

# HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE



## Easter Family Challenge



### HAMPSHIRE SCHOOL GAMES EASTER FAMILY CHALLENGE



Name:

Year Group:

School:

It's Easter and the start of Springtime, so it's a great time to get outside and be more active with your family.

The Hampshire SGO's have set you a Family Challenge over Easter to work together 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 have reached 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.

#### 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 below:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Week 1	29th	30th	31th	1st	2nd	3rd	Easter Sunday 4th 	
Week 2	5th	6th	7th	8th	10th	11th	12th	
Week 3	13th	14th	15th	16th	17th	18th	19th	



#HSGDailyChallenge

