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HAMPSHIRE SCHOOL GAMES #DAILYCHALLENGE - SCHOOL GAMES MARK MAY: 8th – 12th JUNE



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Year Group:

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





Warm Up Game - Noughts and Crosses

- You will need to make your own noughts and crosses board (area) this can be done with sticks/pipes/paper.
- Next, you will need to be creative and find objects to make the noughts and crosses for the game.
- You will need 5 of each. For example 5 rolled up socks for the noughts, 5 hats for the crosses. Choice is yours!
- Have a marker 3m from your noughts and crosses board.
- You will need a partner to play against. <u>One player has the</u> socks, other has the hats.
- Have objects on the floor next to marker, first person runs and lays one object in one of the squares. Then they run back to collect second object. Partner can start running for their go once object on hits the floor.
- Person who lays 3 in a row wins that game.
- Move the marker further away if you want to make it a little harder.
- Best of 3! Then swap objects!

School:

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE IT MONDAY MEMORY MOVES	Make out a square using four markers Start on one marker and hold a balance of your choice for 5 seconds Once finished, move to the next marker, you must then hold your first balance again for 5 seconds, then hold a different balance for another 5 seconds Move to the next spot, repeat 1st balance / 2nd balance, then hold a 3rd balance. Go to the fourth marker and repeat, 1,2,3 and hold a fourth balance. Keep moving around the square. How many balances can you remember and hold without losing control? Remember you must hold each balance for 5 seconds					
TRY IT TUESDAY	You will need to build 3 goals. Be creative and use what you can, plant pots/cones/chairs/cushions. Each goal must be different and must be big enough for a ball to fit through Place three markers in a line and then create 3 goals at different distances away from the start - 2m,4m,6m Record how many times can you roll/throw/kick a ball through your first goal. Collect the ball after each try and run back to the start before you try again. After one minute, have a little rest and move onto the second goal. Repeat and then the third goal.					
WORK IT WEDNESDAY MOVE LIKE AN ANIMAL	Place two markers, 5 metres apart On 'Go' move like an animal of your choice between the markers Move for 30 seconds, how many times can you move between the cones. Have three attempts – write down your highest score. Also write down which animal you were Try to be as creative as possible!					
TRAIN IT THURSDAY TIPPY TOE AROUND	Mark out a square with four markers You will need someone in the middle of the square. They must close their eyes. On 'Go' you must quietly run around the square, touching the markers – you can change direction, but you must keep moving. When person in the middle says stop you must stop. If you are in between markers, move to the closest marker. The person in the middle will point to a marker. If they point to the marker where you are standing, you must do a crazy dance on the spot for 20 seconds. Complete the game for 5 minutes, how many times will you get caught? Remember – you must keep moving.					
FRIDAY FINISHER BOCCIA SKITTLES	Find 6 items that become skittles to knock over (empty plastic bottles, cans, plant pots etc) Find a chair to sit on and place the skittles in a line 3m – 4m away from the chair. Using a ball or create your own missile, have six goes to try and knock as many skittles over as possible Have a few goes and record your scores Make it more challenging by increasing the distance from the chair to the skittles or decrease the size of your skittles					

Challenges should be done between 9am and 3pm if possible – send your results to us in order to earn a point for your school. You can take a picture and send it to Jenny or Amy via: email jenniferlknight9@gmail.com or amy.rodger@solent.ac.uk There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO.