
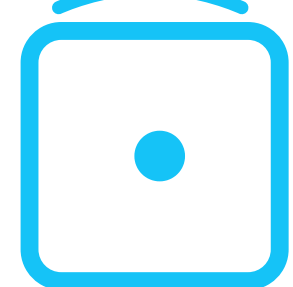

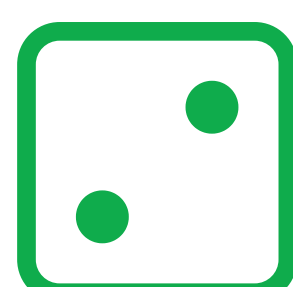

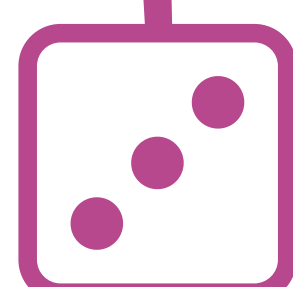
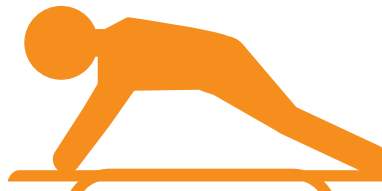
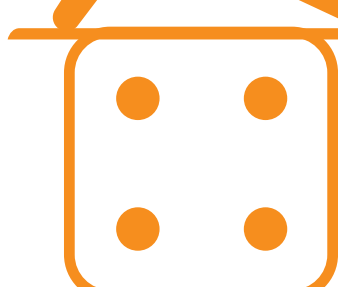

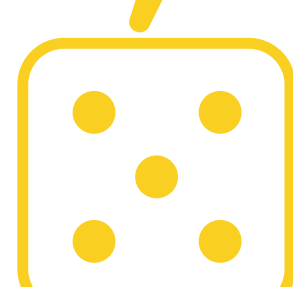

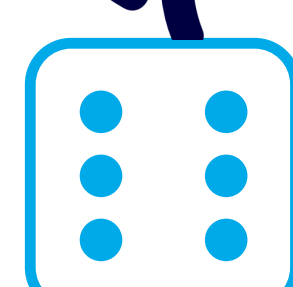
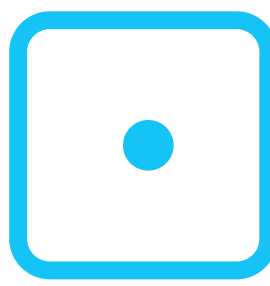
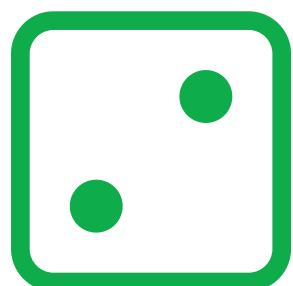
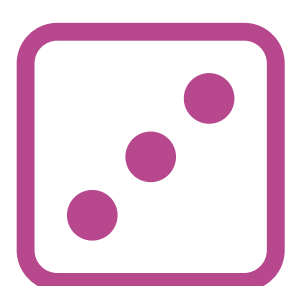
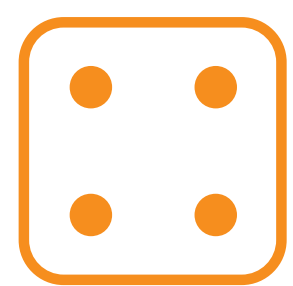
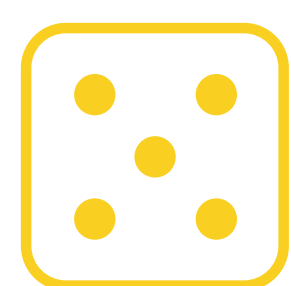
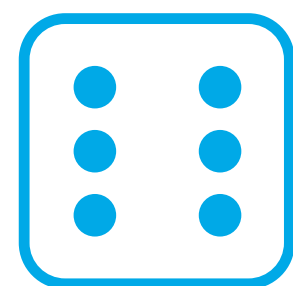


HAMPSHIRE SCHOOL GAMES: ROLL THE DICE WARM-UP

FOCUS OF THE WEEK: STEM – PHYSICAL ACTIVITIES WITH A SCIENCE, TECHNOLOGY, ENGINEERING OR MATHS FOCUS



Name: Year Group: School:

| | | | | | | |
|-------------|--|--|--|--|--|--|
| FIRST ROLL |   |   |   |   |   |   |
| | Star Jumps | Tuck Jumps | High Knees | Burpees | Squats | One Leg Hop |
| SECOND ROLL |  |  |  |  |  |  |
| | 10 seconds | 20 seconds | 30 seconds | 40 seconds | 50 seconds | 60 seconds |

- All you need for this warm up game is yourself, any family members that are free, and a dice.
- If you do not have a dice then why not make your own, or use a dice on the internet.
- Take it in turns to have your go, as soon as you have rolled the next person goes and so on.
- Each participant will need to roll the dice twice, the first roll will determine the exercise you will be doing, and the second roll will determine the length of time you will be doing that exercise.
- Keep on going for 20 minutes, how many of the exercises can you get through in that time.

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

BUILD IT UP, KNOCK IT DOWN

Boxes, pillows, cereal boxes, cuddly toys, socks

- Build a castle using boxes, pillows, non-breakable household items. How imaginative can you be? Can you add turrets, cannons?
- Will your structure stand up on its own? Have you thought about stability and construction?
- Once you have designed and built your castle take a few steps back. Using an arsenal of rolled-up socks or soft toys see how many shots it takes to knock your castle down?
- Rebuild and try again. Do you need to move closer to knock it down? How effective is your design? How accurate is your aim?
- STEM Learning: Design, construction, measuring perimeter base, balance & counterbalance.
- Physical Learning: Throwing & aiming, judging distance & accuracy.

Try it Tuesday

LASER ZONE

String, rope, tape, paper, blu-tac or tape

- Set up in a corridor or narrow hallway or you could create one using some tables & chairs.
- Create laser beams across the hallway using string, wool, tape, ribbons or you can cut up paper strips and glue or tape them together. Then blue tac them to the walls horizontally, diagonally, high and low to create a laser zone. Why not colour them red to make it more realistic. You can also draw booby traps on paper to place on the floor if you want to spice things up a bit.
- Place an object at the end of the corridor to steal. A toy is good.
- Can you navigate your way along the laser zone by travelling in different ways to steal the treasure and return without touching a laser beam or booby trap and setting off the alarm.
- STEM Learning. Measuring, estimating, design. Physical Learning. Balance, core strength.

Wellbeing Wednesday

PAPER AEROPLANES

Paper, colouring pens

- As a family build as many different designs of paper aeroplanes that you can think of. Use different size paper and create different shapes and styles.
- Can you predict which one will fly the furthest? Which one will stay airborne for the least amount of time? Which one will be the most aerobatic?
- Fly your planes to see if your predictions were correct. Launch them a few times to see how consistent the results are.
- Measure the furthest and shortest distance and work out the difference between them.
- Can you make any adaptations to the aeroplane designs to improve the performance?
- You can also colour the aeroplanes and give them names.

Train it Thursday

Arithmetic Dribbling

Balls, three hoops, 2 sets of number cards labelled 1 - 12

1 set of cards with times, divide, subtract or add symbol

- Split the class/group into 3's. Ask them to stand behind a cone at one end of the hall/playground.
- Give each group a ball – basketball, football, tennis ball.
- Place the 3 hoops at the opposite end of the playground/hall. In 3 different hoops put 1 set of number cards in two different hoops and the symbols in another.
- One pupil at a time travels with the ball and picks up a card from a hoop. The second pupil picks up a card from a different hoop and the third from the 3rd hoop. If the group has a football they dribble with their feet, basketball with their hands and tennis throw and catch with themselves.
- Once all three cards are back the group write out the sum. They cannot go again until the answer is correct.
- Time 2 minutes. The team with the most correct answers are the winners.
- Return the cards to the correct hoops and go again with a different ball.

Feel Good Friday

Book Balance

Music of your choice

- Choose a piece of music that makes you feel happy
- Place a book on your head and then dance to the music
- Can you keep the book on your head for the whole dance?
- If it falls off, replace it and start again!
- Tick the box to let us know you did it
- If you want to send in a picture too that would be great!
- Challenge yourself by dancing for longer or changing your speed!