

HAMPSHIRE SCHOOL GAMES: THEATRE WEEK

ROCK PAPER SCISSORS WARM-UP



Name:

Year Group:

School:

This weeks activities will focus on the SG value of **PASSION** - giving 100% in the activities.

Rock beats scissors



Scissors beats paper



Paper beats rock



Welcome to **THEATRE** Week

Let's start with Rock, Paper Scissors

Working in pairs at a distance clench your fist into a ball and count to three together. When you both say the number three you need to decide if you wish to challenge your partner with a rock, paper or scissors.

Here are some musical theatre themed challenges:

If you win then pick a musical challenge for your partner to do.

- The Lion King – run fast as a Lion for 20 seconds
- The Little Mermaid – crab walk like Sebastian for 20 seconds
- Shrek – donkey kicks, 10 on each leg
- The Sound of Music – mountain climbers for 20 seconds
- Aladdin – hold the Magic Carpet plank for 20 seconds
- The Greatest Showman – do 20 star jumps
- Cats – crawl like a cat for 20 seconds
- Frozen – throw snowballs like Anna, 10 from each hand
- Matilda – jump as high as you can 10 times
- The School of Rock – play air guitar for 20 seconds

Activity

Description

Each Activity to last 5 minutes.

Enter your score or tick in the relevant box below if you took part in the activity.

<p>Move it Monday</p> <p>MARY POPPINS SCAVENGER HUNT</p>	<p>Can you collect the following Mary Poppins themed items from around your home, one object at a time, in under 5 minutes?</p> <table border="1" data-bbox="608 367 2421 541"> <tr> <td>Ruler/Tape measure</td> <td>Broom/Brush</td> <td>Hat</td> <td>Umbrella</td> <td>Spoon</td> </tr> <tr> <td>Seed/Oats</td> <td>Coin</td> <td>Bag</td> <td>Gloves</td> <td>Book</td> </tr> </table> <p><i>Substitute any items you don't have for something similar</i></p> <p>Harder: Change the way you move to collect items. Easier: Collect fewer items</p>	Ruler/Tape measure	Broom/Brush	Hat	Umbrella	Spoon	Seed/Oats	Coin	Bag	Gloves	Book	
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<p>Try it Tuesday</p> <p>FROZEN STATUES</p>	<ul style="list-style-type: none"> • This activity is for the whole family; the more the merrier, so get everyone involved! • Choose your favourite song from the movie "Frozen" (YouTube, or Spotify, etc). • Make sure family members take it in turns to be the DJ and stop the music as you play. • Whilst the song is playing you need to dance – remember to put as much energy into your dancing as you can. • When the music stops, you need to freeze! See if you can create a statue of one of the Frozen characters. 											
<p>Wellbeing Wednesday</p> <p>LION KING ANIMAL YOGA</p>	<p>Follow these simple yoga moves inspired by safari animals from Cosmic Yoga Kids: https://www.youtube.com/watch?v=ybPwuaGoa9E&list=PL8snGkhBF7nhTxJt1M7d6A7mmD3kK6wE1&index=10</p> <p>If you want to try something extra, have a look at this Disney Family Lion King inspired workout: https://www.youtube.com/watch?v=kKuVq48vUcw</p>											
<p>Train it Thursday</p> <p>MATILDA THROW LIKE TRUNCHBALL</p>	<ul style="list-style-type: none"> • Miss Trunchbull was famous for throwing the hammer and Amanda Thripp by her pigtails. But can you throw more accurately than her? • Find a box, basket or hoop to be your target and place it 5m from your throwing line. • Collect 5 pairs of socks, and one by one, throw them into your target. How many can you get in the target in a minute? Collect the socks and keep trying to beat your score! <p>Harder: use your non-writing hand to throw. Easier: move closer to the target.</p>											
<p>Feel Good Friday</p> <p>THE GREATEST SHOWMAN DANCE TUTORIAL</p>	<p>A slightly longer activity for Feel Good Friday - Have a go at this tutorial from Oti Mabuse (Judge on Strictly Come Dancing) to learn a dance from The Greatest Showman: https://www.youtube.com/watch?v=EJmpCH9p2X8</p> <p>She walks you through all the steps to create a great dance routine that you can perform to your family.</p>											

Send your completed sheet to your teacher or your local School Games Organiser. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook