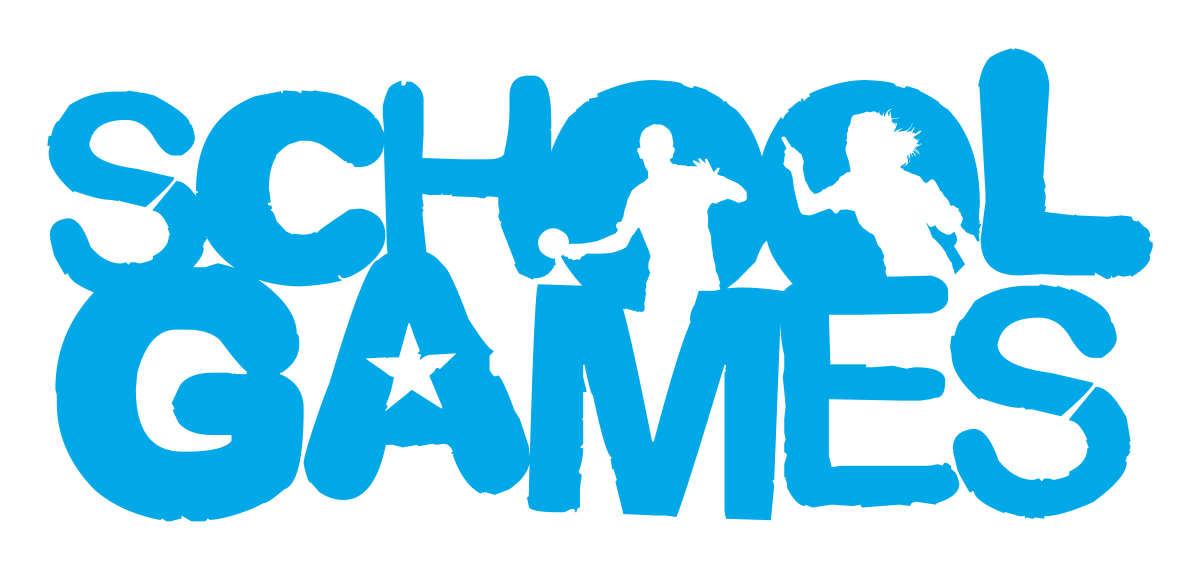
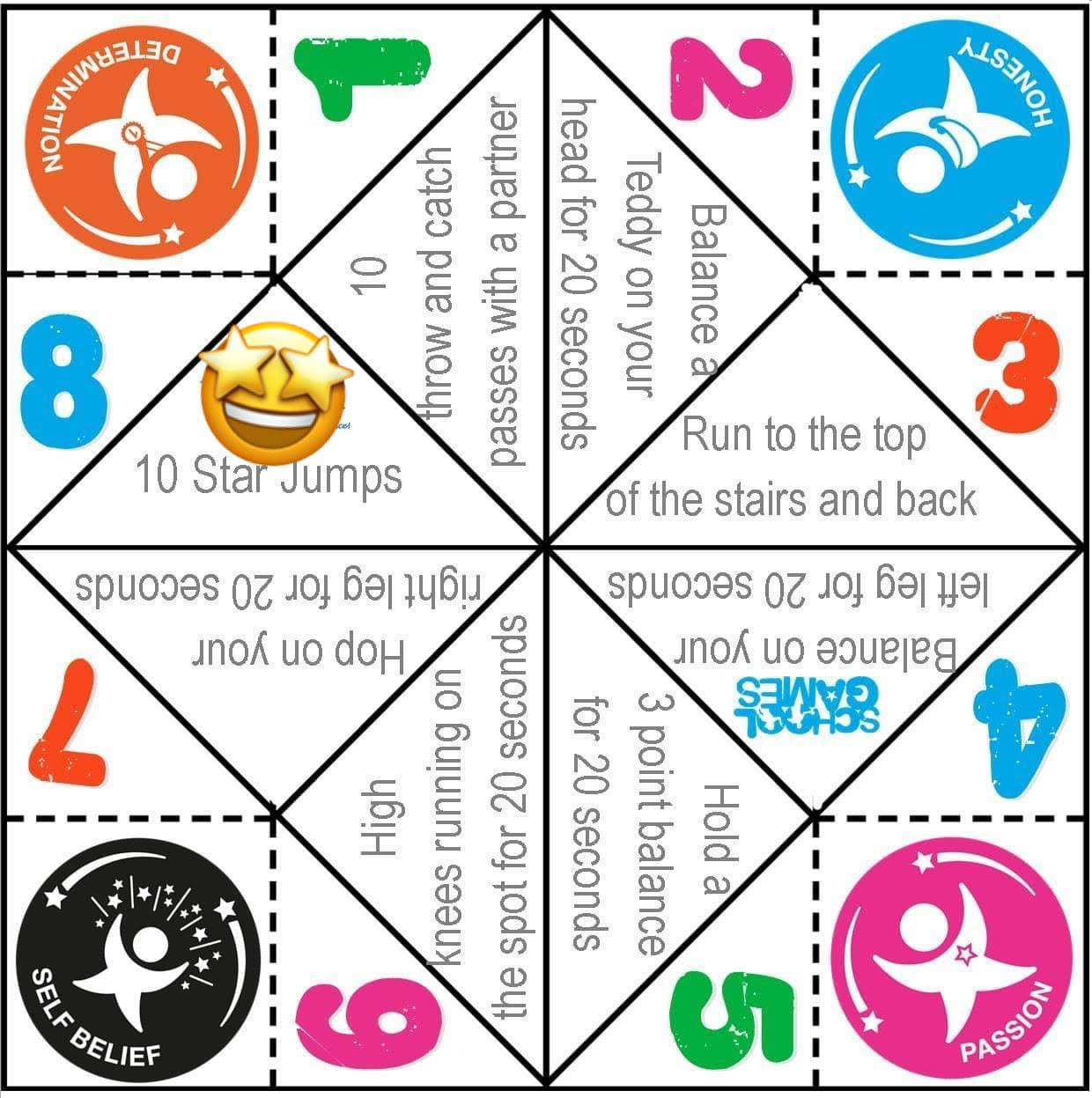
**HAMPSHIRE SCHOOL GAMES**

**#DAILYCHALLENGE - SCHOOL GAMES MARK MAY: 18TH – 22ND MAY**



**Name**: **Year Group**: **School:**









|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | *MONDAY* | *TUESDAY* | *WEDNESDAY* | *THURSDAY* | *FRIDAY* |
| **MOVE IT MONDAY**  **KS1** – SWIMMING  FLUTTER KICK | * Lay on your tummy, making the shape of a rocket (arms above your head, legs together) * Can you lift your legs off the floor? * Now try to kick them, small fast movements, just like you are doing a front crawl (flutter) kick. How long can you do it for? |  |  |  |  |  |
| **KS2** – SWIMMING  SWIM IT | * Lay on your tummy, making the shape of a rocket (arms above your head, legs together) * Can you lift your arms and legs off the floor? * Now kick your legs and move your arms, small fast movements - up and down. How long can you do it for? |
| **TRY IT TUESDAY**  **KS1** – SWIMMING  JUMP TO THE MOON | * Standing with your feet hip width apart * Arms above your head (like a rocket) * Bend your knees slightly and jump as high as you can! **TRY TO TOUCH THE SKY!** * How many times can you do that in 30 seconds? |  |  |  |  |  |
| **KS2** – SWIMMING  SQUAT JUMP | * Standing with your feet hip width apart * Arms above your head (like a rocket) * Bend your knees in a squat position, keeping your back straight and weight on your heels * Explode up, jumping as high as you can! **TRY TO TOUCH THE SKY!** * How many times can you do that in 30 seconds? |
| **WORK IT WEDNESDAY**  MULTI SKILLS  SPEED BOUNCE WITH A PASS | * Find something to jump over and place it on the ground. Jump sideways and land using two feet * After two jumps, you must pass an object (soft toy/ball) around your body two times. Then repeat - 2 x jump /2 ball pass. * How many jumps can you do? KS1- 30seconds, **KS2** - 45 seconds |  |  |  |  |  |
| **TRAIN IT THURSDAY**  MULTI SKILLS  AGILITY RUN WITH THROW | * Place 4 markers on the ground. **KS1**-1.5M, **KS2**-2m apart. Have 5 soft objects at the first marker. * Pick up one object, run in and out of the markers. At the fourth marker, turn and face all markers. Throw an object under arm and aim for one of the markers. 5 points for closest marker, 10 points second, 20 points for marker furthest away. Run back through markers and repeat |  |  |  |  |  |
| **FRIDAY FINISHER** | REPEAT ALL ACTIVITIES AND TRY AND BEAT YOUR SCORE! GOOD LUCK!! |  |  |  |  |  |

If possible the challenges should be done between 9am and 3pm – send in your results to earn a point for your school. You can take a picture and send to us the Hampshire SGOs via Jenniferlknight9@gmail.com or amy.rodger@solent.ac.uk or you can get in contact with the Hampshire SGO Twitter and Facebook page @HampshireSGO.