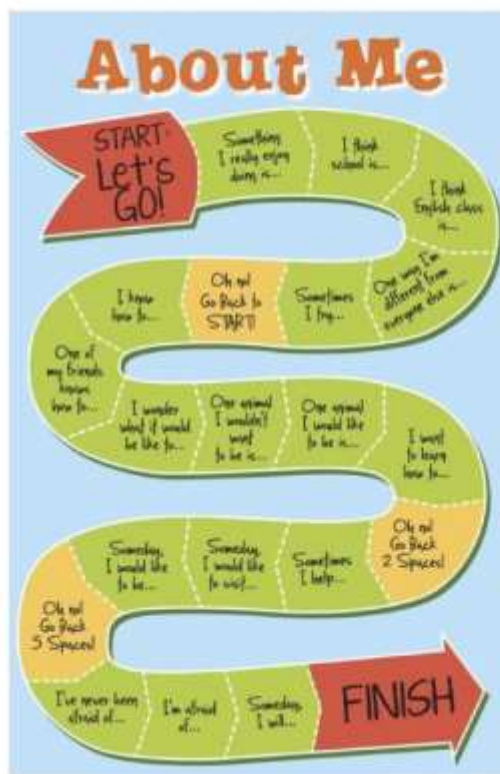




WEEK 15

HAMPSHIRE SCHOOL GAMES
PRIMARY WELL-BEING WARM UP: 6th-10th July



Well-being Week- This week is all about being positive, think about your own physical and mental well-being and making your own choices

Equipment: A dice

How to play:

- With a friend or family member play the game.
- Take Turns and if they answer the question wrong they must do a fitness challenge set by you.
- Ideas could be star jumps, mountain climbers, jogging on the spot, jumping, tuck jump, chair sit, sprinting

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

