

Garden Games

Equipment:

- ✓ Items to mark out a course (cones, twigs, stones, toys, etc)

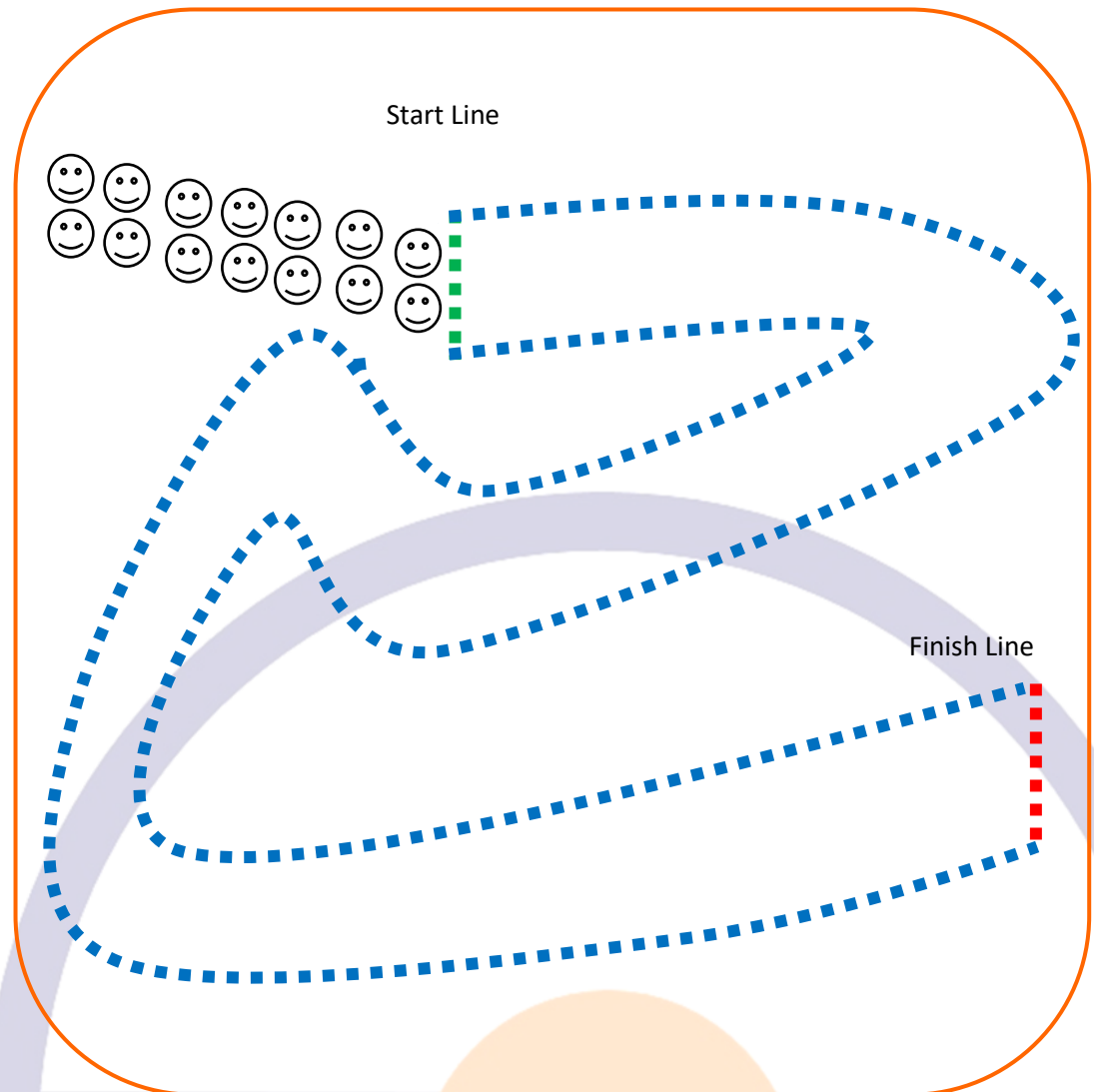
How to set up:

- ✓ Use items to make a running course in a large open space.
- ✓ Include a start line and finish line.

How to Play:

- ✓ Line up in pairs at the start line.
- ✓ Jog in pairs around the course, with the pair at the front acting as pace setters.
- ✓ Every 45 seconds the pair at the back of the line must sprint to the front and take the pace setter role.
- ✓ Continue the process until everyone reaches the finish line.
- ✓ If only a few players, run in single file instead of pairs.

Street Running



Street Running

The National Curriculum

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

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

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.