

Name:

Year Group:

School:

25	26	27	28	29	30
Slide down the snake	Sprint on the spot for 26 secs.	Do 27 Squats	Dance crazy for 28 secs.	Slide Down the snake	Do a victory dance.
24	23	22	21	20	19
Sprint on the spot for 24 secs.	Slide down the snake	Dance crazy for 22 secs.	Go forward 4 spaces	Do 20 Star Jumps	Do Sit Ups for 19 secs.
13	14	15	16	17	18
Dance crazy for 13 secs.	Go back 1 space	Sprint on the spot for 15 secs.	Do 16 Star Jumps	Slide down the snake	Climb the ladder
12	11	10	9	8	7
Climb the ladder	Get up and sit down 11 times	Sprint on the spot for 10 secs.	Do 9 Press Ups	Go back 1 space	Do 7 Jumping Jacks
1	2	3	4	5	6
Ready Steady Play	Go Forward 1 space	Do 3 different stretches	Climb the ladder	Do 5 Squat jumps	Go forward 1 spaces

- Here is this week’s warm up game, Snakes and Ladders.
- You can play this by yourself or with your family.
- Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares
- Every time you land on a square you will need to complete that activity before the next person can take their turn.
- Keep playing for 20 minutes to warm up properly, even if you end up winning 😊
- Don’t forget to climb ladders if you land on them, or slide down snakes if they catch you.
- Once finished you will be nice and warm to start your Daily Challenge.
- Have a go and make sure you let your teacher know your score, or email your SGO with your name, age, school and score!
- Good Luck and have Fun!

This week’s challenges all focus on the School Games Values of Determination, Passion, Honesty and Self Belief



ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE IT MONDAY SHUTTLE RUNS Markers	<ul style="list-style-type: none"> • Create a shuttle run with 2 markers. You need a straight line somewhere in your house/garden, preferably 5m long. • If you do not have enough space then set up a circle to run around instead. • How many shuttle runs/loops can you do in 3 minutes? • Increase the time to make it more challenging. 					
TRY IT TUESDAY RIVER CROSSING A Start and Finish Line 2 objects	<ul style="list-style-type: none"> • You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc. • The space between your start and finish line is a river; you must cross the river without falling in. You must use your two items to cross. • Only your feet and hands can touch your items, no body part is allowed to touch the river (floor), if you do you need to start again – How quickly can you cross? • Use smaller items to make it more challenging! 					
WORK OUT WEDNESDAY STEP UPS A step – this could be the bottom step of any set of stairs in your house.	<ul style="list-style-type: none"> • How hard do you want to work out? You have two options. <ol style="list-style-type: none"> 1. Speed Challenge - Do step-ups for 30 seconds – how many can you do? 2. Endurance Challenge - Do step-ups for the whole 5 minutes – how many can you do? • Rules: Safety first - Your whole foot must go on the step! • Try leading with your non dominant foot 					
TRAIN IT THURSDAY TENNIS KEEPIE UPS Racket/Hand/Book Ball/Paper/Balloon	<ul style="list-style-type: none"> • You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book. • You will also need a ball, a balloon or a rolled up piece of paper. • Bounce your object as many times as you can without it dropping it on the floor. How many can you do? • Use your weaker hand 					
FRIDAY FINISHER	<ul style="list-style-type: none"> • Repeat all the activities and try to beat your score! Good Luck! 					

Challenges should be done between 9am and 3pm – send through your results to me in order to earn a point for your school. You can take a picture and send it to Holly Shirley: email holly.shirley@mountbatten.hants.sch.uk or via Facebook Messenger @TestValley SchoolGames. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook page.