



Shuttle Run

What's needed

- 2x Home Mats
- Arrow Mats
- Target Mats
- Bean Bags
- Stopwatch /Music

How to play

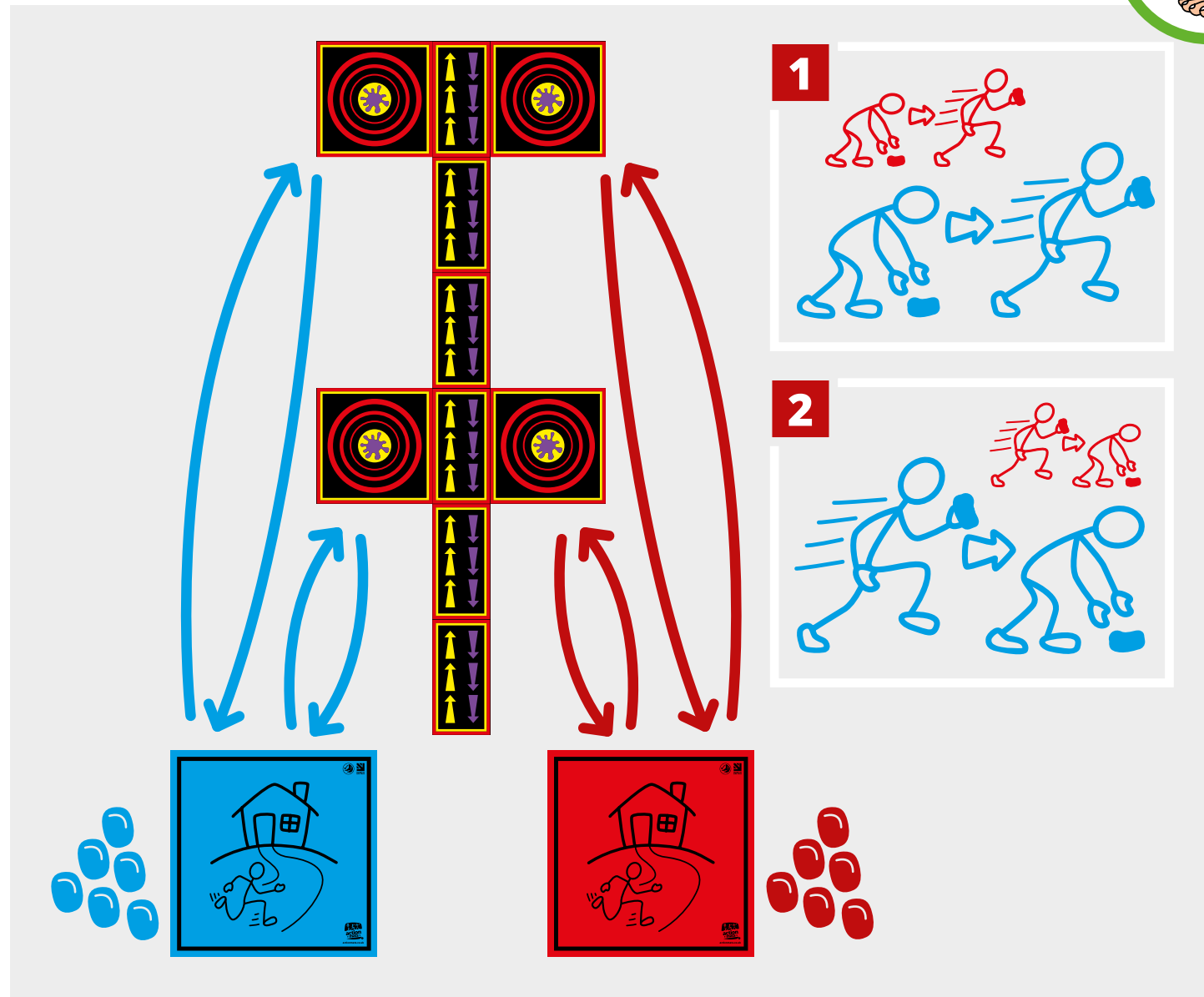
Each team has an equal number of bean bags.

One player from each team sprints with a bean bag and places it on the first target mat, races back to the home mat to tag the second player, who sprints with the next bean bag. Repeat until all bean bags are on the first target mat.

Perform in reverse to bring all bean bags back to home mat.

When all bean bags are back at the home mat, start exercise again but taking bean bags to the second target mat.

The Setup





Suggested age range

KS1 and KS2

Learning outcome

To complete the task with speed and agility in the given time to apply basic principles suitable for attacking and defending in games sports

Reference: Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

Success criteria (measuring impact)

Demonstration of a wide range of speed and agility skills to ensure all the bean bags are back at the home mat within the given time allocation

Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

Assessment for learning questions (adapt for key stage)

Pre-activity:

- What is speed and why does it matter?
- What does agility mean?
Agility is the ability to quickly change body position or direction of the body. Agility is also influenced by body balance, coordination, the position of the centre of gravity, as well as running speed and skill

Post-activity:

- What did you do better or differently to improve your speed and agility?
- What difference did adopting a different body position make to your agility?

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

Highlight different body positions

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest



Differentiation and personalisation

- Work in pairs
- Introduce a time limit
- Instead of sprinting, walk forwards, backwards, sideways, skip or hop

Main focus

To learn how to pivot and turn-with speed and agility when sprinting

Cool down

Teacher leads - 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

Reflect

- In which activity do you think you have demonstrated your personal best?
- What improved skills have you achieved?
- Where do you feel you could have done better?
- What would be your goal for next time?
- What have you learnt about yourselves today?