



HAMPSHIRE SCHOOL GAMES SPORTS MARK MAY CHALLENGES 11 – 15th MAY

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



Name:

Year Group:

School:

| ACTIVITY | DESCRIPTION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|---|--------|---------|-----------|----------|--------|
| MOVE IT MONDAY | Select a family member to start/stop the music and judge the competition Dance to the music using your best dance moves! When the music stops stay as still as you can Whoever moves last gets the most points | | | | | |
| MUSICAL STATUES | First out – 1 point, Second out – 2 points etc See how many you can score out of 10 attempts | | | | | |
| TRY IT TUESDAY | Each family member should have a balloon or you can share! Keep the balloon in the air using different body parts | | | | | |
| BALLOON KEEPY UPS | Every time you touch the balloon and keep it from touching the floor you score a point If the balloon hits the floor start again from 1 How many can you score in 60 seconds | | | | | |
| WORK OUT WEDNESDAY | Start by sitting in a chair with a large ball/object Hold the ball at chest height in two hands Push the ball away from your chest as hard as you can | | | | | |
| CHEST PUCH | Measure how far you have pushed the ball away from the chair Measure where the ball lands first and not where it finishes! Have three or four attempts and record your best score in <u>cms</u> | | | | | |
| TRAIN IT THURSDAY | Choose a family member to race against Decide on the distance and agree a start and finish point Run in a straight line, be careful not to trip | | | | | |
| RACES | Record who wins each race and give points 1 st place 10 - points, 2 nd place – 8 points etc | | | | | |
| Fridays Finisher | Repeat all the activities and try to beat your score! | | | | | |