



VIRTUAL SPORTS DAY 2020

FOUNDATION & KEY STAGE 1

What ?



RUN FOR IT!

You Will Need:

- » Tape Measure
- » 2x markers

Why ?



- Children can change movements fluently
- Children can change direction and change of speed easily
- Children can link ways of travelling and change of speed easily

How ?



- ① Place both markers approximately 10m apart
- ② Stand behind one of the markers in the 'Get Set' position
- ③ Attempt to run 'shuttles' between both markers - you must run around and not turn in front of the markers
- ④ Record how many shuttles that you can complete in 30 seconds (FS) or 45 seconds (Y1/2)

* Only a fully completed final shuttle can be counted towards your total

#HavingFunSafely

