

PHYSICAL ACTIVITY FRIDAY



#HSGWEEK2021





Can the students of Hampshire clock up enough miles to travel around the world for our Hampshire School Games Week?

The world has a 24,901 mile circumference, and today's aim is to cover as many of those miles as possible by completing one or more of the Physical Challenges during the school day.

Please have a look at the choice of Physical Challenges and choose the one(s) that appeal to you and your class the most.

For each challenge your students complete they get 1 mile for their school, i.e. if a class of 30 completes the Dance and Skipping Challenge, that class will have achieved 60 miles in total.

Once you have completed your selected challenges, please give the total mileage to your School PE Lead. Once they have accumulated all the miles your school has achieved they will need to submit their total on the Hampshire School Games website;

www.energiseme.org/schools/hampshire-school-games/ this can be added between Friday 25th and Midday on Monday 28th June.



DANCE:

Choose music to dance to for 15 minutes. There are a number of complications on youtube that would work, students could either just dance to it or copy the moves (if you are showing on a screen).

KID BOPZ - https://www.youtube.com/watch?v=sHd2s_saYsQ
KID BOPZ - <https://www.youtube.com/watch?v=uclkp7qvzho>
JUST DANCE - <https://www.youtube.com/watch?v=yQ4fTI4wbko>

Whole School Dance:

- Choose a 15 minute block during the school day i.e. registration time, end of lunch, end of the school day.
- All classes complete the dance at the same time, this could be in their classroom, on the school field/playground etc. Why not get the senior leadership team dancing with them via Zoom if in classrooms.

Class Dance:

- Each class does their dance as and when it suits the classroom teacher.
- Again this could be completed as one 15 minute block during the school day, or you could do a 2 minute dance on the hour every hour to add a bit more excitement for the children.



SKIPPING:

How many times can you jump over a rope? This could be part of a PE lesson, at break time or just before the end of the school day, it is completely up to you as the teacher to decide when it best fits into your day.

- Spend 10 minutes practising to skip before being timed to see how many skips you can do.
- When it comes to the timing of the challenge, get students into pairs, so one performs whilst their partner counts. Then they swap over.
- Every student should be timed twice to give them the opportunity to do their best.
- KS1 - how many skips in 30 seconds
- KS2 - How many skips in 60 seconds



BE ACTIVE IN THE CLASSROOM:

We want to make the Physical Challenge as accessible as possible, if your day is already jam packed with learning, making it difficult to take time out for these challenges, then this one allows you to continue your day as planned but with an emphasis on being active.

Here are a few ideas to consider, however, we are sure you will be more creative than us so please feel free to use your own activities.

- No chairs allowed, can one of your tasks be completed with students being out of their chairs for 15 minutes.
- Class relay - embed student learning with a 15 minute relay. The students are put into small groups standing at the back of the class. on 'Go' they take it in turns to run to the front of the class to.....
 - Solve a math question
 - Add a sentence to a story
 - Link the historical figure to the correct historical event
 - Cluedo - Who stole the Olympic Flag
 - etc
- Use other tools/games to embed student learning i.e. GoNoodle, Four Corners (question with answers in 4 corners which students move to), Balloon Questions, Charades (small groups) etc

DAILY MILE:

Students participate in a Daily Mile, 15 minutes of walking, skipping, running around a circuit on the school field. Each class would be able to do this at different times throughout the day to ensure bubbles are maintained.

If you already do the Daily Mile, why not add a twist to it to make it more memorable for Hampshire School Games Week; Imagine you are actually travelling around the world, 25,000 miles through lots of different countries, can you imitate different animals from around the world? Can your friends guess which animal you are pretending to be?



CAPTURE THE FLAG:

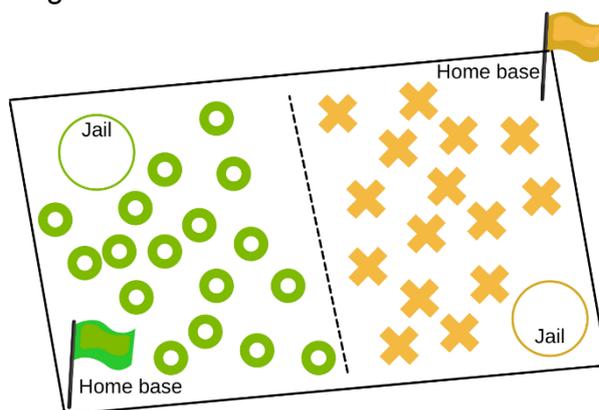
On top of the normal play and lunch breaks, spend an additional 15 minutes outdoors as a class playing Capture the Flag.

This is an active, fun, problem solving activity for the students to participate in. The goal of the game is for each team to capture the other team's flag and take it back to their zone.

Jail

Set Up:

- 2 teams with bibs on (one white & yellow on the diagram)
- 2 Flags (i.e bibs, cardigan, cone)
- A playing area of your choice, with a halfway line (or coned line).
- One 'flag' in one corner and another flag in the opposite corner.
- 2 'jails' (hoops or cones) in the two empty corners.



Play:

- Teams start in their own half (safe zone)
- On 'Go' teams attempt to steal the opposition's flag. If the flag is stolen that player must make it back to their half, without being tagged, in order to win.
- If a student is tagged in the process of stealing the flag they must drop it on the floor before going to 'jail'.
- When a player is in the other teams half, they can be tagged. If they are tagged they must go to the jail in their opponents half.
- That student stays in jail until one of their teammates releases them by holding their hand/t shirt and escorting them back to their own half, when they can then start playing again.

Encourage the teams to think about tactics (attackers and defenders). When a game is won, teams switch ends and play again (if there is time).