

HAMPSHIRE SCHOOL GAMES: CLUEDO Warm-Up Game

Name: Year Group: School:

This week's activities will focus on the school games value of **HONESTY** - Making the right choice.

You can play this by yourself or with your family, to solve the mystery of 'Who stole the Olympic Flag?'

Before you start you need 19 pieces of card/paper/cardboard – these will become your clues.

- **Who stole the flag?** - On 6 pieces of your card you need to scribble red pen on one side, and then on the other side write a member of your family (1 person on each card) i.e. Mum, Dad, Nan etc, Don't forget to add your name!
- **How did they get away?** - On the next 6 pieces of card you need to scribble green pen on one side, and then on the other side write the following (1 on each card) Car, Bike, Scooter, Running, Plane and Train
- **Where is it hidden?** – On the next 6 pieces of card you need to scribble blue pen on one side, and then write the following on the other side (1 on each card) Bathroom, Lounge, Bedroom, Kitchen, Hallway and Garden.
- Your final piece of card is your 'note sheet' –copy the table below (or cut it out) to help you solve the mystery.
- Once you have your cards ready put them in a pile with the colours facing up. Without looking you need to remove 1 red, 1 green and 1 blue card from your pile. Put them somewhere safe as they hold the answer to your mystery – you will need to check these once you think you have the answer.
- Have a starting marker and leave your note sheet there. Place your remaining coloured cards at the other end of the space you are using. On 'go' you run up to your cards and look at one, you must turn it face down again and run back to tick off what you saw on your note sheet, then go again and keep on going until you solve the mystery.
- Eventually on your note sheet you will have one person left, one get away method left and one hiding place left and that will solve your mystery.
- Remember you are only allowed to look at one card at a time, and you must turn it face down again before you run back. If you turn a card over that you have already seen then you still have to run back to the beginning before you can look at another one.
- Rather than running each time, change the exercise – be creative (skipping, jumps, spider walks etc).
- If you finish before the 20 minutes is up, then have another go, remember to remove 3 cards first!
- Have a think about the colours on the back of your cards, how could they help you?
- Good Luck and have Fun!

Who stole it?	Get away method?	Where it's hidden?
1. Mum	1. Car	1. Bathroom
2. Dad	2. Bike	2. Lounge
3.	3. Scooter	3. Bedroom
4.	4. Running	4. Kitchen
5.	5. Plane	5. Hallway
6.	6. Train	6. Garden



Activity

Description

Each Activity to last 5 minutes.

Enter your score or tick in the relevant box below if you took part in the activity.

Move it Monday

SIT DOWN
STAND UP

- How many times can you sit down (crossed-legged) and then stand up in a straight shape (arms straight up above your head)?
- Make sure you sit down in a controlled manner on to a clear floor.
- How many can you do in 1 minute?
- Harder - Do the challenge without using your hands to get up off the floor. Easier - Go to a crouch position instead of sitting down

Try it Tuesday

SIDE PLANK

- We have tried the Plank before; this week we are 'trying' the Side Plank – start on your side with feet together, one arm bent on the floor ready to support the body.
- Push through your feet and elbow to raise your knees, hips and torso so you are in a straight line.
- Time how long you can hold the plank without dropping your hips.
- Harder - Do a straight arm side support Easier - Place your knees on the floor and just raise your hips and torso

Well-Being Wednesday

BEAN GAME
AND HEALTHY
EATING

Equipment: pen, paper, felt tips

- Today you should try to eat more fruit, vegetables and drink more water.
 - KS1 Task- Draw a plate and draw what a healthy meal should look like
 - KS2 Task- Draw a plate and separate the plate into sections for fruits and vegetables, protein, carbohydrates, and fats. After you have created this write down a healthy meal containing each of the food groups.
- To keep you active today, How about playing the bean game. Ask someone to be in charge of calling out the names of the beans. Make sure you do the actions! This should get your heart pumping. Then swap the caller!
- Challenge- Tell us what healthy meal you have created today. Write it in the box

Train it Thursday

ALTERNATE
BALL ROLL

Equipment:
2 balls & a wall

- Crouch on the floor 1m from your wall, with one ball in each hand.
- On go, you need to roll one ball to rebound back off the wall, into your hand. Alternate your hands.
- When you receive the ball back in your hand you get 1 point.
- How many points can you get in 1 minute?
- Harder - Stand up and throw the ball, use one ball but use alternate hands. Easier - Use one ball, but still alternate your hands.

Feel Good Friday

FREESTYLE DANCE

Music of you choice

- Choose a piece of music that makes you feel happy
- Dance with your family and choose who has been the most creative or active
- Tick the box to let us know you did it
- If you want to send in a picture too that would be great!
- Challenge yourself by Dancing for longer or changing your speed!

Send your completed sheet or a picture of you doing the activities to your teacher or School Games Organiser.

There is also a Hampshire SGO Twitter account @HampshireSGO and Facebook page.