



HAMPSHIRE SCHOOL GAMES

PRIMARY COGNITIVE CHALLENGES

WEEK 12: 15TH JUNE – 19TH JUNE



Name:

Year Group:

School:

THIS WEEK YOU ARE WORKING ON YOUR COGNITIVE SKILLS, THIS IS HOW YOU THINK ABOUT A GAME, THE RULES YOU FOLLOW AND ADAPTING AND MAKING NEW RULES FOR YOU AND YOUR PARTNER TO FOLLOW. **SOME ADDITIONAL CHALLENGES ARE IN YELLOW**

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 2-5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bottle flip X1 bottle half filled with water	Fill a water bottle to half-way with water, flip the bottle to decide which exercise you will do for 10 Secs <ul style="list-style-type: none"> Bottle on side with the lid facing you = sprint on the spot Bottle on side with the lid facing away from you – Star Jumps Bottle on side pointing sideways – Jumping Jacks Bottle standing up – 1 point and no exercise How many times in 2 minutes can you land standing up? COME UP WITH YOUR OWN RULES FOR EACH WAY THE BOTTLE LANDS? WHY NOT USE TWO OR MORE BOTTLES AND ADD THE RESULTS TOGETHER					
Highest card wins Playing cards, no Jacks, Queens or Kings	Find someone at home to play against and randomly give each other 5 playing cards (do not include the Jack, Queen or King) <ul style="list-style-type: none"> Take a card from your partner and they take one from you Show each other the card Lowest number has to perform an exercise Highest number chooses the exercise Number 5 = 5 seconds of exercise and so on Record how many times you win in 2 minutes CAN YOU COME UP WITH YOUR OWN EXERCISES? PLAY WITH J, Q AND K AND MAKE UP NEW RULES					
Shopping List X4 items each (try to be the same)	Play against a partner and start in a front support position (like a press up) you can put your knees down as well if you like. <ul style="list-style-type: none"> While in a front support your partner touches a part of their body and you have to copy You tap two items, your partner copies Keep taking turns and increasing the number of items you touch until one of you gets it wrong Play for 5 minutes, what is your longest run of correct scores? CAN YOU PLAY IN A DIFFERENT POSITION OR COME UP WITH ANY OTHER RULES					
Animal Dice Dance X2 or more dice	Roll a dice to decide on the animal you will move like. Roll a second dice to determine how long to do the movement for. Keep playing until you have completed all 6 numbers. 1= Hop like a Bunny; 2= Run like a cheetah; 3= Gallop like a horse; 4= Walk like a crab 5= Slither like a snake; 6= Walk like a Bear Time how long does it take you to collect all 6 numbers; record the score CAN YOU THINK OF ANY MORE ANIMALS TO COPY. CAN YOU PLAY THE SAME GAME WITH MORE DICE AND CHANGE THE RULES					
Friday Finisher	Try all the activities again and try to beat your scores. Record them and send them to your teacher. Have fun					

Remember to send through your scores to Sara Galliers, East Hants SGO – galliers@perins.hants.sch.uk



WEEK 12

HAMPSHIRE SCHOOL GAMES

PRIMARY COGNITIVE CHALLENGES: BATTLESHIP 15th - 19th JUNE



Battleship



Aircraft Carrier



Submarine



Destroyer



Small Ship



Your warm-up this week is Battleship, with a twist!
The aim is to find all the hidden Battleships in the Water.

1. Find someone to play with.
2. You will need 12 pieces of paper
3. Put x1 ship on 5 different pieces of paper, you can use the ships opposite (or you can draw your own, which is more fun!)
4. Put a W on the rest of the paper for Water and shuffle the papers!
5. Place a marker in front of you as your starting point
6. Take 10 giant steps forward and place your 12 pieces of paper on the floor
7. Get your partner to time you

On 'GO' move as fast as you can from the start to the pieces of paper. Turn over one piece of paper and try to find a 'Battleship' Return to the start line. Keep going until all the Battleships have been found. If you find a W you found WATER! If you pick a piece of paper with 'W' on, you have to do 5 exercises that your partner calls out!

Time how long it takes you to find all 5 battleships





#HSGDailyChallenge

MOVE IT MONDAY BOTTLE FLIP

Fill a water bottle to half-way with water, flip the bottle to decide which exercise you will do for 10 Secs

Bottle on side with the lid facing you = sprint on the spot

Bottle on side with the lid facing away from you – Star Jumps

Bottle on side pointing sideways – Jumping Jacks

Bottle standing up – 1 point and no exercise

How many times in 2 minutes can you land standing up?

Come up with your own rules for each way the bottle lands? Why not use two or more bottles and add the results together.



TRY IT TUESDAY HIGHEST CARD WINS



Find someone at home to play against and randomly give each other 5 playing cards (do not include the Jack, Queen or King)

Take a card from your partner and they take one from you.

Show each other the card.

Lowest number has to perform an exercise.

Highest number chooses the exercise.

Number 5 = 5 seconds of exercise and so on

Record how many times you win in 2 minutes

Can you come up with your own exercises? Play with j, q and k and make up new rules.

#HSGDailyChallenge

WORK IT WEDNESDAY SHOPPING LIST



Play against a partner and start in a front support position (like a press up) you can put your knees down as well if you like.

While in a front support your partner touches a part of their body and you have to copy.

You tap two items, your partner copies.

Keep taking turns and increasing the number of items you touch until one of you gets it wrong.

Play for 5 minutes, what is your longest run of correct scores?

Can you play in a different position or come up with any other rules.



#HSGDailyChallenge

TRAIN IT THURSDAY ANIMAL DICE DANCE



Roll a dice to decide on the animal you will move like. Roll a second dice to determine how long to do the movement for. Keep playing until you have completed all 6 numbers.

1= Hop like a Bunny

2= Run like a cheetah

3= Gallop like a horse

4= Walk like a crab

5= Slither like a snake

6= Walk like a Bear

Time how long does it take you to collect all 6 numbers; record the score
Can you think of any more animals to copy. can you play the same game with more dice and change the rules



#HSGDailyChallenge

#HSGDailyChallenge

FRIDAY FINISHER

Try all the activities again and try to beat your scores.

Bottle Flip

Highest Card Wins

Shopping List

Animal Dice Dance

Record them and send them to your teacher. Have fun!

