

ACTIVITY	DESCRIPTION	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	EACH ACTIVITY TO LAST 5 MINUTES				
TRY IT TUESDAY TRI-GOLF: PUTTING Tee, Putter, Ball, Objects	<ul style="list-style-type: none"> Place your objects on the floor – KS1 (5) KS2 (12) Place a tee where you will putt from to hit your objects. KS1 – How many putts does it take to hit your 5 objects, when you hit one pick it up. KS2 – Each object has a different amount of points, the 4 closest – 1 point, 4 in the middle – 2 points, 4 furthest away 3 points. In 12 putts, how many points can you score by hitting objects? Have a few goes and record your highest score! 				
WORK OUT WEDNESDAY TRI-GOLF: TARGET Tee, Putter, Ball, Objects	<ul style="list-style-type: none"> KS1 - You need 11 objects placed in a line around 3-5m from your tee, the middle object is worth 5 points, the 2 objects either side 3 points, the remaining 6 objects are worth 1 point. You have 10 putts to see how many points you can score, remember to keep count! Have a few goes and submit your best score! KS2 – Place an object in your playing area and set up 3 tees to putt from, one tee 1m away, the next 2m away and the third 3m away. Start at the closest tee, and attempt to hit the object two times in a row, when you do, move back to the 2nd tee and attempt the same until you have completed all 3! How many putts does it take you? The perfect score is 6! Have a few goes and record your highest score! 				
TRAIN IT THURSDAY CRICKET: BATTING Bat & Ball	<ul style="list-style-type: none"> KS1 – This is a keep up challenge! Using a bat/racket/book you have 5 attempts to see how many times you can keep the ball up! If you use the face of the bat it counts as one, if you use the edge it counts as 3! How many can you do? Let us know your best score in the 5 attempts. KS2 – This is a rebound challenge! Using a bat/racket/book you have 5 attempts to see how many times you can rebound the ball against the wall! The ball is only allowed to touch the floor once in between hitting it against the wall! How many can you do? Let us know your best score in the 5 attempts. 				
FINISHER FRIDAY CRICKET: BOWLING Ball, Target or Stumps, Marker or Hoops	<ul style="list-style-type: none"> KS1 – Bowling with an overarm technique, your challenge it to hit the stumps or target - you can use a bin as many times as you can in 15 attempts! The ball can only bounce a maximum of 2 times before reaching the stumps. Each time you hit the stumps you score 3 points! Have a few goes and let us know your best! KS2 – Set up some stumps or a target with 2 markers or hoops 2m in front of them, with a bigger target behind the stumps – a bin/garage door/adult. You have 2 minutes to score as many points as possible! Bowling overarm, you score 5 points for hitting the stumps, 3 points for the markers/hoops, 1 point for the bigger target! Have a few goes and let us know your best score! 				

Challenges should be done between 9am and 3pm – send through your results in order to earn a point for your school. You can take a picture and send it to Amy Rodger (amy.rodger@solent.ac.uk) or via our social media accounts – Twitter: @HampshireSGQ and Facebook Hampshire SGO's