

Creative Skills - Focus for the week: "I can create my own ideas and my own versions of activities/tasks. I can use variety and creativity to make tasks fun and challenging"

ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EACH ACTIVITY TO LAST 5 MINUTES						
You can make your challenges <b>harder</b> or <b>easier</b> via the highlighted sections. Make sure you do the same version each time so you will know if you have improved						
<b>MOVE IT MONDAY</b>  Memory Moves  Equipment: 4 Markers/cones	<ul style="list-style-type: none"><li>Make a square using four markers.</li><li>Start on one marker and hold a balance of your choice for 5 seconds.</li><li>Once finished, move to the next marker. You must then hold your 1<sup>st</sup> balance for 5 seconds, and then hold a different balance for another 5 seconds.</li><li>Move to the next spot; repeat your 1<sup>st</sup> and 2<sup>nd</sup> balance, and then hold a 3<sup>rd</sup> balance. Go to the fourth marker and repeat, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and hold a 4<sup>th</sup> balance. Keep moving around the square. Remember you must hold each balance for 5 seconds.</li><li>How many balances can you remember and hold without losing control?</li><li>Hold your balance for 7 seconds. Hold your balance for 3 seconds.</li></ul>					
<b>TRY IT TUESDAY</b>  Aim for the Goal  Equipment: Be creative	<ul style="list-style-type: none"><li>You will need to build 3 goals. Be creative and use what you can, plant pots/cones/chairs etc. Each goal must be different and must be big enough for a ball to fit through them.</li><li>Place three markers in a line and then put your 3 goals at different distances away from the start – one at 2m, one at 4m, and one at 6m.</li><li>Record how many times can you roll/throw/kick a ball through your first goal. Collect the ball after each try and move 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.</li><li>Make your goals small to make them more challenging, or move them further away.</li><li>Make your goals larger, or move them closer to your start line 1m, 3m, 5m.</li></ul>					
<b>WORK OUT WEDNESDAY</b>  Animal Moves  Equipment: 2 markers/cones	<ul style="list-style-type: none"><li>Place two markers, 5 metres apart</li><li>On 'Go' move like an animal of your choice between the markers</li><li>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.</li><li>Try to be as creative as possible!</li><li>Be an animal that moves using four 4 legs, i.e. a dog, frog etc</li><li>Be an animal that moves using 2 legs, i.e. chicken, gorilla etc</li></ul>					
<b>TRAIN IT THURSDAY</b>  Tip Toe Around  Equipment: 4 markers/cones	<ul style="list-style-type: none"><li>Mark out a square with 4 markers. You will need a partner stood in the middle of the square with their eyes shut.</li><li>On 'Go' you must quietly run around the square, touching the markers as you go, you can change direction, but you must keep moving. When your partner says stop you must stop.</li><li>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.</li><li>Complete the game for 5 minutes, how many times will you get caught? That is your score!</li><li>You partner can call 'sprint', 'hop', 'walk', 'jump' etc to make it easier or harder.</li></ul>					
<b>FRIDAY FINISHER and/or INCLUSIVE CHALLENGE</b>  Boccia Skittles  Equipment: 6 items, chair, ball	<ul style="list-style-type: none"><li>Find 6 items that become skittles to knock over (empty plastic bottles, cans, plant pots etc)</li><li>Find a chair to sit on and place the skittles in a line 3m – 4m away from the chair.</li><li>Using a ball or create your own missile, have six goes to try and knock as many skittles over as possible.</li><li>Have a few goes and record your scores</li><li>Increase the distance between your chair and the skittles/decrease the distance.</li></ul>					

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 [jenniferknight9@gmail.com](mailto:jenniferknight9@gmail.com) or [amy.rodger@solent.ac.uk](mailto:amy.rodger@solent.ac.uk) There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO