

how to set up:

- Work as one team.
- Line up one behind the other.
- Place 5 small items in a line in front of the team.

[Video demonstration](#)



how to play:

- The first person from the team runs out to collect the item closest to them. They place it next to their team, and then run to retrieve the next item.
- This continues until all items have been collected.
- The next runner must replace the items one at a time.
- **Progression:** place the items further apart to make the game harder.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

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

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

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 combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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