



HAMPSHIRE SCHOOL GAMES PRIMARY PERSONAL BEST CHALLENGES WEEK ONE 23 – 29 MARCH

Name:

Year Group:

School:

4 – 5 minute Activate/Warm Up before starting the Challenges (here is a suggestion)

30 Seconds jogging on the spot/30 Seconds Jumping Jacks; 30 Seconds jogging on the spot /30 Seconds High Knees

30 Seconds jogging on the spot /30 Seconds Heel Flicks; 30 Seconds jogging on the spot /30 Seconds Spotty Dogs

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Speed Bounce	How many times can you do a two feet to two feet jump sideways over a cereal box in 15 or 20 seconds					
Plank	How long can you hold yourself in a plank position (front support) You can choose to hold yourself on your hands or elbows					
Static Balance	How long can you balance on your right leg for without moving?	Right	Right	Right	Right	Right
	Now try on you Left Leg	Left	Left	Left	Left	Left
Throw and catch	How many times can you throw and catch a tennis ball, apple, orange in a minute with only one hand and not moving from the spot	Both Hands	Both Hands	Both Hands	Both Hands	Both Hands
	You can choose to do this with both hands or one hand	Right	Right	Right	Right	Right
		Left	Left	Left	Left	Left
Partner Challenge	Keeping a toilet roll between your knees how long will it take you and your partner to travel across the room and back – passing the toilet roll without using your hands Send a picture of you doing the challenge – funniest picture to win a prize!					

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school. You can take a picture and send it to Phil Jeffs: email pjeffs@brightonhill.hants.sch.uk or via twitter @basingstokeSGO. There is also a Hampshire SGO Twitter @HampshireSGO and Facebook page where we will be updating the results each day