

Personal Skills - Focus for the week: "I see all new challenges as opportunities to learn and develop. I cope well and react positively when things become difficult"

ACTIVITY	DESCRIPTION (EACH ACTIVITY TO LAST 5 MINUTES)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can make your challenges harder or easier via the highlighted sections. Make sure you do the same version each time so you will know if you have improved						
MOVE IT MONDAY Sit Down Stand Up	<ul style="list-style-type: none"> How many times can you sit down (crossed legged) and then stand up in a straight shape (arms straight up above your head)? Make sure you sit down in a controlled manner on to a clear floor. How many can you do in 1 minute? Do the challenge without using your hands to get up off the floor. Go to a crouch position instead of sitting down 					
TRY IT TUESDAY Side Plank	<ul style="list-style-type: none"> We have tried the Plank before; this week we are 'trying' the Side Plank – start on your side with feet together, one arm bent on the floor ready to support the body. Push through your feet and elbow to raise your knees, hips and torso so you are in a straight line. Time how long you can hold the plank without dropping your hips. Do a straight arm side support Place your knees on the floor and just raise your hips and torso 					
WORK OUT WEDNESDAY Hopscotch Shuttles 2 markers	<ul style="list-style-type: none"> You will need to lay out two markers about 3-5m apart. On 'Go' you need to do your hopscotch shuttles, continuing back and forth for 3 minutes, with 1 min rest in between. Count how many lengths you do in this time. 1 minute working, 1 minute rest, 1 minute working, 1 minute rest, 1 minute working. Add up your scores from each 'working' minute. Hopscotch backwards instead. Choosing either hopping or jumping, or one length of each etc 					
TRAIN IT THURSDAY Alternate Ball Roll 2 balls & a wall	<ul style="list-style-type: none"> Crouch on the floor 1m from your wall, with one ball in each hand. On go, you need to roll one ball to rebound back off the wall, into your hand. Alternate your hands. When you receive the ball back in your hand you get 1 point. How many points can you get in 1 minute? Stand up and throw the ball, use one ball but use alternate hands. Use one ball, but still alternate your hands. 					
FRIDAY FINISHER TREASURE HUNT	<ul style="list-style-type: none"> Find THREE (KS1) OR FIVE(KS2) items of treasure and get your partner to place them in the garden/room, 3m – 5m from a start line Make a blindfold and ask your partner to put it over your eyes Your partner should time how long it takes you to find the treasure and return it to the starting position Your partner should shout out directions to help you find the treasure and keep you safe! 					

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