

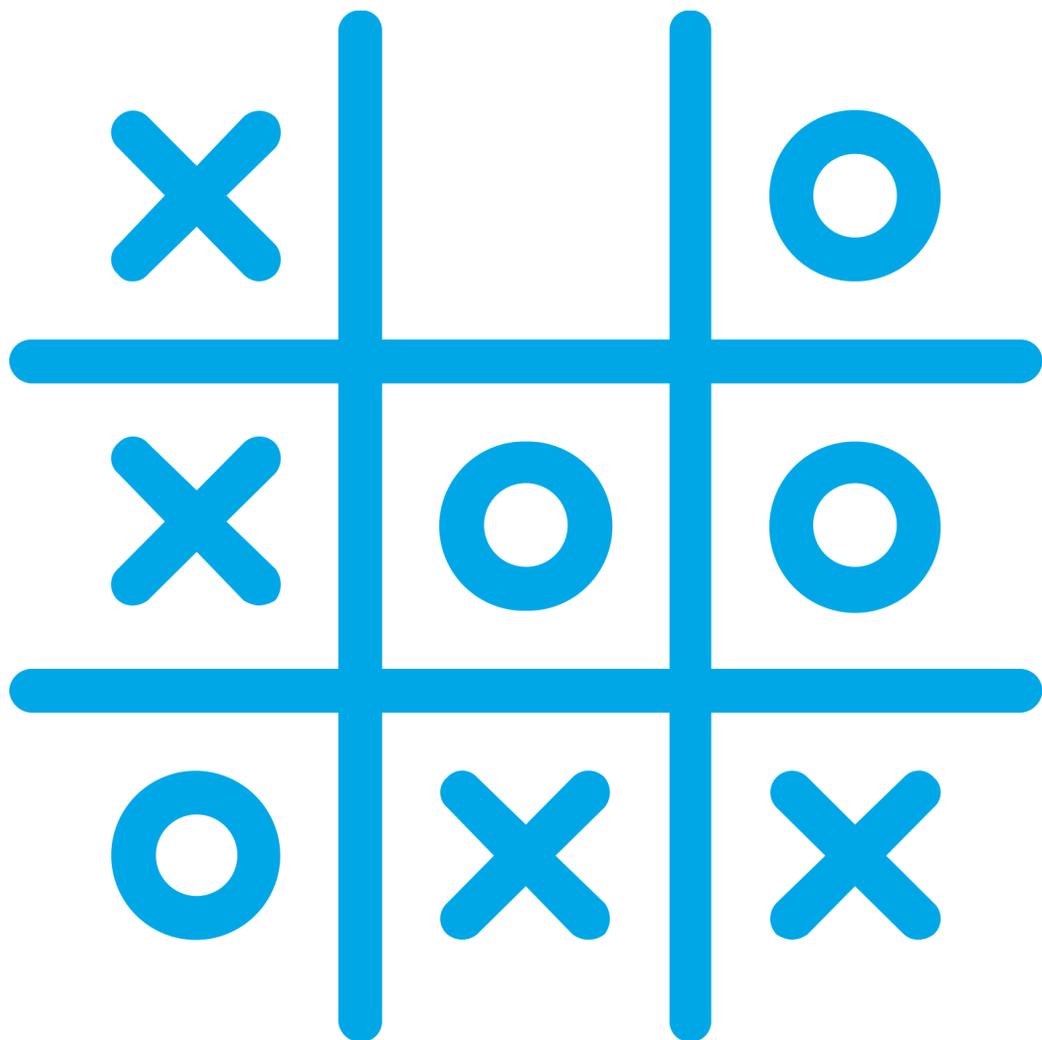
HAMPSHIRE SCHOOL GAMES: Noughts and Crosses Warm-Up Game

Name:

Year Group:

School:

This week's activities will focus on the school games value of **SELF BELIEF**
Believe in yourself and you can achieve anything.



- You will need to make your own noughts and crosses board (area) this can be done with sticks/pipes/paper.
- Next, you will need to be creative and find objects to make the noughts and crosses for the game.
- You will need 5 of each. For example - 5 rolled up socks for the noughts, 5 hats for the crosses. Choice is yours!
- Have a marker 3m from your noughts and crosses board.
- You will need a partner to play against. One player has the socks, other has the hats.
- Have objects on the floor next to marker, first person runs and lays one object in one of the squares. Then they run back to collect second object. Partner can start running for their go once opponents object has hit the floor.
- Person who lays 3 in a row wins that game.
- Move the marker further away if you want to make it a little harder.
- Best of 3! Then swap objects!

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.

<p>Move it Monday</p> <p>MEMORY MOVES</p> <p>Equipment: 4 markers/cones</p>	<ul style="list-style-type: none"> • Make a square using four markers. Start on one marker and hold a balance of your choice for 5 seconds. • Once finished, move to the next marker. You must then hold your 1st balance for 5 seconds, and then hold a different balance for another 5 seconds. • Move to the next spot; repeat your 1st and 2nd balance, and then hold a 3rd balance. Go to the fourth marker and repeat, 1st, 2nd, 3rd and hold a 4th balance. Keep moving around the square. Remember, you must hold each balance for 5 seconds. • How many balances can you remember and hold without losing control? Hold your balance for 7 seconds 	
<p>Try it Tuesday</p> <p>AIM FOR THE GOAL</p> <p>Equipment: 6 objects for goals/3 markers for starting line and ball (or rolled up socks if inside)</p>	<ul style="list-style-type: none"> • You will need to build 3 goals. Be creative and use what you can, books/toys/chairs etc. Each goal must be big enough for a ball (rolled-up socks) to fit through them. • Place three markers in a line and then put your 3 goals at different distances away from the start lines. Be creative and use the space you have. • Record how many times you can roll/throw/kick a ball through your first goal. Collect the ball after each try and move back to the start before you try again. After one minute, have a little rest and move onto the second goal. Repeat and then the third goal. • Make your goals small to make them more challenging, or move them further away. 	
<p>Well-Being Wednesday</p> <p>SCAVENGER HUNT & WORRY WAND MAKING</p> <p>Equipment: stick, felt tip pens, paper, glitter and glue, sellotape</p>	<ul style="list-style-type: none"> • Today you should explore the outdoors. How many of the following items can you find? You can bike, scoot, run or walk <ul style="list-style-type: none"> *An acorn *A stick (pick this up and take home or back to your classroom) *A flying insect *A vehicle *A squirrel *Two types of leaves *An animal making a noise *A flower *A shop *A post box • During your walk find a stick. This will become your 'worry wand' when you get back to home/school you could decorate your worry wand. Whilst decorating your wand, think about anything which is worrying you. You may choose to discuss it or keep it to yourself. After you have made your wand, use your imagination to magic your worry away. You may even want to create a spell. • Challenge- how many items did you find or send us a photo of your worry wand. Record in the box! 	
<p>Train it Thursday</p> <p>ANIMAL MOVES</p> <p>Equipment: 4 markers/cones</p>	<ul style="list-style-type: none"> • Place two markers, 5 metres apart (if inside, just use space available) • On 'Go' move like an animal of your choice between the markers • Move for 30 seconds, how many times can you move between the cones. Have three attempts – write down your highest score. • Try to be as creative as possible! • Be an animal that moves using four legs, i.e. a dog, frog etc 	
<p>Feel Good Friday</p> <p>FREESTYLE DANCE</p> <p>Music of you choice</p>	<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! 	

Send your completed sheet or a picture of you doing the activities to your teacher or School Games Organiser: c.mckeracher@samuelcody.hants.sch.uk

There is also a Hampshire SGO Twitter account @HampshireSGO and Facebook page.