



WILTSHIRE VIRTUAL SCHOOL GAMES: ATHLETICS: RUN & THROW



THE CHALLENGES

10 x 5m Shuttle Runs

- Measure out a distance of 5 metres between 2 markers
- Move between the markers 10 times as fast as you can
- Start with your whole body behind the 1st marker and make sure you touch the markers on each run with your foot (or wheel if you are in a wheelchair)
- Stop the clock when you cross the last marker
- Record your time to 2 decimal places

Throwing Task

- Find 4 containers of different sizes (see 'equipment')
- Place containers from largest to smallest, 30cm apart
- Stand 2m away from the largest container
- Throw into the containers to score: largest/closest = 5, second = 10, third = 15, smallest/furthest away = 20
- How quickly can you score 100 points?
- Record your time to 2 decimal places

Find demonstration videos and more advice on our website

WHAT YOU WILL NEED

Equipment

You will need a video camera/smart phone, a tape measure and stopwatch/timing device.

For the shuttle runs, you will need 2 things you can use as markers e.g. scarves, belts or chalk lines (if outside).

For the throwing task, you need 4 containers of different sizes e.g. washing basket, box, washing up bowl and saucepan. You also need 3 items to throw e.g. soft ball, rolled up socks, toilet roll, small teddy.

Space

You can do these inside or outside, but make sure there is nothing you could trip over and that the ground/floor is flat.

Task

You can do one task or both and you can have as many goes as you like!

People

You may need someone to time you and to video you doing the challenges.

For advice on how to make these activities more inclusive, visit our website

SEND IN YOUR ENTRY

Submit your video before **3pm on Friday 5th June** at:
www.wiltssport.org/virtual-school-games

You will find more useful information on our website including demonstration videos, safety advice and details of all our other Virtual School Games events

Find, follow and comment on Twitter, Instagram & Facebook
@wiltssport #wiltssg #reframecompetition

