

#HSGDAILYCHALLENGE

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!

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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!



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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 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!

Too easy? Try it with your weaker hand.



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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!



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