






# HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 8



Name:  Year Group:  School:

This week's activities will focus on the school games value of **DETERMINATION**  
Keep going no matter what.

Activity	Description Each activity to last for 20 - 30 minutes	Circle how you felt after doing the activity
<b>MOVE IT MONDAY</b> BUILD IT UP AND KNOCK IT DOWN	<ul style="list-style-type: none"> <li>• Build a tower using boxes or cones. How imaginative can you be? The tower must stand on its own</li> <li>• Once you have designed your tower, move back</li> <li>• Have a handful of balls next to you and try knock/hit over your tower.</li> <li>• You can throw/push/roll your ball to try and hit your castle. Once you hit the tower, rebuild, move further back and have another go, how far back can you go?</li> </ul>	
<b>TRY IT TUESDAY</b> PARACHUTE POPPED	<ul style="list-style-type: none"> <li>• Why don't you try the Panathlon Balance and Agility challenge called Parachute Popped?</li> <li>• You will need a stopwatch, a parachute, 4 cones and bean bags in different colours</li> <li>• Team activity in groups of 4</li> <li>• Watch the YouTube tutorial to see how to play!</li> <li>• Go to: <a href="https://youtu.be/wYRhc1rBVAs">https://youtu.be/wYRhc1rBVAs</a></li> </ul>	
<b>WELLBEING WEDNESDAY</b> AIMING FOR THE HOOP	<ul style="list-style-type: none"> <li>• Lay four hoops on the floor and tape the hoops together. Place one of the end hoops over your floor basketball ring. Closest ring is worth 1 point, then 2 points, 3 points and 5 points</li> <li>• Players come up with their basketball and aim for the hoop of their chose. They can throw/push/kick ball.</li> <li>• How many points can they score with 5 shots</li> </ul>	
<b>TRAIN IT THURSDAY</b> KURLING KNOCKOUT	<ul style="list-style-type: none"> <li>• Why don't you try the Panathlon Target activity called Kurling Knockout</li> <li>• You will need a target stone inside a marked box and a stone for each player</li> <li>• The aim is to knock the stone out of the Target box using your stone to score 2 points</li> <li>• Watch the YouTube tutorial to see how to play</li> <li>• Go to:– <a href="https://youtu.be/WcV1zJCEAko">https://youtu.be/WcV1zJCEAko</a></li> </ul>	
<b>FEEL GOOD FRIDAY</b> FOLLOW THE MOVES Music of your choice	<ul style="list-style-type: none"> <li>• Friday's Dance is about copying your partner's moves</li> <li>• Find the soundtrack you both like and put it on!</li> <li>• Can you copy your partners' actions?</li> <li>• Pick another song and change roles</li> <li>• Have fun and make sure to keep smiling!</li> </ul>	

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