

GM SCHOOL GAMES #STAYHOMESTAYACTIVE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

Catching Challenge

(Striking)

2+ players ask an adult if needed

Dance - Actions

(Dance Challenge)

How many actions can you complete

Keepie Uppie

(Athletic)

If playing alone how quick can you complete the course

Rebound

(Net and Wall)

If playing alone how many times can you return the ball

Keep Your Tails

(Combat)

2+ players ask an adult if needed

WEEK 2

Scavenger Hunt

(Athletic)

If playing alone get an adult to time you

Target Challenge

(Target)

How many times can you hit the target, can you make it harder

Through the Gate

(Football Challenge)

How many times can you get the ball through the gates

Sea Battle

(Target)

2+ players ask an adult if needed

Treasure Island

(Invasion)

2+ players ask an adult if needed

WEEK 3

Reaction Challenge

(Combat)

2+ players ask an adult if needed

Invade the Zone

(Invasion)

2+ players ask an adult if needed

Spot, Bucket, Hoop

(Net and Wall)

3+ players ask an adult if needed

Power Jump

(Athletic)

If playing alone how far can you jump or how quick

Opposites Attract

(Target)

2+ players ask an adult if needed

WEEK 4

Dance - Dynamics

(Dance Challenge)

Can you use force, speed and flow in your dance

Running Goalie

(Striking)

2+ players ask an adult if needed

Basketball Relay

(Basketball Challenge)

Can you move the obstacles closer together

Tiddlywinks

(Net and Wall)

If playing alone how many items can you get in the target

Go Ride and Run

(Cycling Challenge)

Make sure you keep the course close to home and safe

WEEK 5

Find a Goal

(Target)

2+ players ask an adult if needed

Football Volleys

(Football Challenge)

2+ players ask an adult if needed

Line Lunge

(Combat)

2+ players ask an adult if needed to be the caller

Dodge Slam

(Dodgeball Challenge)

2+ Player as an adult if Needed or can you score points instead

Clear the Area

(Target)

If playing alone how many objects can you move in the time