SEND YOUR RESULTS TO YOUR TEACHER

BE INCREDIBLE

KS1

THE CHALLENGES

DASH SHUTTLE

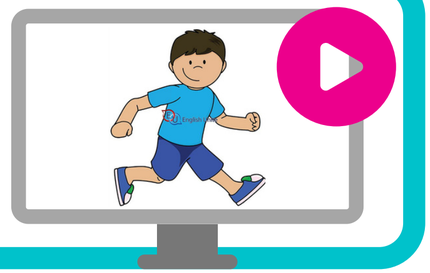
ELASTISWITCH

LASER BEAMS

Click the title for some additional resources to keep you active at home or school

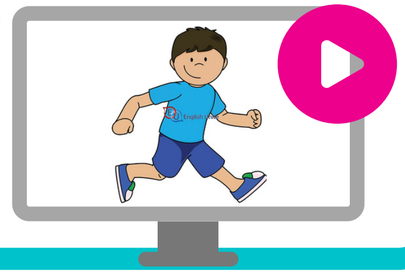
CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE



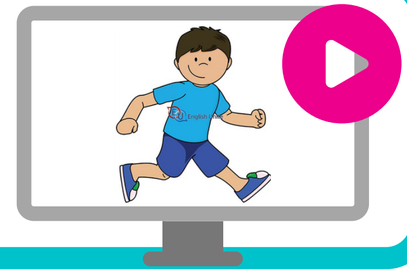
CHALLENGE VIDEO

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CHALLENGE VIDEO

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EQUIPMENT

2 markers

1 medium sized ball; socks or teddy

EQUIPMENT

3 markers or tins

2 beanbags or 2 pairs of socks or 2 small teddies

EQUIPMENT

1 marker

3 tall cones or plastic bottles

3 bean bags or pair of socks

TOP TIP: Stretch forwards to score the touchdowns

SET UP

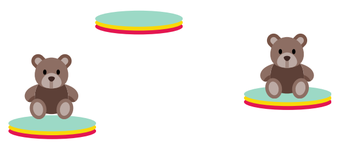
Set up 2 markers, 3 steps apart.



TOP TIP: Stretch out as far as possible

SET UP

Set up the 3 markers in a triangle, 1 step apart



TOP TIP: Don't rush your throws when aiming

SET UP





TO PLAY

Starting at 1 cone carrying the ball in **2** hands, **run** to the other cone and score a **'touchdown'** by touching the ball. on the floor Then run to the other cone and score another touchdown. Repeat.

TO PLAY

Place a beanbag on top of **2** of the markers. Standing in the **middle** of the triangle, **stretch** to move a beanbag to the empty marker.Then move the next beanbag to the next empty marker. Repeat.

TO PLAY

Standing at the marker, **shoot** the beanbags like laser beams, aiming to **knock over** the tall cones. After throwing the 3 beanbags, collect them & put the tall cones up again. Repeat.

SCORING

You score 1 point for every touchdown. You have 60 seconds to score as many points as you can.

SCORING

You score 1 point for every beanbag you move. You have 60 seconds to score as many points as you can.

SCORING

You score 1 point for every tall cone knocked over. You have 60 seconds to score as many points as you can.

Virtual SCHOOL GAMES