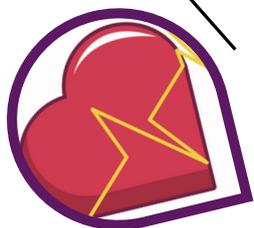


# TREK TO TOKYO WEEK 1





# TREK TO TOKYO

## SUMMER CHALLENGE

To commemorate the Tokyo 2020 Olympics, which are no longer taking place this Summer, the Hampshire School Games Organisers (SGOs) are challenging you to Trek to Tokyo!

This is a 6-week challenge for the summer holidays, asking you to complete daily physical activities and creative challenges throughout each week. Earn miles for each activity you take part in and record your daily miles on the chart as you trek your way across the globe to Tokyo.

Every week there'll be a new booklet for you to download from the Energise Me website containing different challenges for you to try and have a go at – get your family and friends involved too!

So, how far is it to Tokyo? It's 5,991 miles from Hampshire to Tokyo! That means you need to travel 1,000 miles a week to reach Tokyo by the end of the summer.

## WHAT YOU CAN EARN MILES FOR:

- Wake Up Shake Up activity – 40 miles
- Daily Challenges – 40 miles
- Ten Minute Filler – 40 miles
- Active 30 minutes or Friday Gym or Dance activity – 60 miles
- Weekly Cultural Fact Finder or Poster or Maths Challenge – 100 miles

Don't worry if you miss a day, you can always double up activities another day, and of course the more active you are, the more miles you can earn and the quicker you will get to Tokyo.

Completing these activities every day will help you meet the recommended daily levels of physical activity – 60 active minutes! Certificates will be awarded for everyone that manages to reach the following milestones:

- Bronze certificate for trekking 2,000 miles
- Silver certificate for trekking 4,000 miles
- Gold certificate for trekking 6,000 miles

We'd love to see what you're up to, so send us photos of you being active and of your artistic creations on social media:

Twitter: @HampshireSGO

Instagram: hampshiresgos

Facebook: Hampshire SGO

We hope you enjoy the challenge and look forward to seeing what you're up to!

# WEEKLY WAKE UP SHAKE UP

40

## Monopoly Fitness

Here is this week's Wake Up Shake Up activity – the Monopoly Fitness Games!

You can play this with your family!

Choose a piece of equipment to represent your character.

Take turns in rolling the dice and move your piece the correct number of squares

Make sure you complete the activity on the square before the next person can take their turn

Keep playing for 20 minutes

The board is a 12x12 grid. The top row contains special squares: 'GO BACK 2 SPACES', '8 Star Jumps', '15 ABC Press ups', '10 Toe Touches', '25 Secs Stair Sprint', 'High Knees X20', '20 Scissors Kicks', '8 Squat Jumps', '7 Press Ups', '10 Jumping Lunges', and 'SKIP TO START!'. The bottom row contains: 'SKIP 4 SPACES', '8 Toe Touches', '5 Burpees', '20 Secs Wall Sit', '30 Secs Plank', '7 Press Ups', '10 Mountain Climber', 'V-SIT 15 Secs', '10 Jumping Jacks', 'Squat Jumps X8', and 'START'. The left and right sides of the board are lined with exercise tasks. The center of the board features a large red banner that reads 'MONOPOLY FITNESS' and two white boxes with instructions: 'When your piece gets around to the START, get a drink of water and give yourself 1 point!' and 'Take turns rolling the dice, moving your game piece, and completing the activity in the square.'

GO BACK 2 SPACES	8 Star Jumps	15 ABC Press ups	10 Toe Touches	25 Secs Stair Sprint	High Knees X20	20 Scissors Kicks	8 Squat Jumps	7 Press Ups	10 Jumping Lunges	SKIP TO START!							
30 Secs Crunches	5 Burpees	10 Mountain Climbers	Right arm Plank 20 Secs	8 Leg Raises	Squats x7	Left arm Plank 20 Secs	Star Jumps x10	Arm Circles x 20	20 Secs V SIT	15 Hip Lifts	Plank Up Down 25 Secs	Stair Step Ups 30 Secs	Russian Twists X 20	Stair Sprints 30 Secs	Tricep Dips X 10	10 Inchworms	10 ABC Press Ups
SKIP 4 SPACES	8 Toe Touches	5 Burpees	20 Secs Wall Sit	30 Secs Plank	7 Press Ups	10 Mountain Climber	V-SIT 15 Secs	10 Jumping Jacks	Squat Jumps X8	START							

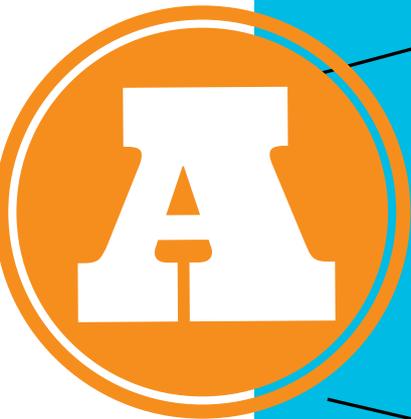
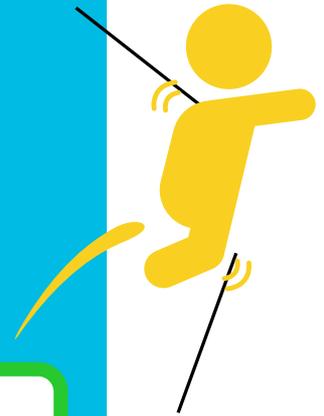
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## Daily Challenge: Speed Bounce

How many times can you do a two feet to two feet jump sideways over a cereal box in 20 seconds?

Try three attempts and see if you can better your score each time

1:  2:  3:



## Ten Minute Filler

40

Search around your house or garden and see how many things you can find in ten minutes that start with the letter: A

Record your score here:

60

## Active 30 Minutes

Your choice of active 30 minutes

Heart rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

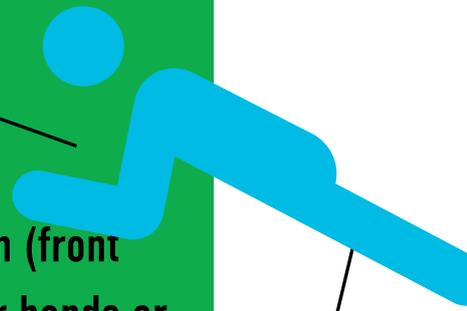
Scoot around

Make up a circuit of activities



Write down how many miles toward Tokyo you earned today!

# TRY IT TUESDAY

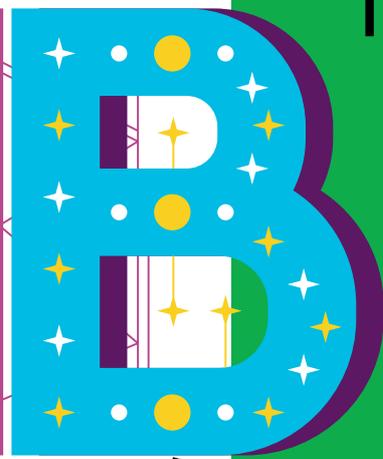


## 40 Daily challenge: Plank

How long can you hold yourself in a plank position (front support)? You can choose to hold yourself on your hands or elbow. Have three attempts and record your time below.

1:  2:  3:

## Ten Minute Filler 40



Search around your house or garden and see how many things you can find in ten minutes that start with the letter: B

Record your score here:

## 60 Active 30 Minutes

Your choice of active 30 minutes

Heart rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

Scoot around

Make up a circuit of activities



Today I earnt this many miles toward Tokyo!



## 40 Daily challenge: Static Balance

How long can you balance on your right leg for without moving?

Now try on you Left Leg.

1:  2:  3:

## Ten Minute Filler 40

Search around your house or garden and see how many things you can find in ten minutes that start with the letter: C

Record your score here:

## 60 Active 30 Minutes

Your choice of active 30 minutes

Heart rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

Scout around

Make up a circuit of activities



Today I earnt this many miles toward Tokyo!

40

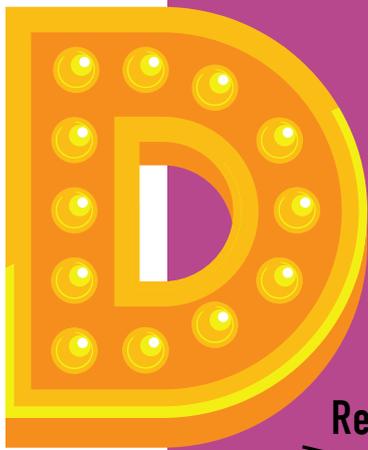
## Daily challenge: Static Balance

How many times can you throw and catch a tennis ball/apple/orange in a minute with only one hand and not moving from the spot. You can choose to do this with both hands or one hand.

1:

2:

3:



## 40 Ten Minute Filler

Search around your house or garden and see how many things you can find in ten minutes that start with the letter: D

Record your score here:

60

## Active 30 Minutes

Heart Rate increases

May be red in the face

Maybe sweaty

Out of breath

Ride your bike

Go for a walk

Scout around

Make up a circuit of activities



Today I earnt this many miles toward Toyko!

# FRIDAY FINISHER

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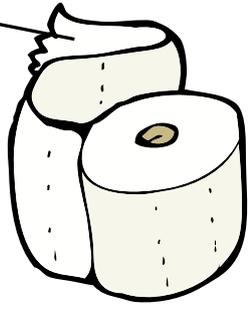
## Daily challenge: Partner Challenge

Keeping a toilet roll between your knees, how long will it take you and your partner to travel across the room and back - passing the toilet roll without using your hands.

1:

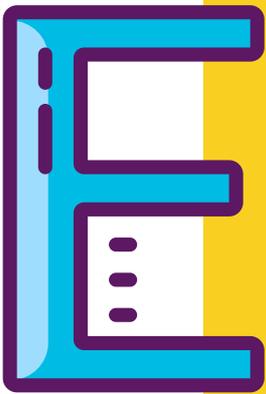
2:

3:



## Ten Minute Filler

40



Search around your house or garden and see how many things you can find in ten minutes that start with the letter: E

Record your score here:

60

## Dance challenge: Musical Statues

This is an activity to play with your family. Choose one person to start and stop the music and act as the judge.

Choose your favourite music. When the music starts, everyone playing starts dancing. When the music stops you have to become a statue.

Everyone starts on 10 points. If someone moves, they lose one of their points.

Whoever has the most points at the end of the game wins that game and becomes the judge!

Keep playing until you are worn out!



Today I earnt this many  
miles toward Tokyo!

# OLYMPIC AND PARALYMPIC COUNTRY FACT FINDER

Australia has hosted the Olympic Games twice. In which cities did the Games take place?

What is the most popular sport in Barbados?

What is the tallest mountain in Canada?

What is China's national sport?

Can you list the three sports GB have won the most Gold medals in, and put them in order?

How many medals in total (gold, silver and bronze) did Germany win at the London 2012 Olympic games?

What is the capital of Japan?

Which sea does Latvia sit on?

In which two sports have Morocco won medals at the Summer Olympic Games?

Which famous Tennis player carried the Spanish flag in the 2016 games in Rio de Janeiro?

