# Sprinting

## Equipment Layout (you will also need a stopwatch or stop clock).

## Task (working in pairs)

Pupil 1 lines up at the first cone, facing the direction of sprinting.

Pupil 2 has the stopwatch or stop clock.

Pupil 2 tells Pupil 1 when to start and at the same time starts the stopwatch or stop clock.

Pupil 2 stops the stopwatch or stop clock when Pupil 1passes the second cone.

The time taken is recorded on the scorecard below.

Pupil 2 then completes the sprint, with Pupil 1 timing.

They then swop until they have both had 3 attempts (or they time limit for the activity has passed).

## Sprinting Scorecard

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Pupil name | Attempt 1 | Attempt 2 | Attempt 3 | Best time |
|  |  |  |  |  |
|  |  |  |  |  |

# Endurance Running

## Equipment Layout

## Task (working in pairs)

Pupil 1 runs around the circuit for 2 minutes.

Pupil 2 counts the number of cones passed.

Pupils record the number of cones passed in the endurance scorecard.

## Endurance Scorecard

|  |  |  |
| --- | --- | --- |
| Pupil name | Number of cones passed | Distance run |
|  |  |  |
|  |  |  |

# Throwing Activities

## Equipment Layout

## Task (working in pairs)

Pupil 1 throws the object in the direction of throw.

Once thrown, Pupil 2 measure the distance that the object has travelled - either using a tape measure, metre rule, or the cones.

## Throwing Scorecard

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Pupil name | Attempt 1 | Attempt 2 | Attempt 3 | Best distance |
|  |  |  |  |  |
|  |  |  |  |  |

# Jumping Activities

## Equipment Layout

## Task (working in pairs)

Pupil 1 jumps from the jumping area and tries to pass as many cones as they can

Pupil 2 measure the distance their partner has jumped - either using a tape measure, metre rule, or the cones.

## Jumping Scorecard

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Pupil name | Attempt 1 | Attempt 2 | Attempt 3 | Best distance |
|  |  |  |  |  |
|  |  |  |  |  |