Event	Equipment	Description	Scoring
Shuttle Runs	-2 markers -Stopwatch -Someone to time you	Remove the hurdles from the hurdle race. Keep your 2 markers 10 paces away. You will be timed to run to the marker and back 3 times. That is 6 runs in total. Go as quick as you can, make sure there are no obstacles in your way.	You will be timed to run to the marker and back 3 times. 6 runs in total. Time stops when you cross the 1st marker.
Speed Bounce	-Marker to jump over -Stopwatch/Phone -Someone to time/count your jumps	Stand to the side of your marker. Jump sideways, over the marker. As soon as you land jump back over the marker. Try to jump front 2 feet and on 2 feet.	You have 20 seconds to jump as many times over the marker as possible. Score= How many Jumps
Long Jump	-Tape Measure -Someone to measure your jump.	From a standing position, jump from 2 feet. Jump as far as you can **next** to the tape measure. Mark the score from where your heel (back of your foot) lands.	Measure from where the heel lands. Measure as follows. Example: 1 metre 50cm
Basketball Bounce	-Basketball or any ball that bounces. -Stopwatch -Someone to time you/count your score	Bounce the ball as many times as you can in 20 seconds. Use alternate hands for more control.	You have 20 seconds to get as many bounces as you can. Score= How many bounces. If you drop the ball, pick it up and resume.
Target Throw- Hit the Stumps	-A ball -A marker -Stopwatch -Someone to score your points and time you. -Cricket Stumps -Laundry Basket -Wheelie bin	Set up your target, take 6 big paces away from the target. Set down a marker. From the marker, using an over arm throw, throw the ball and aim to hit the marker. You have 45 seconds to score as many points as possible.	You have 45 seconds to score as many points as possible. A point is scored every time you hit the target.

What if the event is too hard?	What if the event is too easy and I need an extra challenge?
- Decrease the paces of the marker by 2 paces. - Make your target area bigger, by 1 pace - Use a bigger ball - Take pictures and videos to see you in action. You may spot something that you can improve on. - Smaller Hurdles - Bigger Targets - Smaller Speed bounce marker-easier to jump over - Change the size of the balls to help.	-Increase the paces of the marker by 2 paces -Make your target area smaller, by 1 pace -Use a smaller ball -Set yourself new targets and try and beat your personal best -Taller Hurdles- don't over do it! -Smaller targets - Higher speed bounce barrier, the height of an iphone from the floor. -Change the size of the balls to help