**WILLIAM DAVIS PRIMARY SCHOOL GAMES**



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

**PERSONAL BEST CHALLENGES – WEEK beginning 22nd June**

**Name**: **Year Group**:



# **Here is this week’s warm up game, Snakes and Ladders.**

# **You can play this by yourself or with your family.**

# **Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares**

# **Every time you land on a square you will need to complete that activity before the next person can take their turn.**

# **Keep playing for 20 minutes to warm up properly, even if you end up winning ☺**

# **Don’t forget to climb ladders if you land on them or slide down snakes if they catch you.**

# **Once finished you will be nice and warm to start your Daily Challenge.**

# **Have a go and make sure you let your teacher know your score!**

# **Good Luck and have Fun!**

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| **25**  **Slide**  **down the**  **snake** | **26**  **Sprint on the spot for 26 secs.** | **27**  **Do**  **27**  **Squats** | **28**  **Dance crazy for 28 secs.** | **29**  **Slide**  **Down the snake** | **30**  **Do a victory dance.** |
| **24**  **Sprint on the spot for 24 secs.** | **23**  **Slide**  **down the**  **snake** | **22**  **Dance crazy for 22 secs.** | **21**  **Go**  **forward**  **4 spaces** | **20**  **Do**  **20 Star Jumps** | **19**  **Do**  **Sit Ups for 19 secs.** |
| **13**  **Dance crazy for 13 secs.** | **14**  **Go**  **back**  **1 space** | **15**    **Sprint on the spot for 15 secs.** | **16**  **Do 16**  **Star**  **Jumps** | **17**  **Slide**  **down the**  **snake** | **18**  **Climb**  **the**  **ladder** |
| **12**  **Climb**  **the**  **ladder** | **11**  **Get up and sit down 11 times** | **10**  **Sprint on the spot for 10 secs.** | **9**  **Do 9**  **Press**  **Ups** | **8**  **Go**  **back**  **1 space** | **7**  **Do 7**  **Jumping Jacks** |
| **1**  **Ready**  **Steady**  **Play** | **2**  **Go**  **Forward**  **1 space** | **3**  **Do 3 different stretches** | **4**  **Climb**  **the**  **ladder** | **5**  **Do 5**  **Squat jumps** | **6**  **Go**  **forward 1 spaces** |

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| **ACTIVITY** | **DESCRIPTION**  **EACH ACTIVITY TO LAST 5 MINUTES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MOVE IT MONDAY**  SHUTTLE RUNS  Markers | * Create a shuttle run with 2 markers. You need a straight line somewhere in your house/garden, preferably 5m long. * If you do not have enough space then set up a circle to run around instead. * How many shuttle runs/loops can you do in 3 minutes? * Increase the time to make it more challenging. |  |  |  |  |  |
| **TRY IT TUESDAY**  RIVER CROSSING  A Start and Finish Line  2 objects | * You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc. * The space between your start and finish line is a river; you must cross the river without falling in. You must use your two items to cross. * Only your feet and hands can touch your items, no body part is allowed to touch the river (floor), if you do you need to start again – How quickly can you cross? * Use smaller items to make it more challenging! |  |  |  |  |  |
| **WORK OUT WEDNESDAY**  STEP UPs  A step – this could be the **bottom** step of any set of stairs in your house. | * How hard do you want to work out? You have two options.  1. Speed Challenge - Do step-ups for 30 seconds – how many can you do? 2. Endurance Challenge - Do step-ups for the whole 5 minutes – how many can you do?  * Rules: Safety first - Your whole foot must go on the step! * Try leading with your non dominant foot |  |  |  |  |  |
| **TRAIN IT THURSDAY**  TENNIS KEEPIE UPS  Racket/Hand/Book  Ball/Paper/Balloon | * You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book. * You will also need a ball, a balloon or a rolled up piece of paper. * Bounce your object as many times as you can without it dropping it on the floor. How many can you do? * Use your weaker hand |  |  |  |  |  |
| **FRIDAY FINISHER** | * Repeat all the activities and try to beat your score! Good Luck! |  |  |  |  |  |

Challenges should be done between 9am and 4pm – email your results or bring into school when you collect your home learning on Friday. You could email us a photo too to show how well you are doing!