

# HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 7



Name:

Year Group:

School:

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

Activity	Description Each activity to last for 20 - 30 minutes	Tick the relevant box below if you took part in the activity
<b>MOVE IT MONDAY</b> CATCHING WORKOUT	Give yourself an aerobic workout whilst developing your catching skills. All you need is a small ball or something to catch like a roll of socks. Follow the video for each exercise.  <a href="https://www.youtube.com/watch?v=DtvaV5rjiQ!">https://www.youtube.com/watch?v=DtvaV5rjiQ!</a>	
<b>TRY IT TUESDAY</b>  STRAVA CHALLENGE COUCH TO 5K	Why don't you join the Hampshire SGOs Strava running group? Use the NHS advice to create a training programme <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a> Record your progress on <a href="https://www.strava.com/clubs/HampshireSGOs">https://www.strava.com/clubs/HampshireSGOs</a>	
<b>WELL BEING WEDNESDAY</b>  STRETCH IT	Let's chill out today and try the 15 minute beginner's flexibility routine. You will strengthen, stretch and flex the body, holding each pose for several breaths.  <a href="https://www.youtube.com/watch?v=L_xrDAtykMI&amp;t=250s&amp;ab_channel=TomMerrick">https://www.youtube.com/watch?v=L_xrDAtykMI&amp;t=250s&amp;ab_channel=TomMerrick</a>	
<b>TRAIN IT THURSDAY</b>  STAR WARS FITNESS CHALLENGE	Have a go at this Star Wars Jedi Training inspired fitness workout. No equipment needed, just a clear space. You might want to use a water bottle as a pretend lightsaber but this is not essential.  <a href="https://www.youtube.com/watch?v=xACwd1Q-42U&amp;ab_channel=GETKIDSMOVING">https://www.youtube.com/watch?v=xACwd1Q-42U&amp;ab_channel=GETKIDSMOVING</a>	
<b>FEEL GOOD FRIDAY</b>  UPTOWN FUNK DANCE	Can you give it some funk to Bruno Mars? No matter what your Dance background you will be able to keep up with the easy-to-follow moves!  Cut some shapes and have some fun.  <a href="https://www.youtube.com/watch?v=U9Zj1BaH01c&amp;ab_channel=DJRaphi">https://www.youtube.com/watch?v=U9Zj1BaH01c&amp;ab_channel=DJRaphi</a>	

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