



HAMPSHIRE SCHOOL GAMES PRIMARY PERSONAL BEST CHALLENGES WEEK FIVE

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



Name:

Year Group:

School:

- To prepare you for your daily physical challenge you need to first warm up!
- This week is a [DECK OF CARDS WORKOUT](#)
- Mark out two spots, distance between the spots is up to you. Lay your pack of cards around one of the spots. Starting at the other spot, run and pick up one card and take it back to the starting spot.
- Depending on which suit you pick up, will determine what activity you will do. Depending on what number you pick up, will determine how many you do.
- Hearts – Burpees Spades – Star Jumps Clubs – High knees on the spot Diamonds – Air boxing
- (Jack, Queen, King or Ace you decide how many you want to do. Joker – Rest card)
- How many cards can you pick up in 5 minutes.

FURTHER CHALLENGES ARE IN YELLOW, CAN YOU COME UP WITH YOUR OWN CHALLENGES?

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MOVE IT MONDAY</p> <p>Mountain Climbers</p>	<p>Start in a press up position. On go, bring your knees to your chest one at a time. You get a point every time you bring knees to chest</p> <p>Try: 1 minute then 1 minute rest 1 minute then 1 minute rest 1 minute then finish</p> <p>Add together all your points for the 3 minutes.</p>					
<p>TRY IT TUESDAY</p> <p>Sit up challenge</p>	<p>Lie flat on the floor, on your back, in a straight shape with your arms above your head. Hold a cuddly toy/cushion between your feet. At the same time, keeping your arms and legs straight, bring them up together. Make sure you keep your back flat on the floor. When your straight arms and legs come together, grab the toy with your hands, then lie back down in your straight shape again. Keep on going, moving your toy between your hands and your feet.</p> <p>How many can you do in 1 minute?</p>					
<p>WORK OUT WEDNESDAY</p> <p>Move the objects</p>	<p>Place two cushions 5-10metres apart. Pick 15 soft items of your choice and place on one of the cushions. On go, you must move all the items one by one to the other cushion. Have a rest. Then do it again and try beat your time.</p> <p>Try balancing objects on head to make harder.</p>					
<p>TRAIN IT THURSDAY</p> <p>Through the ladder</p>	<p>Make your own ladder using different objects. This could be books/rolled up towels or spots. You ideally need 5/6 objects spaced your foot size apart from each other.</p> <p>Start at one end, on go, run through the ladder as fast as you can. At the end, run back to the beginning and repeat. How many times can you run through the ladder. One point for every time you go through the ladder</p> <p>Try: 1 minute, 1 minute rest, 1 minute, 1 minute rest, 1 minute. Add together all your points for the 3 minutes.</p>					
Fridays Finisher	Repeat all the activities and try to beat your score!					