

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 8



Name:

Year Group:

School:

This week's activities will focus on the school games value of **SELF BELIEF** - You can do it!

Activity	Description Each activity to last for 20 - 30 minutes	Tick the relevant box below if you took part in the activity
MOVE IT MONDAY DJ SET WORKOUT	<p>Spin your own tunes and create your own workout!</p> <ul style="list-style-type: none"> • Pick 4 of your favourite tunes (ones with a good beat are best) • For each of the tunes you are going to do a simple 4 exercise workout. Repeat the exercises for the duration of the song. <p>SONG 1: HIIT WORKOUT - 20 high knees: 10 mountain climbers: 10 squats: 10 jacks</p> <p>SONG 2: ABS WORKOUT - 10 sit ups: 10 plank jumps: 10 flutter kicks: 10 Russian twists</p> <p>SONG 3: CARDIO-VASCULAR WORKOUT Jog on spot 30 secs: 20 high skips: 20 star jumps: jog 30 secs</p> <p>SONG 4: POWER WORKOUT 20 jump lunge: 20 air punches: 20 burpees: 20 skater jumps</p>	
TRY IT TUESDAY COMPETITIVE STAIR CLIMB	<p>Try this competitive Stair Climb Challenge on your stairs at home or at school or a set of stairs near your home. Make sure you are not in the way of people wanting to go up or down the stairs and be careful to make sure you actually step on each step as fully as you can.</p> <p>CAN YOU STEP THE HEIGHT OF:</p> <p>O2 DOME (London) 320 steps BIG BEN (London) 632 steps BLACKPOOL TOWER (Blackpool) 1036</p> <p>How quickly can you do the challenge? (you don't have to do it in one go, but what is the time you spend stepping)</p>	
WELL BEING WEDNESDAY CARDIO DRUMMING	<p>Time to 'beat away' your frustrations with some Cardio Drumming. You will need something soft to strike (not your little brother!) Watch the following than have a go to your favourite song.</p> <p>https://www.youtube.com/watch?v=jYfG-kUa2TY 'Proud Mary' https://www.youtube.com/watch?v=mq8IY_nLXME 'Shake it Off'</p>	
TRAIN IT THURSDAY JUMP ROPE FOR HEART	<p>Skipping is a great form of exercise and can be great fun. Can you put together a routine of skipping stunts?</p> <p>Watch this clip for some inspiration: https://www.youtube.com/watch?v=0NivRAaOdIQ</p> <p>10 minute jump rope workout</p>	
FEEL GOOD FRIDAY ZUMBA	<p>It's that time of the week again when we put on our dancing shoes and get into the groove.</p> <p>This week we are going to do some Zumba. Check out the link below and then have a go. If you get lost in the moves, just do your own thing, but keep moving. Get your family to join you!</p> <p>https://youtu.be/QiuGSnLuUjM Zumba Fitness 20 mins</p>	

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