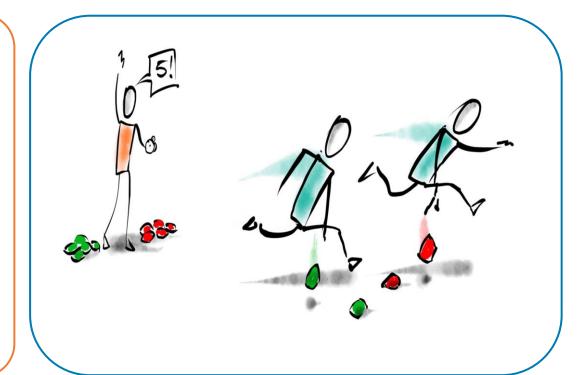


how to set up:

- 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.



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.