

Running Activities

Activity 1:

Shuttle Run –

Step 1: Set up 2 markers (Cones, Jumpers, Pots etc) that are 6 feet away from each other if possible.

Step 2: How many times can you run to the marker and back to your start marker in 60 seconds?



Activity 2:

Running on the spot -

Staying on one spot, can you run really fast.

Gold: 30 Seconds

Silver: 20 Seconds

Bronze: 10 Seconds



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Activity 3:

Fast Running. Fast Thinking –

Put out different objects around you (pots, markers, items of clothing, pens etc)

Step 1 – You will stand in the middle and jog on the spot

Step 2: Someone will shout an item to go and touch

Step 3: You have to run to that item as fast as you can, touch it with your hands, then run back to the middle

Repeat for 60 seconds. How many items did you touch?

