

World's Fastest school

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 Shuttle Runs (there and back) = 50 metres (2 x cones- 5 metres apart)

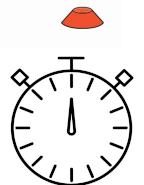
RECORD THIS SCORE ON TO INTER SCHOOL COMPETITION SCORE CENTRE SHEET

1. Place the cones 5 metres apart.
2. One child to run at a time, bend down and touch the cone, then run back to the other cone.
3. Children to 'high-five' the next person to go.
4. **1 Shuttle (there and back) = 10 metres**



Early Years

5 Metres



Time how long it takes each group to complete 5 shuttle runs between them

Note: if you have time to have more than one go - record your fastest score

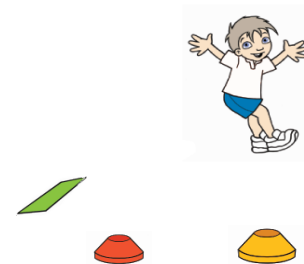
Station 2: Target throw (1 beanbag per child, 1 throw-down strip, 1 red hoop, 1 yellow hoop, 1 Green hoop)

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



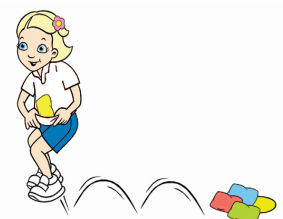
Station 3: Standing long jump (1 throw-down strip, 1 red cone, 1 yellow cone, 1 green cone)

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.



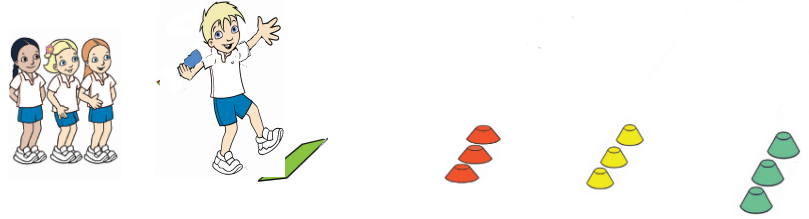
Station 4: Kangaroo Jump

1. Team lines up behind the throw-down spot.
2. Each member of the team takes it in turns to kangaroo hop to the equipment, collect a bean bag. Place it in their pouch (t-shirt) and return it to their team.
3. 'High-five' the next person to go



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

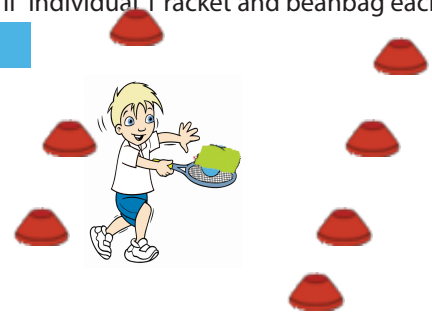
1. Each child takes a turn at throwing the object as far as they can.



Objects you can use: beanbag, tennis ball.

Station 6: Egg and spoon (As a team- 1 racket, 2 cones and 1 beanbag or if individual 1 racket and beanbag each)

1. Place the 2 cones 5m apart.
 2. Children to line up behind a cone
 3. Children to balance the egg and spoon/ bean bag on the racket.
 4. How many shuttles can each team complete?
- Make it harder: use a tennis ball



Example set up

