

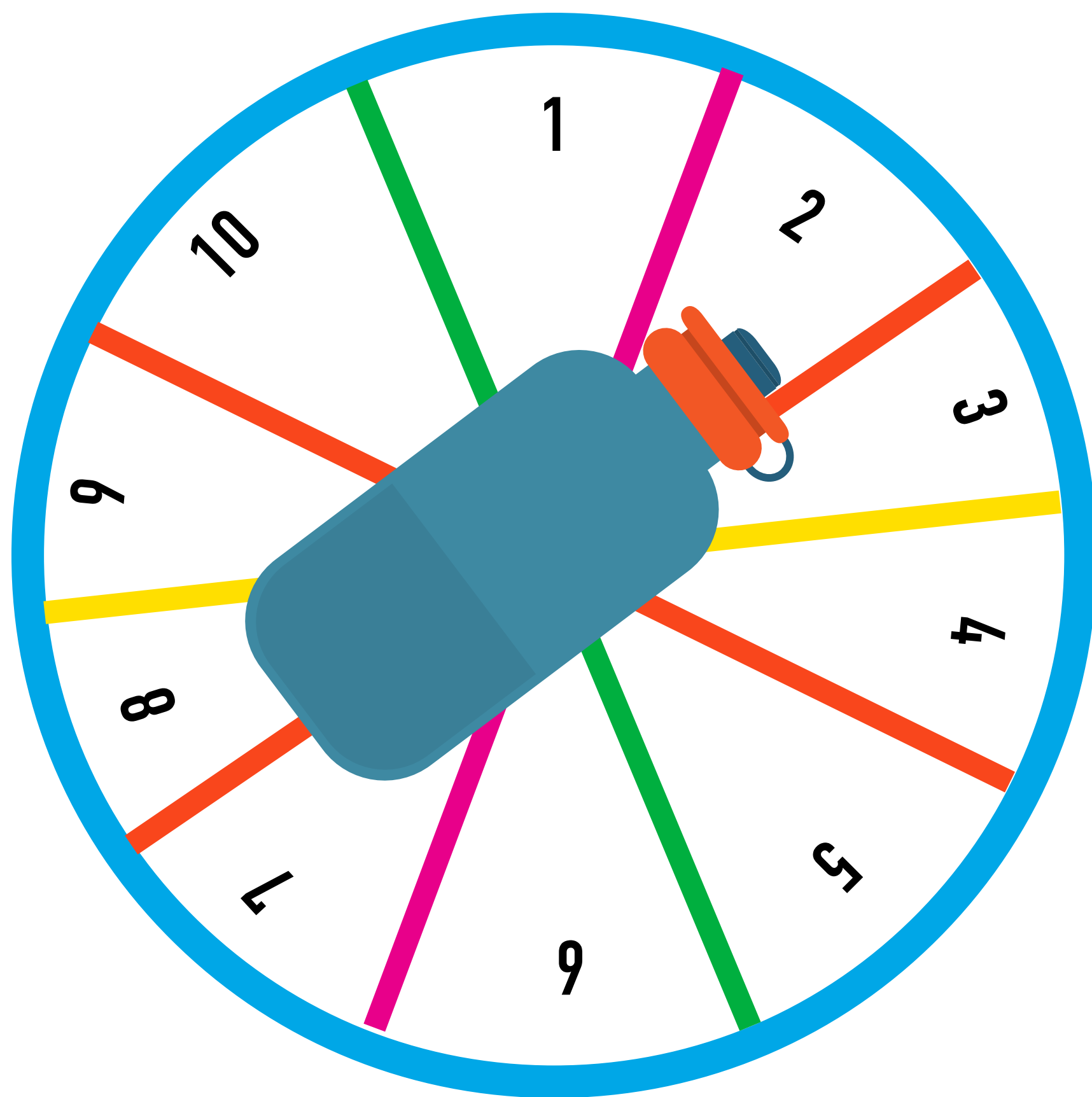
HAMPSHIRE SCHOOL GAMES: Spin the Bottle Warm-Up Game

Name:

Year Group:

School:

This week's activities will focus on the school games value of **EMPATHY**
To understand and share the feelings of another.



- You will need a bottle and either 10 cards or create a numbered board like this!
- Spin the bottle!
- Whichever numbered activity the bottle top is pointing to you have to complete the task – see below
- Choose one of the challenges below. You may want to complete a different challenge each day, or even create your own!
- CHALLENGE 1: How many can you complete in a set time?
- CHALLENGE 2: How long does it take to complete all 10 numbered activities?
- FAMILY CHALLENGE 1: Spin the bottle for each other.
- FAMILY CHALLENGE 2: How long does it take to complete all 10 numbered activities together?

TASK

- | | |
|------------------------|---------------------------|
| 1: 20 x Butt Kicks | 6: 10 x Second Sprint |
| 2: 20 x High Knees | 7: 10 x Burpees |
| 3: 10 x Jumping Jacks | 8: 10 x Tuck Jumps |
| 4: 10 x Jumping Lunges | 9: 10 x Mountain Climbers |
| 5: 10 x Side Lunges | 10: 20 x 'Spotty Dogs' |

Activity	Description Each Activity to last 5 minutes.	Enter your score or tick in the relevant box below if you took part in the activity.
Move it Monday GUIDED WALK Markers, eye covering	<ul style="list-style-type: none"> • Create a course with 2 markers which are placed 5 metres apart. Choose one person to wear the eye covering whilst the second person is the guide. • You will also need something to time how many laps you can complete in 2 minutes • Make sure the guide is giving clear instructions to keep you safe – you may hold the arm of your guide • Change roles and think about how you can improve – the instructions you are giving – are they clear? • Once you have both had a go discuss how you may be quicker and try to beat your score • How many shuttle runs/loops can you do in 2 minutes? • Increase the distance to make it more challenging. 	
Try it Tuesday BALANCE IT Racket or something to balance and item on, Rolled up pair of socks or a satsuma.	<ul style="list-style-type: none"> • Create a course with 2 markers which are placed 5 metres apart • You will also need something to time how many laps you can complete in 2 minute • Balancing an item on your racket (or hand or book) how many laps can you do in 2 minutes without the item falling off. • Have a rest and then try again! • To make it more challenging try swapping hands! 	
Well-Being Wednesday SLIDE TO SCORE Clean used jar lids, marker pens and paper, vinyl floor or table top	<ul style="list-style-type: none"> • Make some simple targets by using blank paper. • Number the paper targets 1, 3 and 5 • Stick them at the far end of the table or floor using tape • This is a New Age Kurling activity, you'll need some clean jar lids. Slide the lids from one end of the table towards the paper • To score the lid must land on the piece of paper • How many can you score with three attempts? • Repeat a second time and see if you can beat your score. • Challenge- Write down the name of someone you think would enjoy this challenge! 	
Train it Thursday BALLOON KEEPY UPPY Indoor space, balloon or beach ball.	<ul style="list-style-type: none"> • You can do this activity by yourself or with a partner • You will need a balloon, beach ball or scrunched up paper • This is a Sitting Volleyball activity so make sure your bottom stays on the floor all the time! • Count how many times you can keep hitting the ball in the air whilst sitting on the floor • Time yourself for 2 minutes and record the longest rally. If the item touches the floor start again from 0. • Have a rest and try again to beat your score! • To easy? Try it with your weaker hand. 	
Feel Good Friday FREESTYLE DANCE Music of your choice	<ul style="list-style-type: none"> • Choose a piece of music that makes you feel happy • Dance with your family and choose who has been the most creative or active • Tick the box to let us know you did it • If you want to send in a picture too that would be great! • Challenge yourself by dancing for longer or changing your speed! 	



MOVE IT MONDAY: GUIDED WALK

Create a course with 2 markers which are placed 5 metres apart. Choose one person to wear the eye covering whilst the second person is the guide.

You will also need something to time how many laps you can complete in 2 minutes .

Make sure the guide is giving clear instructions to keep you safe – you may hold the arm of your guide.

Change roles and think about how you can improve – the instructions you are giving – are they clear?

Once you have both had a go discuss how you may be quicker and try to beat your score
How many shuttle runs/loops can you do in 2 minutes?

Increase the distance to make it more challenging.





TRY IT TUESDAY: BALANCE IT



Create a course with 2 markers which are placed 5 metres apart.

You will also need something to time how many laps you can complete in 2 minute.

Balancing an item on your racket (or hand or book) how many laps can you do in 2 minutes without the item falling off.

Have a rest and then try again!

To make it more challenging try swapping hands!

#HSGDAILYCHALLENGE

WELL-BEING WEDNESDAY: SLIDE TO SCORE

Make some simple targets by using blank paper. Number the paper targets 1, 3 and 5. Stick them at the far end of the table or floor using tape.

This is a New Age Kurling activity, you will need some clean jar lids. Slide the lids from one end of the table towards the paper.

To score the lid must land on the piece of paper
How many can you score with three attempts?

Repeat a second time and see if you can beat your score.

Challenge- Write down the name of someone you think would enjoy this challenge!



#HSGDAILYCHALLENGE



TRAIN IT THURSDAY: BALLOON KEEPY UPPY



You can do this activity by yourself or with a partner.
You will need a balloon, beach ball or crumpled up paper.

This is a Sitting Volleyball activity so make sure your bottom stays on the floor all the time!

Count how many times you can keep hitting the ball in the air whilst sitting on the floor.

Time yourself for 2 minutes and record the longest rally. If the item touches the floor start again from 0.

Have a rest and try again to beat your score!

Too easy? Try it with your weaker hand.



#HSGDAILYCHALLENGE



FEEL GOOD FRIDAY FREESTYLE DANCE

Choose a piece of music that makes you feel happy.

Dance with your family and choose who has been the most creative or active.

Tick the box to let us know you did it.

If you want to send in a picture too that would be great!

Challenge yourself by dancing for longer or changing your speed!

