**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 RUNSMarkers | * 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.
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| **TRY IT TUESDAY**RIVER CROSSING A Start and Finish Line2 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!
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| **WORK OUT WEDNESDAY** STEP UPsA 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 UPSRacket/Hand/BookBall/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!
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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!