

# SCHOOL GAMES



## WARM UP



## ACTIVITY 1



### Home Olympics

Can you create and design your own home-style Olympics? You could include events such as standing long jump, 30 seconds hurdles speed bounce, balance walk with socks on your head (as many lengths of a room as possible), mini marathon (how many times can you run from one side of a room to the other in 2 minutes) and the weightlifting challenge (as many press ups in 30 seconds as possible). What other Olympic events can you recreate?

### Tic-Tac-Toe

Create a 3x3 grid using items in your home. Roll up 6 pairs of socks (3 of one colour, 3 of another). Against someone else, stand next to each other and run to the grid and place your socks in one square of the grid (only 1 pair of socks per square). Return to the start and repeat with your second pair of socks. Once all socks are placed, move 1 of your own pair to try and create your line. First person to get 3 of their socks in a line wins. Repeat until someone has won 5 times. Check out the game [here!](#)

## ACTIVITY 2



### Design Your Own Yoga Routine

Can you design a yoga routine? Think about different yoga positions and how you could use them to unwind and cool down your body. Yoga stretches are great for relaxing your body and mind whilst also reducing your heart rate.

Take a look at this [video](#) for different yoga stretches you could use.

## CHALLENGE 1



### Favourite Sporting Moment

What is your favourite sporting moment? Close your eyes, replay it in your head and think about why it is special to you. Can you recreate your favourite moment using items you have available to you in your home? Be as creative as you like and take a photo or video to capture your recreated moment.

## EXTENSION ACTIVITY

In line with Children's Mental Health Week from 1st - 7th February, SLSSP are running the #ExpressYourSelfie challenges for pupils to get involved with and be in with a chance of winning prizes! Check out the challenges [here!](#)

