

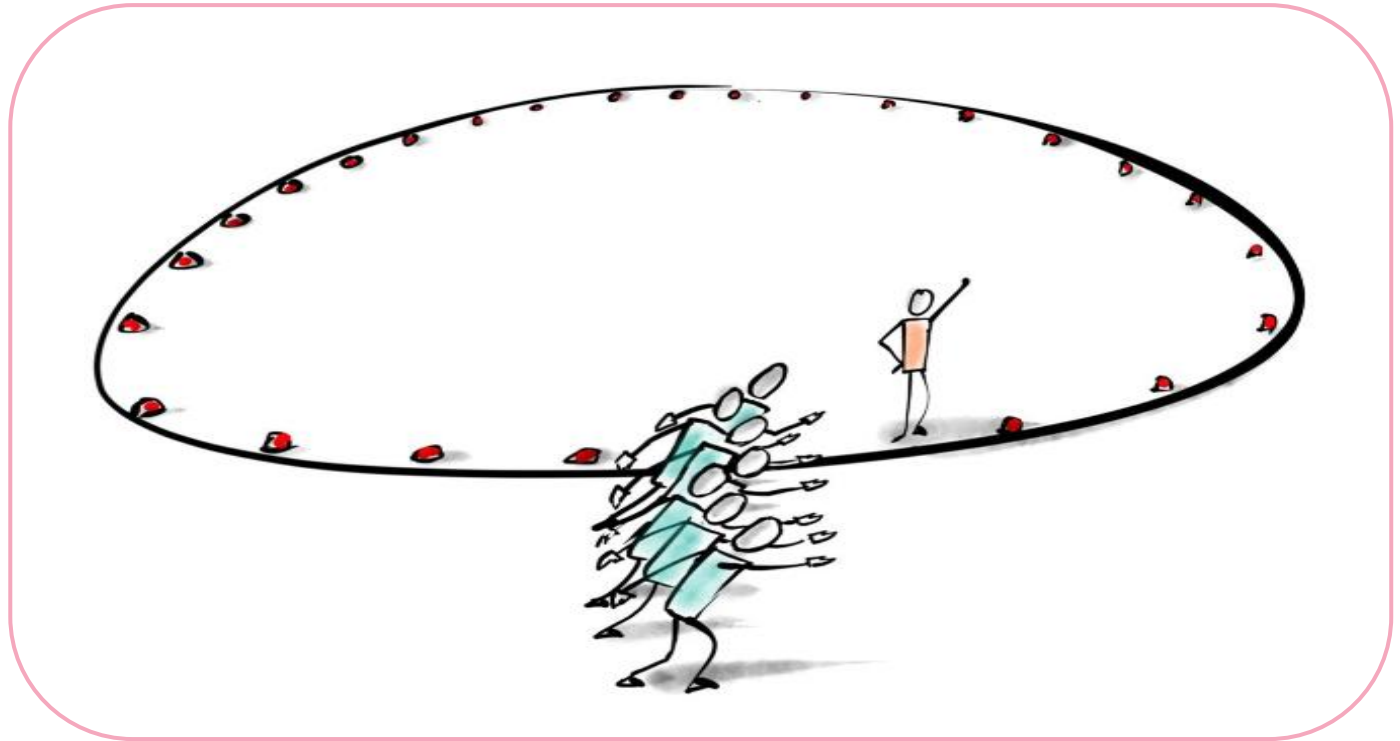
### equipment:

- Items to mark out a course (cones, twigs, toys, etc).

### how to set up:

- Use items to make a running track in a large open space.
- Include a start/finish line.

[Video Demonstration](#)



### how to play:

- Line up in pairs at the start line.
- Jog in pairs around the course, with the pair at the front acting as pace-makers.
- Every 45 seconds, the pair at the back of the line must sprint to the front and take the pace-maker role.
- Continue the process until everyone reaches the finish line.
- If only a few players, run in single file instead of pairs.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

## By practicing this activity, your child will develop the following skills:

- ✓ Coordination and movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Aerobic endurance
- ✓ Speed endurance

## National Curriculum criteria:

### Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

### Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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