

how to set up:

- The children can ask a family member to join in the game with them.
- 1 child / parent begins as a timer, the other as a runner.

**equipment:**

- Each runner – 6 scrunched up pieces of paper, 1 stopwatch and 1 shoe as a marker.

how to score:

- Drop the paper when you hear the word “stop”.

how to play:

- The runner starts at the marker (shoe) with 1 piece of paper, run as fast as they can in 5 seconds.
- The runner drops the paper as soon as they hear the “stop” signal.
- The runner returns to the start and picks up another piece of paper. They repeat the activity and run for 10 seconds.
- Repeat again for 30 seconds.
- Swap roles and repeat.

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
- ✓ Speed endurance
- ✓ Competing with others
- ✓ Reaction time
- ✓ Hand-eye Coordination

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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