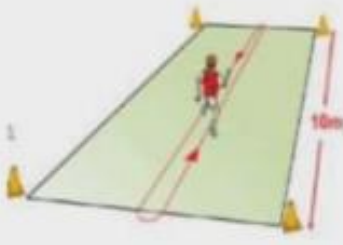


# KS2 Sports Week activities

## Day 1

### Sprint – shuttle run



#### Rules

- Start behind the start line
- Run to the opposite line and ensure you place a foot over the line before you return.
- See how many shuttle runs you can do in 60 seconds
- If however, every time you didn't step over the end line at the end, you don't get your point for that length.

#### Body

- Ensure you plant that foot over the end lines and get low in your turn and then drive away.

## Day 2

### Target Throw



#### Rules

- Stand behind each of the Throw lines and throw the ball three times from each line
- The ball must stay in the hoop

#### Scoring:

- From the 1 metre line, each time the ball stays in the hoop you get 1 point (maximum of 3 points)
- From the 3 metre line, each time the ball stays in the hoop you get 3 points (maximum of 9 points)
- From the 5 metre line, each time the ball stays in the hoop you get 5 points (maximum of 15 points)

## Day 3

### Dribbling Run



#### Rules

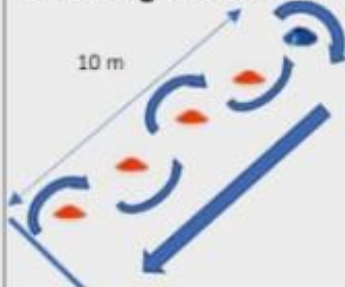
- Start behind the start line
- Dribble a ball by either using your foot or an object like a hockey stick to the opposite line and ensure you place a foot over the line before you return.
- Keep going until 60 seconds is up, see how many laps you can do (a lap = a 10 metre strip)

#### Scoring

- Every time you complete 10 metres you get 1 point.

## Day 4

### Balancing Slalom Run



#### Rules

- Start behind the start line with a tennis ball balancing on a spoon.
- Slalom through the cones while balancing your tennis ball on a spoon, when you get to the blue cone run straight back to the start line. Keep going for 60 seconds.
- See how many balancing shuttle runs you can do in 60 seconds
- Every time you pass the start line you get one point.
- If your ball drops of your spoon, just pick it up and carry on until your time is up.