

## Garden Games

### How to set up:

- ✓ Work as one team.
- ✓ Line up one behind the other.
- ✓ Place 5 small items in a line in front of the team.



## Shuttle Runs

### How to Score:

- ✓ Time how long it takes the team to complete the activity.



### How to play:

- ✓ The first person from the team runs out to collect the item closest to them. They place it next to their team, and then run to retrieve the next item.
- ✓ This continues until all items have been collected.
- ✓ The next runner must replace the items one at a time.
- ✓ Progression: place the items further apart to make the game harder.

# Shuttle Runs

## The National Curriculum

**By practicing this activity, your child will develop the following skills:**

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Aerobic endurance
- ✓ Balance & flexibility

**National Curriculum Criteria:**

**Key Stage 1 (Years 1 & 2)**

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

**Key Stage 2 (Years 3 to 6)**

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.