

AUTUMN HALF-TERM (1)

PERSONAL BEST CHALLENGE



FASTEST FEET

OBJECTIVE:

Reception & Key Stage one – How many coloured spots / cones as you can reach in a particular order (red, blue, yellow, green) in 30 seconds.

Key Stage two – How many coloured spots / cones as you can reach in a particular order (red, blue, yellow, green) in 60 seconds.

EQUIPMENT NEEDED:

Stop watch

Coloured spots (attached for you to print out). One per child

You can use your own cones / spots if you require.

HOW TO SET UP:

Black spot = centre

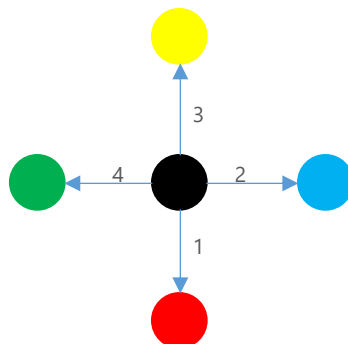
Red spot = front

Blue spot = left (as you face the front)

Yellow spot = rear

Green spot = right (as you face the front)

Each spot should be 2m apart from the centre to allow for social distancing



FRONT

IMPLEMENTING THE CHALLENGE:

- Stand on the centre spot
- On the word go or blow of the whistle:
 - 1 - run forward and touch the red cone, back to the centre spot
 - 2 - move sideways to the blue spot and back into the centre spot
 - 3 - move backwards (whilst facing forwards) to the yellow spot and back to the centre spot
 - 4 - finally sideways to the green spot and back to the middle
- Repeat in this order in the time allocated to your Year group counting how many spots you can touch
- REMEMBER – Always face the RED spot and HAVE FUN!!!!

RECORDING SCORES

The attached recording sheet asks for each participant's first and best score.

SAFETY FIRST

- If using the attached spots please ensure they are secured safely to the floor, especially if you are implementing the challenge in your main hall.
- When moving backwards you may want to slow down a little.

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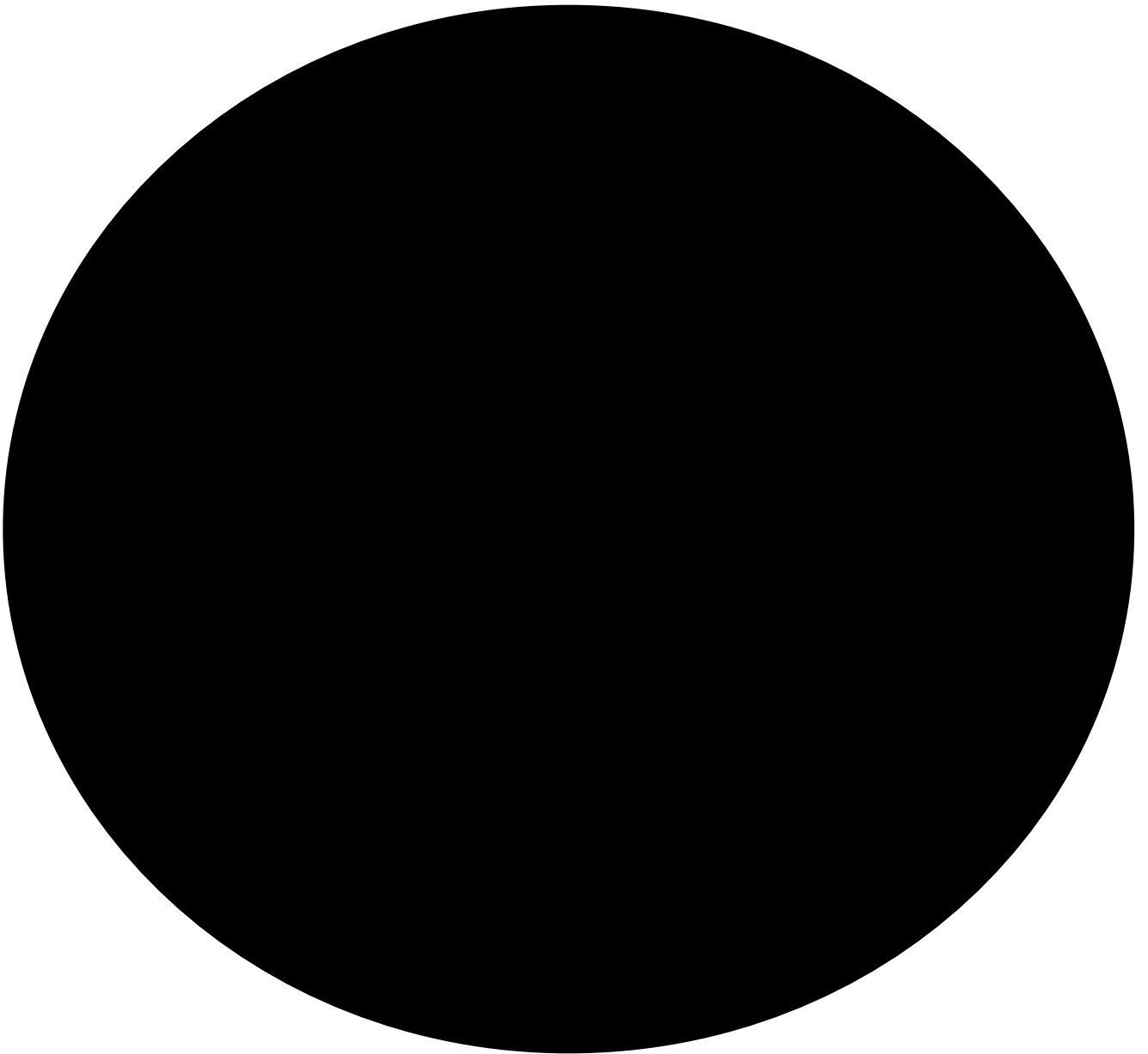
First -v- Best Score

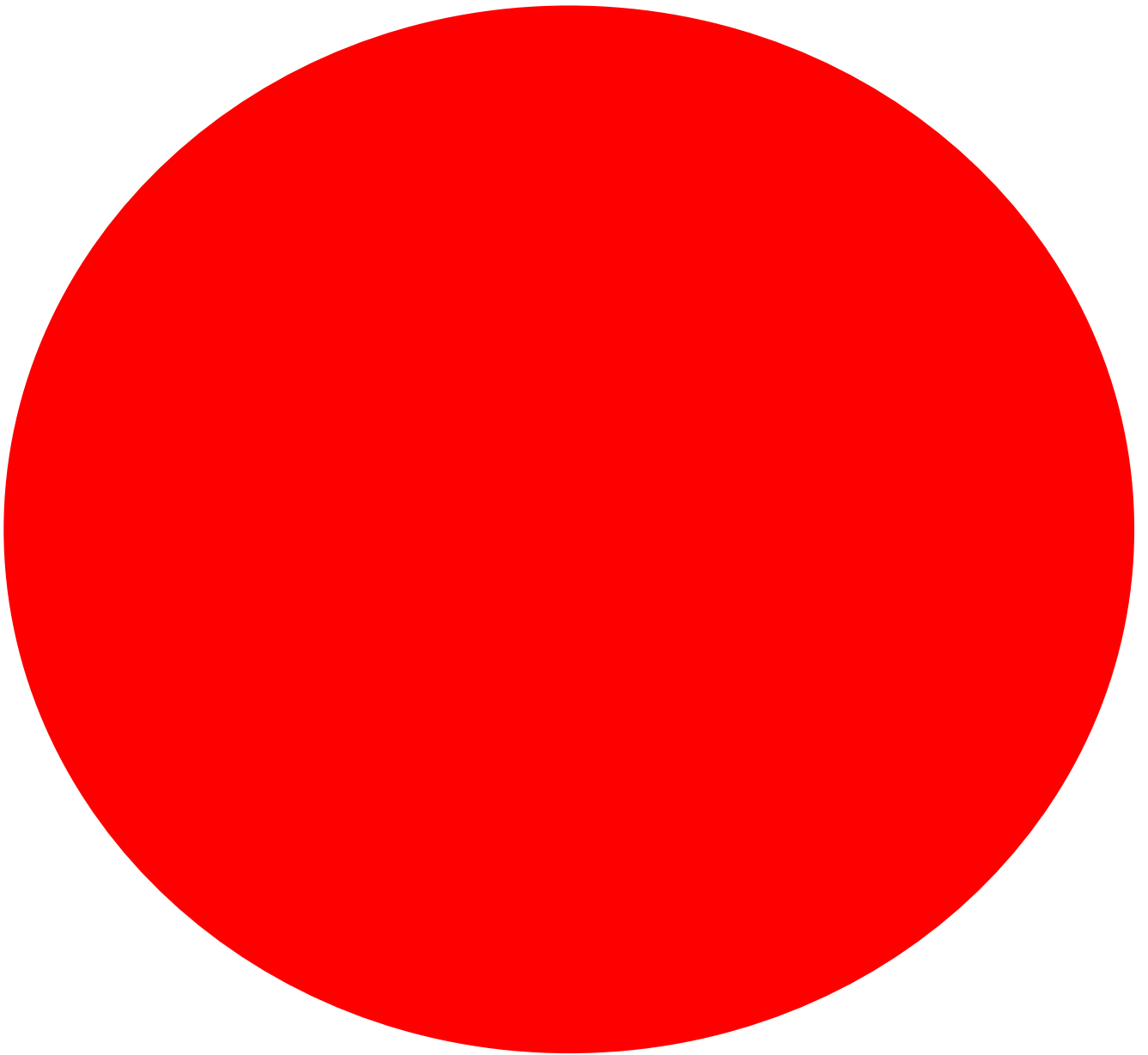


School			
Year group / Class			
Date first scores were recorded		Date second scores were recorded	

Child's first name	First score	Best score









LEADING THE WAY
FOR COLLEGE-BOUND STUDENTS

