

# World's Fastest school

## KS1

### EQUIPMENT:

Tape measure  
Cones  
hoops  
bean bags  
throw-down strips  
Score cards

<https://primarypeplanning.com/inter-school-competition/>

Set up: Split children up into 6 groups

- Rotate around the stations.

- **Score only on the Shuttle run station 1, if you are entering the 'Worlds fastest school competition'**

Station 1: 5 x Runs (2 x cones- 10 metres apart)

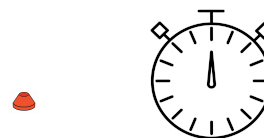
RECORD THIS SCORE ON TO INTER SCHOOL COMPETITION SCORE CENTRE SHEET

# KS1

1. Place the cones 10 metres apart.
2. **One child** to run at a time and complete 5 runs = 50m
3. **Time how long it takes to complete 5 runs**



10 Metres



Station 2: Target throw (1 beanbag per child, 1 throw-down strip, 1 red hoop, 1 yellow hoop, 1 Green hoop)

1. Children take it in turns at throwing their bean bag into a hoop.



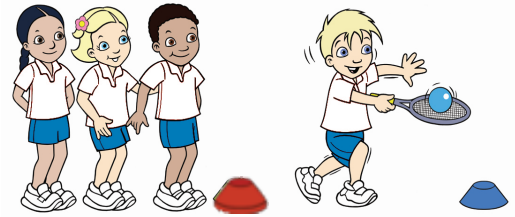
Station 3: Standing long jump ( 1 throw-down strip, 1 red cone, 1 yellow cone, 1 green cone)

1. Cones to be placed 0.5m apart.
2. Team to line up behind the throw-down strip.
3. Each member of the team is to take it in turns to jump as far as they can.



#### Station 4: Egg and spoon (As a team- 1 racket, 2 cones and 1 ball, or if individual 1 racket and ball each)

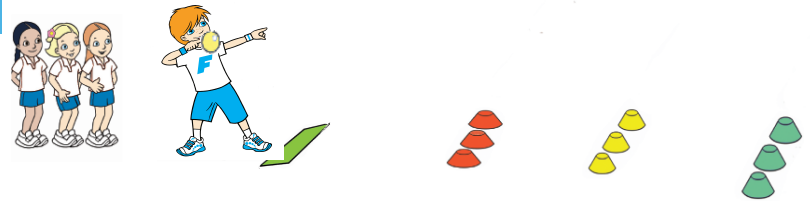
- 1 Place the 2 cones 5m apart.
1. Children to line up behind each other
2. Children to balance the egg and spoon/ tennis ball on the racket.



Note: All the children could work at once, each with a racket and a ball.

#### Station 5: Superhero arm (1 throw-down strip, 3 red cones, 3 yellow cones, 3 green cones, 1 ball)

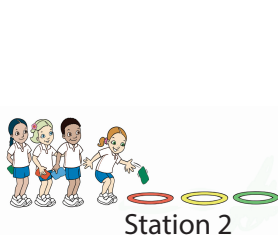
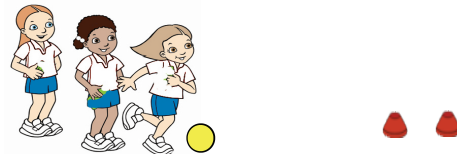
1. Each child takes a turn at throwing the object as far as they can.



Objects you can use: beanbags, javelin or a tennis ball (depending on space)

#### Station 6: Goal Fun

1. One child at a time to kick the ball into a target.
2. If they get it through the cones they earn 1 point, if they get it in the corners they earn 2 points.



#### Example set up

