

## Secondary Challenge Card

Athletics Circuit

### Important information

Shuttle run- Place a cone 5m, 10m and 15m way and you must run to the cone and then back to where you started, and then run to the next furthest cone.

Throwing game- Get 5 tins of beans or any tins and you must place them in like a triangle shape with 3 at the back, 2 in the middle and 1 at the front and you must try and knock them all down or just hit them if they do not fall.

Jumping game- Speed bounce: Roll up a towel (length ways) and use that to jump over. Record how many times you can jump over the towel in a minute and use your best score.

### Equipment needed

- Cones
- Tins
- A small ball
- Towel
- Stop watch

**Technique tips; Shuttle run-** When approaching cones Pivot your body and other foot and use both legs to propel your body away from the line and then accelerate away. **When throwing** use your dominate hand, opposite leg just in front of the other, ball in hand by your side and focus on the target. Feet should be closer then should width, use your arms to swing yourself higher, have good bend in the knee.

### Inclusive! How can you get involved?

Space	Task
You can use any space that is appropriate and away from any hazards.	Record you attempts at the tasks and try and beat your best score to make it competitive.
Equipment	People
If you do not have the recommended equipment, you can use anything suitable	Try and compete against family members and friends to see who can get the best score.

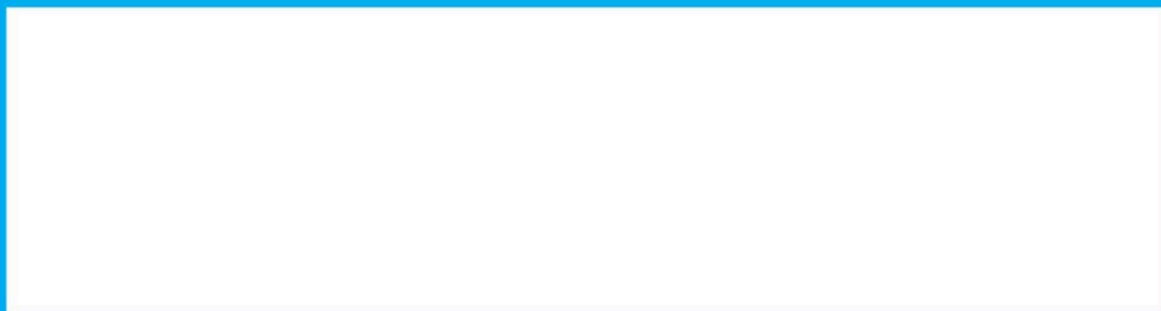
### Alternative equipment ideas:

Pair of socks can be used instead of a ball.

Use plastic bottles instead of tins.

Can use any object as a marker for the shuttle runs.

### Keeping young people active



Have you checked our safeguarding advice?

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