

SCHOOL GAMES



WARM UP



ACTIVITY 1



Keepy Ups - Using a racket, frying pan or a book and soft ball (or rolled up pair of socks), how many times can you hit the ball up without it touching the floor? Keep the ball under control and record your score. Repeat and see if you can beat your highest score. Make the racket smaller or use a smaller ball for an added challenge. **Check out this [video](#) for hints, tips and different ideas!**

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. **Take a look at this [video](#) to complete your cool down!**

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!**

Hot Potato - With someone else in your house, stand opposite them around 2 metres apart. In between you both, create a line (you could use a rolled up towel) and also have 5 pairs of rolled up socks on either side of the line. On go, you must throw the socks to the other person's side for 30 seconds. After 30 seconds has elapsed, the player with the least number of socks on their side wins. First player to 3 points wins!

CHALLENGE 1



Tennis Rally - With someone else in your house, stand opposite them around 2 metres apart. Using a racket, frying pan or book and soft ball or rolled up pair of socks, rally the ball to one another and see how many hits you can get in the rally. Record your score and repeat to see if you can beat your score. How big a rally can you get?

Tennis Shot Accuracy - Place a basket or box 3 metres away from you. With the racket, frying pan or book, see how many pairs of rolled up socks you can hit into the basket. Give yourself 10 tries and for each successful hit into the basket, give yourself 10 points. Repeat and see if you can beat your score. Make it harder by increasing distance or reducing the size of the target!

