

Running Challenges x 6

CHALLENGE 1 – SIDE SHUFFLES

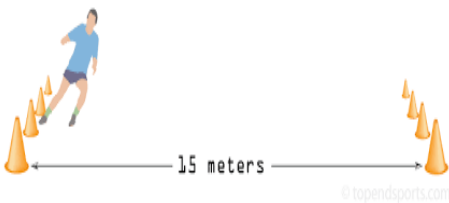
How many side-step shuffles can you complete in 1 minute?



Place 2 cones 5 m apart. Keeping side on, side shuffle between the 2 cones. Touch the cone with the outside hand and then side shuffle back to the first cone. This counts as 1 rep, record how many you complete in 1 minute.

CHALLENGE 2 – RUN TEST (Adapted from the bleep test)

How far can you run in 1 minute, 5 minutes and/or 10 minutes?



Place 2 cones 15m apart. Run between the cones, turning with your foot level with the cone before pushing off. This is similar to the bleep test but you choose the speed you run at. Count how many times you complete each 15m rep, record this and how long you ran for.

CHALLENGE 3 – 2.5 kms ‘CAPT TOM MOORE’ WALK/RUN

How fast can you run or walk 100 x 25m laps



Inspired by the amazing Captain Tom Moore, who currently has raised £29 million for the NHS, measure a 25m loop in your garden or within the house. How long does it take you to walk or run 100 laps? Record your time.

CHALLENGE 4 – 100m SPRINT



Being creative place 2 cones 100m apart, in a safe area free from hazards. Time how fast you can run the course, ensuring that you have measured out the distance correctly and have completed a good warm up.

CHALLENGE 5 – 1500m RACE



Using fit bits, google maps or whatever, measure out a 1500m course. Any surface of your choosing and it can be one circuit or repeated shorter circuits. Time how fast you can run the distance,

CHALLENGE 6 – 3000m STRAVA RACE



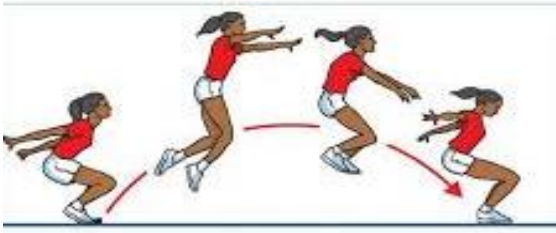
If you can get out into the countryside and fancy stretching those legs, download ‘Strava’, a free App, and run a 3 km of your choice. Take a screen shot of your distance, pace, time and route and submit with your result sheet.



Jumping Challenges x 4

CHALLENGE 1 – STANDING JUMP

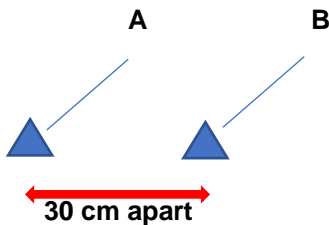
How far can you jump from a standing position?



Mark out a line on the ground. Stand behind this line, swing your arms and see how far you can jump. Measure the jump from the line to the closest part of your body when you land, this could be your heel, or bottom if you fall backwards! Record your best of 3 jumps in cms.

CHALLENGE 2 – SPEED JUMPING

How many jumps can you do in 1 minute?



Mark 2 lines 30 cms apart. Place your toes to line A, jump 2 footed over line B and then jump backwards behind line A. This counts as 1 rep. Record how many reps you do in 1 minute.

CHALLENGE 3 – SKIPPING ROPE

How many skips can you do in 1 or 5 minutes?



Hold the rope with it behind your feet on the ground, start to skip and every time you jump the rope it counts as 1, how many can you do in 1 or 5 minutes. They do not have to be continuous. Record how many skips you complete in 1 or 5 minutes.

CHALLENGE 4 – HOP STEP JUMP (Year 10s and above ONLY)

How far can you HOP, STEP and JUMP without any run up?



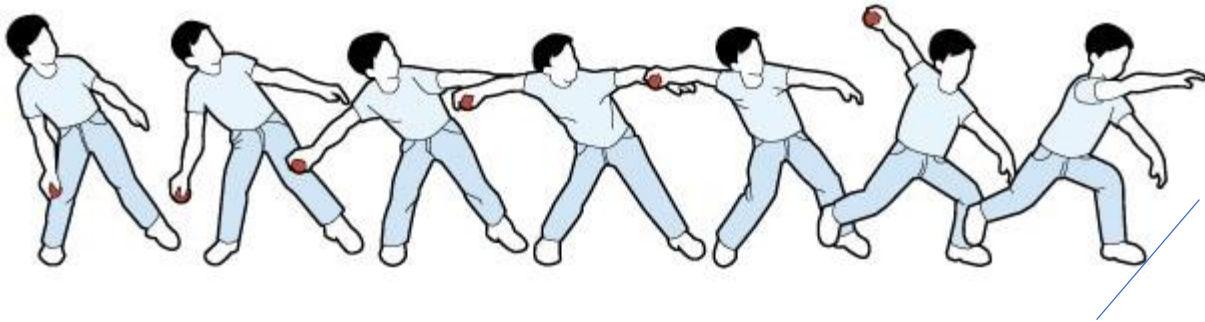
From behind a line how far can you hop, step and jump. It is important to remain balanced in all 3 phases and to keep the head up and back straight. Measure the distance from the line to the back of the heel closest to take off, record this.



Throwing Challenges x 3

CHALLENGE 1 & 2 – CRICKET BALL AND TENNIS BALL THROW

How far can you throw a cricket ball and a tennis ball from standing?



IF YOU HAVE SPACE!

Measure your throw from behind the line and where the ball lands in metres.

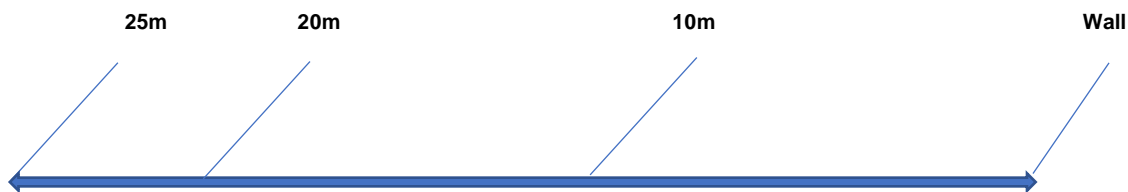
How far can you throw a cricket ball and a tennis ball with a run up?

As above but the ball must be released behind your line.

Record your best throws, stating what ball was used and whether you were doing a standing throw or with a run up.

CHALLENGE 3 – ACCURACY THROW

How many times can you throw the tennis ball into a 20 x 20 cm square from 10m, 20m or 25m away?



Measure a line 10, 20 or 25m from an outside wall. Mark a 20 x 20 cm square on the wall, at a height of your choosing. How many throws out of 20 can you get into the square? Record your results out of 20 and the distance from the square.

SWINDON AREA ATHLETICS EVENT 2020 RESULTS SHEET

PUPIL NUMBER: (PE STAFF USE ONLY)

NAME:

SCHOOL:

CHALLENGES	RESULT	ADDITIONAL INFORMATION
RUNNING CHALLENGES	Time Number Distance	Circle as appropriate:
1. Side Shuffles		
2. Run Test		1 min, 5 mins or 10 mins.
3. 2.5 kms Capt Tom Moore Walk/Run		
4. 100m Sprint		
5. 1500m Race		
6. 3 kms Strava Race		
JUMPING CHALLENGES		
1. Standing Jump		
2. Speed Jumping		
3. Skipping Rope		1 min or 5 mins.
4. Hop Step Jump (Year 10s & above)		
THROWING CHALLENGES		
1. Standing Throw		Cricket ball or tennis ball.
2. Throw With Run Up		Cricket ball or tennis ball.
3. Accuracy Throw		10m, 20m or 25m from wall.

Once results have been entered, please return to your PE Department ASAP

THANK YOU FOR TAKING PART AND WE WISH YOU ALL THE BEST!

**RESULTS FOR THE SWINDON AREA ATHLETICS EVENT
2020 WILL BE PUBLISHED DURING HALF TERM**