



Virtual Merseyside School Games 2020

What's happening

Date	Theme
6th July	Moving Monday
7th July	Target Tuesday
8th July	Walking Wednesday
9th July	Thinking Thursday
10th July	Fun Friday

Daily Challenges
that can be done at
school or from your
home

Look out for more
information from
your local SGO &
MSP via
#MerseysideSG





Virtual Merseyside School Games 2020

Movement Monday

You can choose to do as many of the challenges as you like

Full House

Can you work your way through all the activities on the physical bingo challenge card?

You can adapt the challenges and take a break whenever you like.

Half a house

Can you work your way through any two lines of activities on the physical bingo challenge card?

You can adapt the challenges and take a break whenever you like.

One line

Can you work your way through one line of activities on the physical bingo challenge card? (Up, down or diagonal)

You can adapt the challenges and take a break whenever you like.

Daily Challenge
How many of the physical bingo challenges can you complete?

Send your attempts to your local SGO & MSP via #MerseysideSG





Virtual Merseyside School Games 2020 Movement Monday

How to play:

- Once you complete an activity from the activity map, cross it off.
- If you find any of the activities hard you can adapt them to suit you.
- All challenges should be completed safely ensuring the area and equipment are safe to use.
- Complete as many as you can to work towards the different levels.
- Take as many breaks as you need.

<p>Plank high 5</p> <p>At home work with a family member to high five as many times as you can.</p>	<p>5 push ups</p>	<p>Sack Race</p> <p>Use a pillowcase/ bin bag. Pick a start and finish line Ready ,set, go!</p>	<p>10 Squats</p>
<p>Simon Say's</p> <p>You know how it works!. Think of forfeits to add to the game</p>	<p>Heel kicks for 30 seconds</p>	<p>Volleyball</p> <p>Can you complete 5 consecutive volleys with a ball.</p>	<p>Gymnastics</p> <p>Can you roll in 4 different ways</p>
<p>Treasure Hunt</p> <p>Take it in turns to hide 10 items, give clues to help find them.</p>	<p>Basketball</p> <p>Can you bounce a ball from one hand to the other for 15 seconds.</p>	<p>Tennis</p> <p>Keep a ball bouncing on something like a racket for 10 seconds.</p>	<p>10 star jumps</p>
<p>Sprint on the spot for 30 seconds</p>	<p>Boccia</p> <p>Can you roll a ball and hit a target set out from a sitting position.</p>	<p>6 Burpees</p>	<p>Follow the leader</p> <p>Stick on a good tune and take it in turns to be the leader. Go crazy!</p>





Virtual Merseyside School Games 2020

Target Tuesday

You can choose to do as many of the challenges as you like

Create 3 targets place them near, middle and far

Points: Near = 5, Middle = 10 & Far = 15 points

3 things to throw such as socks or balls

You have 30 seconds to throw at the targets, collect, run back to the start and throw again

How many points will you get?

Create 3 targets place them near, middle and far

How many times can you hit a target without missing any?

Once you have missed the game is over, can you try again and see if you can beat your first score?

Create a number of targets

Different distance and sizes

Be creative, and see what different ways can you hit the targets?

Have as many goes as you like

Daily Challenge
Can you demonstrate ways of hitting a target?

Send your attempts to your local SGO & MSP via #MerseysideSG





Virtual Merseyside School Games 2020

Walking Wednesday

You can choose to do as many of the challenges as you like

Can you walk around your house and see how many items you can collect from inside your house

What different directions can you walk whilst collecting these items?

How many items were you able to tick off?

Can you go for a walk outside and how many of the items you can spot whilst on your walk

What different directions can you walk whilst collecting these items?

How many items were you able you spot?

If you are at school can you look around your classroom and see how many of the items you can spot

If you are unable to walk around the classroom can you create a route on a piece of paper of how you would have got to those items?

How many items were you able to spot?

Daily Challenge
How many different items can you spot whilst on a walk?

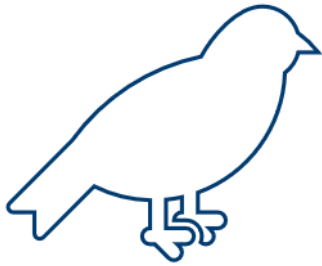
Send your attempts to your local SGO & MSP via #MerseysideSG



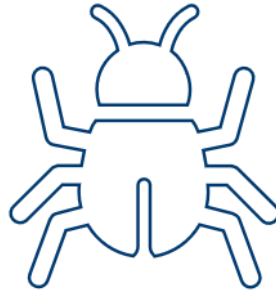
Walking Wednesday - Outdoors

Can you find all the items below?

Bird



Bug



Leaf



House



Flower



Tree



Butterfly



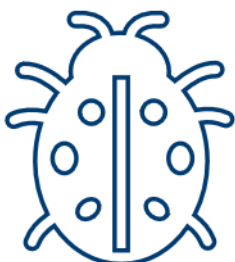
Spiderweb



Cloud



Ladybird



Fence

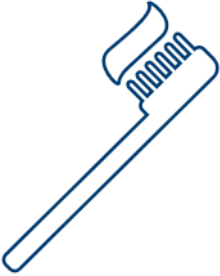
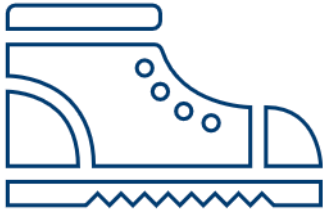


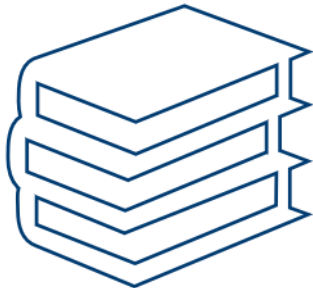









Water



Walking Wednesday - Indoors

Can you find all the items below?

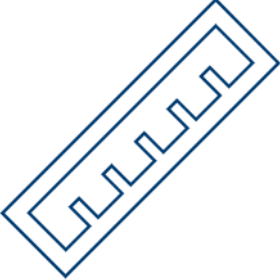











<p>Toothbrush</p> 	<p>Shoe</p> 	<p>Trousers</p> 
<p>Hanger</p> 	<p>Book</p> 	<p>Spoon</p> 
<p>Socks</p> 	<p>T-shirt</p> 	<p>Cloud</p> 
<p>Pencil</p> 	<p>Fork</p> 	<p>Water</p> 



Virtual Merseyside School Games 2020

Walking Wednesday - At School

Can you spot all the items below?

<p>Ruler</p> 	<p>Clock</p> 	<p>Backpack</p> 
<p>Whiteboard</p> 	<p>Book</p> 	<p>Spoon</p> 
<p>Paintbrush</p> 	<p>Computer</p> 	<p>Cloud</p> 
<p>Pencil</p> 	<p>Fork</p> 	<p>Water</p> 



Virtual Merseyside School Games 2020

Thinking Thursday

You can choose to do as many of the challenges as you like

Place 2 boxes 5m away one with different numbers in and one with maths symbols

Run to the boxes and take 2 numbers and 2 symbols go back to the start and create a sum working out the answer

Once you have the answer, move on and collect some more from the boxes

How many sums can you complete in 60 seconds?

Place a box 5m away with lots of letters in it

Run to the box and bring a letter back do that as many times as you like and see what words you can spell

Once you can no longer create any words the game finishes, try again and see if you can spell any other words.

Add more letters if you want to

Choose a physical activity such as star jumps

Whilst doing your activity can you get your brain thinking by shouting out a times table or practicing your spellings

What other activities can you do that gets you thinking whilst being on the move?

Daily Challenge
What different ways
can you get your
brain thinking
whilst being active?

Send your attempts
to your local SGO &
MSP via
#MerseysideSG





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Fun Friday

You can choose to do as many of the challenges as you like

5m distance

Balance something such as toilet roll on your head

Every time you get to the end of the 5m add another toilet roll

How many toilet rolls can you balance before they fall off your head?

5m distance

Balance something such as toilet roll on your head

How many times can you go back and forth without the toilet roll falling off your head?

Once it has fallen the game ends. Can you try again and beat your score?

5m distance

Balance something such as a toilet roll on your head

If it falls off, just put it back on your head.

Can you complete a task e.g. Alphabet, times table or sing a song?

Daily Challenge
Can you balance
equipment such as
toilet roll on your
head?

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to your local SGO &
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