

## VIRTUAL SPORTS DAY 2020

## **FOUNDATION & KEY STAGE 1**



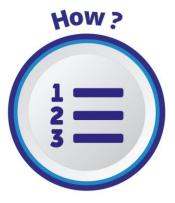
## **RUN FOR IT!**

You Will Need:

- » Tape Measure
- » 2x markers



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



- 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** 









