






HAMPSHIRE SCHOOL GAMES: Inclusive Daily Challenge Week 9



Name: Year Group: School:

This week's activities will focus on the school games value of **PASSION**
Giving 100%.

Activity	Description Each activity to last for 20 - 30 minutes	Circle how you felt after doing the activity
MOVE IT MONDAY NUMBER LINE	<ul style="list-style-type: none"> • Draw a long straight line on the playground with chalk. • From the start of your line, after every 1m draw a line horizontal and number the lines 1 – 10. • Your teacher will shout a number and you must move to that number and return to the start line. • Too easy, your teacher can give you an addition or subtraction and you must move to that number. • How quickly can you move? 	
TRY IT TUESDAY TRAFFIC LIGHTS	<ul style="list-style-type: none"> • Why don't you try the Panathlon Throwing challenge called Traffic Lights? • 3 hoops, ideally Red, Orange and Green with 3 cones in the same colour, Boccia Balls or socks • This is a team activity in teams of 3 • Watch the YouTube tutorial to see how to play! • Go to: https://youtu.be/3E76u8A8Dmc 	
WELLBEING WEDNESDAY TOUCH THE CONES	<ul style="list-style-type: none"> • Scatter 10 cones on the playground and place a hoop, 2 metres away from the cones (this is your starting point) • On 'GO' you must move towards the cones and touch each cone one by one. After you have touched one cone, you must move back to the start and touch the hoop. • Too easy, place a tennis ball on each cone and collect the balls one by one. Placing all balls in the hoop. • How quickly can you complete challenge? 	
TRAIN IT THURSDAY DIRECT HIT	<ul style="list-style-type: none"> • Why don't you try the Panathlon Target activity called Direct Hit • You will need a set of cricket stumps, a tennis ball or bean bag each • The aim is to try to hit the cricket stump with your ball or bean bag • Watch the YouTube tutorial to see how to play • Go to: https://youtu.be/tUgXuDH47kg 	
FEEL GOOD FRIDAY DANCE MARATHON Music of your choice	<ul style="list-style-type: none"> • Friday's Dance is about challenging yourself and seeing how long you can keep on moving before you need to stop! • Make sure you have a good playlist to put on! • Start a stopwatch when you first start moving and stop it when you need a break? • Record how long you stayed moving before. Have a drink and then try to dance/move for longer • Have fun and make sure to keep smiling! 	

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