

SCHOOL GAMES



ACTIVITY 1



Partner Keepy Ups – With someone else in your house, get them to throw a soft ball or rolled up socks towards you and see if you can hit the ball back towards them using a racket, bat or book. Try to keep the ball off the floor and challenge yourself to get as many successful hits as possible without the ball touching the floor. Once you've practiced this, ask your partner to get their own bat or book and see if you can both hit the ball to each other and make a rally. What's the highest you can score without the ball touching the floor? Repeat as many times as you like to beat your best score!

ACTIVITY 2



Cool Down – After you have completed the challenge, it's time for a cool down. It is really important you take the time to cool down after exercise as it allows a gradual decrease in heart rate and body temperature. Can you think of 10 different static stretches and perform each one for 30 seconds? Look to target all areas of your body.

ACTIVITY TRACKER CHALLENGE

From 23rd February to 24th March, every minute of exercise you complete goes towards the SLSSP Quad Cup - Activity Tracker Challenge! **Click this [link](#) for more information and details on how to track your exercise!**

WARM UP



Learn Complete each of the following movements for 30 seconds. Can you think of your own movements?

High Knees

Lunges

Arm Circles

Open the Gate

Close the Gate

Straight Punches

Squats

CHALLENGE 1



Separate the Socks

Roll up 5 pairs of socks in one colour and 5 pairs of socks in a different colour. Throw all 10 pairs of socks up in the air and let them fall naturally to the ground. Place two boxes or containers on opposite sides of the room. When the time starts, place all the matching socks into one of the boxes and the other matching socks into the other box however you can only pick up one pair of socks at a time. Time how long it takes you to place all the socks in the corresponding box. Try this challenge 3 times and record your best score.

