

Week 13 – Monday 11th January

Weekly Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

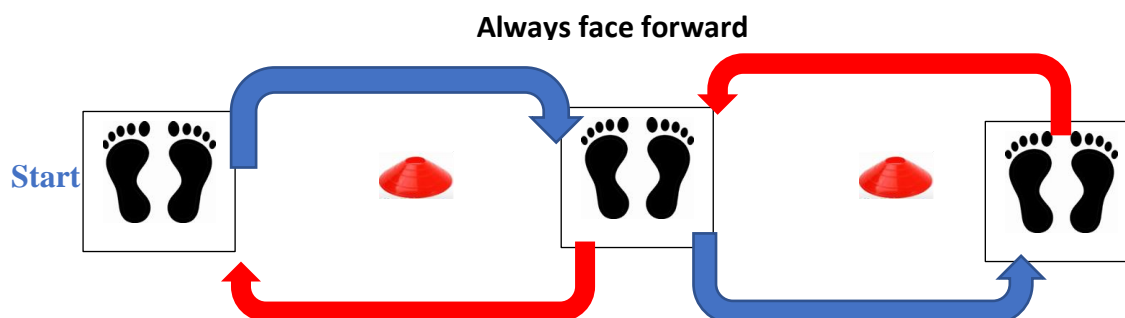
Week 3 Physical Challenge – Fast feet – Figure of 8

Reception / Key Stage 1 / Key Stage 2

How many figure of 8's can you complete in 30 seconds.

The aim of the activity:

- To complete as many figure of 8's as you can in 30 seconds:
- Have a shorter distance between the cones for Reception or Key Stage 1



Body

- Place two cones on the ground about 1 metre apart
- Start with both feet at the left side of two cones.
- As you move your right foot start your stop watch.
- Using small steps go in front of the first cone, then backwards behind the furthest cone. Going round to the front of that cone, before going back left and going behind that cone as in the diagram above.
- 1 run is there and back, how many can you do in 30 seconds.

Equipment required:



Safety

Don't do this on a slipper floor.
Whatever you use for a cone, please ensure it can't role away.

Take a photo / video and show us how you are doing via twitter @HarrogateSSP