest (rug, sofa, chair) and a timer • Watch the YouTube tutorial to see how to play! • Go to: https://youtu.be/ieMVqynrp4Q 	
WELLBEING WEDNESDAY WORK THOSE ARMS	<ul style="list-style-type: none"> • Punch your arms straight out in front one at a time. Can you do this 10 times with each arm? • Then punch your arms up towards the ceiling one at a time. Can you do this 10 times with each arm? • Finish with punching your arms out to the side. Can you do this 10 times with each arm? • Have a rest, then repeat all three. How many sets can you do in 5 minutes? 	
TRAIN IT THURSDAY FLIP IT	<ul style="list-style-type: none"> • Why don't you try the Panathlon Garden Games at Home Challenge called Flip It? • You will need a small ball (pair of socks), a hoop (bucket, towel, target), 5 sticks (rope, string rolled up tea towel) and a stopwatch • This is a throwing target game • Watch the YouTube tutorial to see how to play • Go to: https://youtu.be/pa-xZU71H2E 	
FEEL GOOD FRIDAY MUSICAL STATUES Music of your choice	<ul style="list-style-type: none"> • Choose your favourite Disney film • Find the soundtrack for it and put it on! • Can you move like the character whilst you Dance? Lion King – dance like a lion, Incredibles – stretch like Elastagirl! • If you are struggling for ideas try the Disney-workouts • You can find different Disney inspired workouts here: https://family.disney.com/articles/disney-workouts/ 	

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