

**HAMPSHIRE SCHOOL GAMES**

**SECONDARY PERSONAL BEST CHALLENGE**

**‘VERTICAL JUMP’**





**Name**: **Year Group**:



**School: How far can you reach?**

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| **Activity** | **Description** | **Number of Reps/ length of time** |
| Warm Up/ Pulse Raiser | Get your pulse up to 130 beats per minute by Jogging, Dancing, Skipping, Hopping  | 4 – 5 minutes |
| Stretch/Mobilise  | Full body stretch- go up on tip toes and reach arms as high as possible. Relax and repeat.Twist to left and right x 5 each sideGently swing left leg forwards and backwards x 5.Gently swing right leg forwards and back x 5.Circle arms forwards x 5 then backwards x 5 | 2 minutes |
| CARDIO-VASCULAR EXERCISE:Choose an exercise to get your heart rate up and the blood pumping eg High knees on the spot, skipping |  | 20–30 seconds |
| LEG EXERCISE: Choose an exercise to work the legs eg. Lunges, squats, step ups |  | 20 repetitions (10 each leg) |
| CORE EXERCISE:Choose an exercise to work your stomach/core muscles eg Sit Ups, Plank, Russian Twists |  | 20 repetitions  |
| CARDIO-VASCULAR EXERCISE:Choose an exercise to get your heart rate up and the blood pumping eg High knees on the spot, skipping |  | 20-30 seconds |
| ARM EXERCISE:Choose an exercise to work your arms eg. Press ups | . | 20 repetitions |
| CORE EXERCISE: Eg V Sit | . | Hold for 20 seconds |
| REPEAT | Repeat the 6 activities above 4 times  | 18 - 20 minutes |
| CHALLENGE | **‘VERTICAL JUMP’: STANDING UP STRAIGHT, REACH AS HIGH AS YOU CAN UP A WALL, DOOR FRAME OR TREE WHILST KEEPING YOUR FEET FLAT ON THE FLOOR. MAKE A NON-PERMENANT MARK WHERE YOUR FINGERTIPS TOUCH. NOW JUMP FROM STANDING AS HIGH AS YOU CAN AS FAR PAST THIS POINT AS YOU CAN. MEASURE HOW MANY CMS THERE ARE BETWEEN THE TWO MARKS. YOU MAY NEED SOMEONE TO HELP YOU DO THIS! RECORD YOUR SCORE.** |

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school.

.You can take a picture or email the result to jenniferlknight9@gmail.com