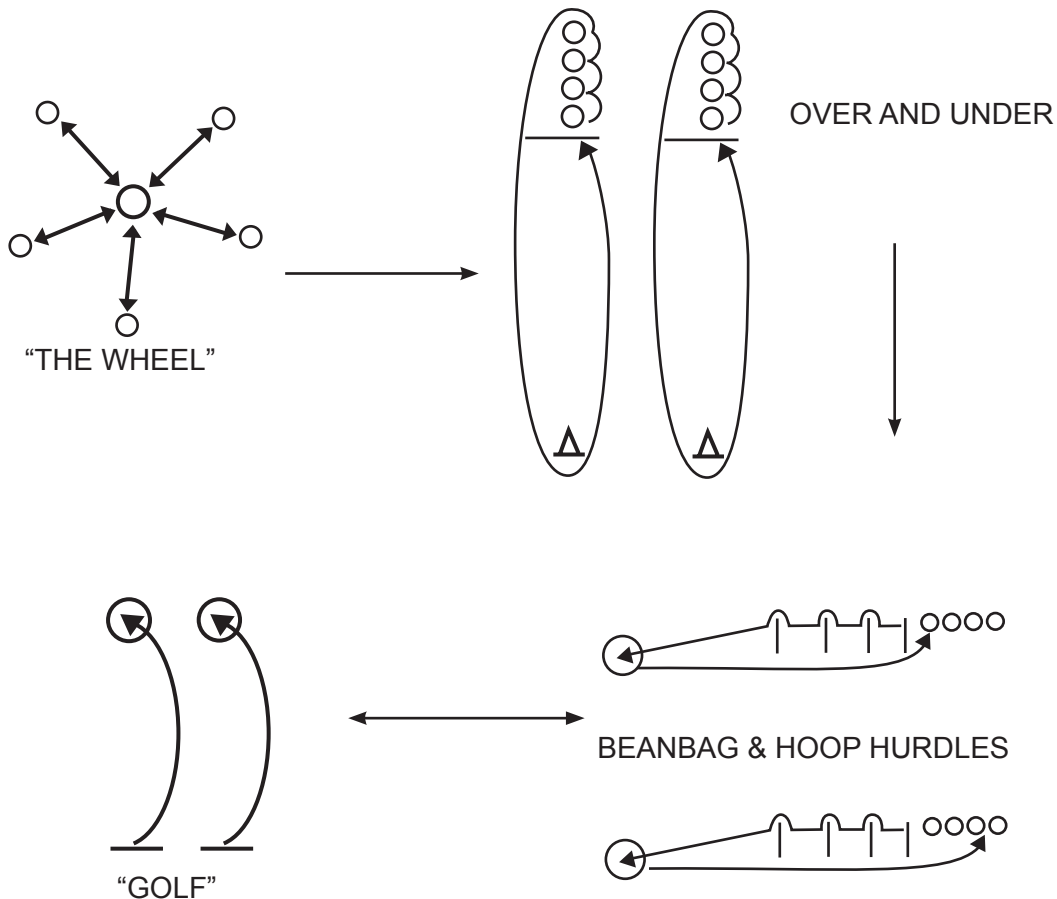




Organisation

Set the area up with the four chosen activities. Depending on the size of the class, set up **one** or **two** bases for each activity and divide the class into group of 3 or 4. Set the challenges up at different stations on the play area. *(See the examples below).*



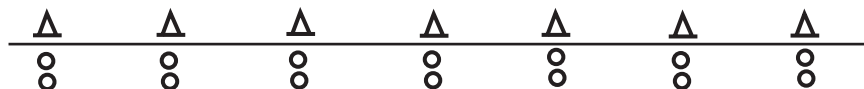
The teams take up positions at the four stations and sit down. The teacher quickly reminds children of the activities at each group.

- (i) They have a few minutes, to practise
- (ii) Centrally timed for 1 ½/2 minutes and teams record their score. Children perform for a second time and record the score. Have they beaten their previous timed score? *(If each team has a stopwatch they can time themselves as many times as possible in 5/6 minutes and record their scores (times)).*
- (iii) Teams then move **clockwise** to the next activity and repeat (i) and (ii). When all teams have performed and recorded **all** the challenges; children will be able to see where they have improved their scores. *(If appropriate the teacher can see which teams were the winners on each event on the "athletics day".)*



Organisation

Children work in pairs and count and record for each other. With central timing, everyone does to same activity at the same time – twice through to give them a chance to beat their own record. The pairs work alternately.



Basic Shape – 2 cones set approximately 10m apart with the pairs standing behind one cone.

Competition 1 – Pass the cone



One child runs for **30 seconds** around the far cone and back round the end cone. How many times does he/she pass the **far** cone in the time?

Competition 2 – Jumps - same set up of cones



Children have 3 or 4 minutes to take it in turns to see how **few** 2 feet-2 feet jumps they can take to reach for the far cone. *(Take as many turns as possible in the time allowed, and only record the **lowest** number of jumps.)*

Competition 3 – Winning a Medal – Add a hoop midway between the two cones and have one beanbag between the two children.



They take it in turns to have 5 throws to aim into the hoop. What is their highest score in 3 or 4 minutes of taking it in turns to throw?

Competition 4 – Slalom Run – Take away the hoop and add 3 more cones/markers.



Each child takes it in turn to run in and out of the slalom, straight down to side and repeat as many time as possible in 30 seconds. How many times around to end cone in 30 seconds?

A - TEAM SCORE – SHEET (year 2) DATE:

Team members: (i).....

(ii).....

(iii).....

(iv).....

1 **The Wheel** Number of passes between team members

a b c d e

2 **Over and Under** Number of times around the end cone

a b c d e

3 **“Golf”** Number of successful “Hole-in-one” aims out of 5

a b c d e

4 **Beanbag and Hoop Hurdles** Number of times around the end cone

a b c d e

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B – PERSONAL RECORD CARD (year 2) DATE:

Name:

1 **Pass the Cone** Number of times around the end cone

a b c d e

2 **Jumps** Two-footed jumps between the cones (the least number)

a b c d e

3 **Winning a Medal** Number of successful shots in 5 tries

a b c d e

4 **Slalom Run** Number of times around the end cone

a b c d e

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