

HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE



Easter Family Challenge

What can I earn points for?

- Walk/Jog/ Run/ Bike/ Scoot = 5 points for every 10 minutes

- Joe Wicks/ Workout/ Yoga/ Skipping = 5 points for every 10 minutes

- Keep a track of your daily totals on the tracker



#HSGDailyChallenge



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Easter Family Challenge

The Hampshire SGO's have set you a Family Challenge over Easter to worktogether as a team to achieve 200 points.

Earn points for each activity you complete. Add all your family's activities together for a daily total and then at the end of the holidays see if you havereached the target 200 points.



Don't forget you can work with your wider family, so include grandparents, aunts,uncles, cousins etc in the challenge to get everyone active and help keep you all connected.



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