

# HAMPSHIRE SCHOOL GAMES: Commonwealth Games

Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

School: \_\_\_\_\_

## CYPRUS

10 Sit Ups



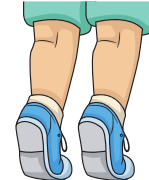
## BOTSWANA

30 Second Sprint on the Spot



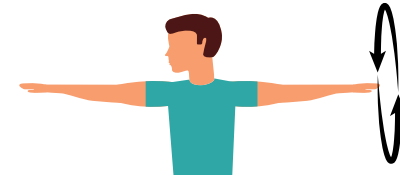
## CAMEROON

20 Calf Raises



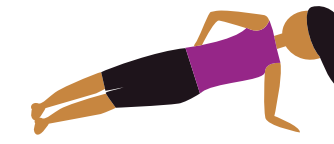
## GAMBIA

20 Backward Arm Circles



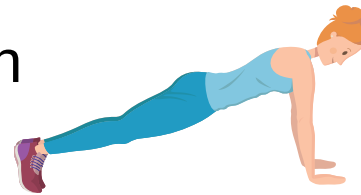
## GHANA

15 Second Side Plank



## KENYA

10 Push Ups



## NIGERIA

30 Second Wall Sit



## SEYCHELLES

30 Second Left Leg Balance



## SOUTH AFRICA

15 Squats



## UGANDA

30 Jumping Jacks



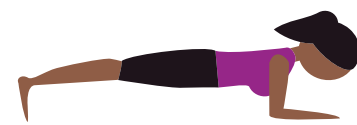
## ZAMBIA

10 Forward Lunges



## INDIA

60 Second Plank



## MALAYSIA

40 Hops (20 on each foot)



## MALDIVES

40 Mountain Climbers



## SRI LANKA

10 reverse lunges on each leg



## BAHAMAS

10 Burpees



## BARBADOS

30 Second Right Leg Balance



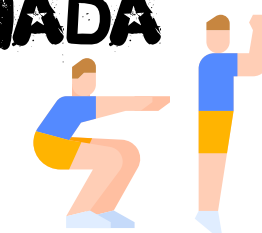
## CANADA

20 Forward Arm Circles



## GRENADA

10 Squat Jumps



## JAMAICA

10 Tricep Dips



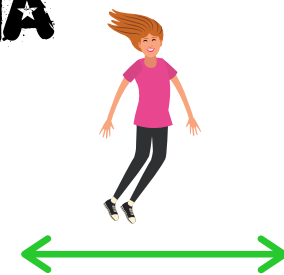
## UK

10 Stretch and Toe Touches



## ST LUCIA

40 Speed Bounce



## MALTA

20 Alternate Leg Raises



## AUSTRALIA

40 High Knees



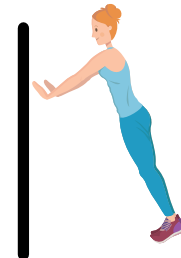
## FIJI

20 Bicep Curls



## NAURU

10 Wall Push Ups



## NEW ZEALAND

30 Side Steps



## SAMOA

10 Alternate Side Lunges



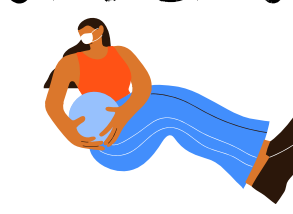
## TONGA

10 Star Jumps



## VANUATU

10 Russian Twists



### Commonwealth Lucky Dip Warm-Up

You will need:

- The exercises on the left
- 30 small pieces of paper and a pen
- A timer
- Determination

First: write down the names of the countries for each of the exercises to the left on your small pieces of paper (one country per piece). Fold them in half and put them in a hat or bowl and give them a whirl.

Second: Start your timer. Then take a piece of paper from the hat or bowl and look and see what the exercise is.

Third: Do the exercise then pick another piece of paper and do that exercise.

Keep going for 5 mins!

# 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.

## Move it Monday

AUSTRALIA

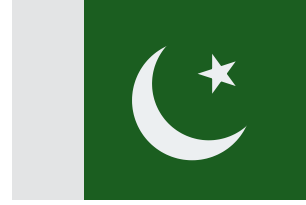


AUSSIE RULES FOOTBALL

- Aussie Rules Football is a fast invasion game and requires fast feet and agility.
- Set up your 'pitch' by placing 3 dining style chairs in a row at one end of your space. Then, create a 'ladder' about 2m away from the chairs using objects you can easily step over like ties, string, wool, cushions. There should be 4 objects and 3 spaces to your 'ladder'. You also need a ball.
- On 'Go', bounce your ball on the floor and then carry it whilst running through your ladder (jumping over the objects). Once you get to the end of the ladder, roll your ball at the chairs aiming to get it through the legs. You will score 1 point for getting it through the chairs on the outside and 3 points for getting it through the chair legs in the middle.
- Collect the ball and run back to the start then repeat. Remember to bounce the ball at the start of each run.
- How many points can you score in 3 runs?

## Try it Tuesday

PAKISTAN



TENT PEGGING

- Set up a course using the space you have available by spacing out 5 single socks on the ground. Make sure they are open and not near each other.
- Set up a basket or hoop at your start point.
- You will need a broom handle, hockey stick or pole (not too long) as your 'lance'.
- On 'Go' run to the nearest sock and try to pick it up just using your 'lance'. Once you have got it, run back to your basket or hoop and deposit the sock in it.
- Repeat for the other 4 socks. Remember, don't use your hands!
- How quickly can you Tent Peg all 5 socks? Have another go. Can you beat your time?

## Well-Being Wednesday

INDIA



KABADDI

- Place 10 objects like soft toys, loo rolls or rolled up socks in a semicircle at the end of your area. Mark a line at the other end (start line) and one in the middle.
- On 'Go', take a big breath in and start to chant 'Kabaddi' over and over again. At the same time, run to your objects, collect one and return to your start line. Repeat this collecting an object and taking it back to the start until you run out of breath. Don't forget to chant as this proves you are not breathing in!
- How many objects can you collect in one breath? Have another go and try and beat your score.
- If you only make it over the halfway line on your final attempt, add half a point to your score.

## Train it Thursday

JAMAICA



BOB SLEIGH

- Ask a parent/responsible adult to help you set up this link on Youtube: [https://youtu.be/9Lv3bUU4k\\_w](https://youtu.be/9Lv3bUU4k_w) (GoPro Bobsled Run In Full 360vr)
- Set up your sled by placing a chair in a space big enough that you can run around the chair.
- Do a little warm-up by jogging on the spot and then round your chair a few times. Now you are ready to go.
- Start the Youtube clip. Follow the start by sprinting on the spot then 'jump' onto your chair, sit down as quickly as possible and grip the side of the chair.
- Follow the track, leaning out around the corners and then sitting back up.
- At the end of the 'run', climb off your 'sled' and take a bow. You made it! Give a thumbs-up as you made it to the bottom.
- Ask your family to join you on your sled by placing up to 4 chairs in a row all facing forward. Coordinate your start to all get on board and ride the run to the bottom. Don't forget to congratulate everyone at the bottom!

## Feel Good Friday

IRELAND OR INDIA



IRISH JIG OR BOLLYWOOD

- Learn to dance either an Irish Jig or a Bollywood Dance.
- Ask a responsible adult to put on one/both of the following Youtube links:
  - [https://youtu.be/iHxGisr7a\\_I](https://youtu.be/iHxGisr7a_I) (Irish Jig)
  - <https://youtu.be/nJ0malCKKEI> (Dance with Manpreet)
- If you struggle with the moves then just bop along to the music.
- Create a costume you could wear whilst dancing maybe using the colours of the Countries flags as inspiration
- Get your family to join in too and teach them your moves.