

HAMPSHIRE SCHOOL GAMES: Secondary Daily Challenge Week 9



Name:

Year Group:

School:

This week's activities will focus on the school games value of **DETERMINATION**
Never giving up.!

| 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 WORK THAT CORE | AB and Core workout without equipment Why not try this HIIT cardio workout and test yourself https://www.youtube.com/watch?v=fvlnJpt9FDU | |
| TRY IT TUESDAY PERSONAL CHALLENGE | How long can you hold a plank for using the correct technique? How many of these exercises can you do in 1 minute? <ul style="list-style-type: none"> • Sit-ups • Press-ups • Burpees • Star Jumps • Skips Don't forget to repeat all the exercises to try and beat your score | |
| WELL BEING WEDNESDAY YOGA | Give this energising Yoga routine a go to get yourself ready for the day. https://www.youtube.com/watch?v=oGDEnHHCM_U&list=PLyCLoPd4VxBsOAXI_QN5NL- | |
| TRAIN IT THURSDAY JUGGLING | Never learnt how to juggle? Why not have a go using these progressive tutorials to help you! How many balls can you juggle with? Start with 1 ball and move up. Juggling Tutorial - 1 ball basics - YouTube Tutorial - Learn How To Juggle 3 Balls - YouTube Tutorial How To Juggle 5 Balls - Instructional Video - YouTube | |
| FEEL GOOD FRIDAY CARDIO DANCE | 12 minute cardio Dance workout! Have fun and work hard! https://www.youtube.com/watch?v=yN3GgCUmmXw | |

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