PERSTRONG CHALLENGE

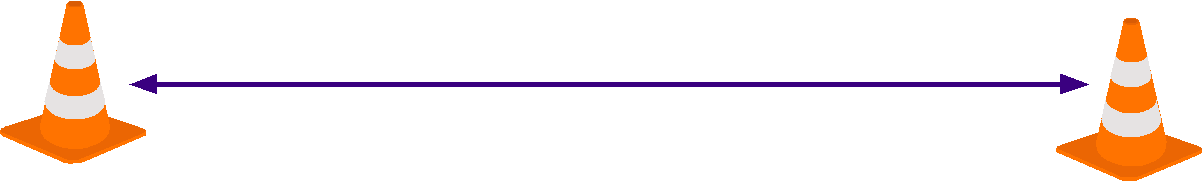
**You Will Need**

A ‘Tester’ to shout “Ready, Steady and Go” and record time

A Stopwatch

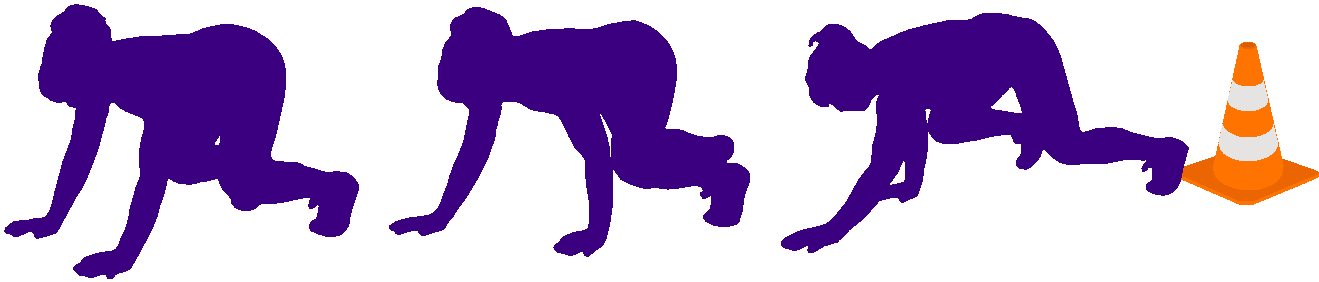
2 Cones or Garden Objects

How To Set Up and Record Your Result



10 / 20m

Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (preferably grass to cushion your hands slightly).



You will begin in the start position with one foot touching the first cone and your head pointing towards the second cone.

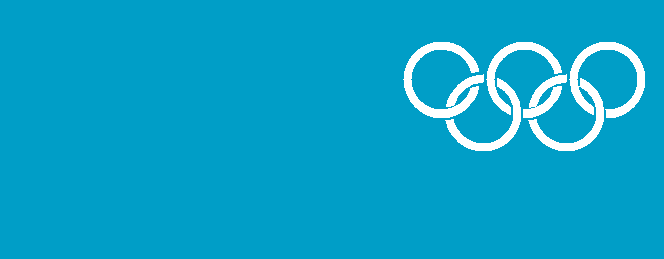
When the Tester shouts **“Go!”** , crawl forwards as quickly as possible until you can touch the second cone with your hand.

Once you have touched the second cone with your hand, crawl backwards and return to the first cone as quickly as possible, touching it again with your foot.

Primary (Foundation & Key Stage 1) students will cover 20m (Forward-Back) and the Tester will record how long it takes using the stopwatch.

Primary (Key Stage 2) will cover 40m (Forward-Back-Forward-Back) and the Tester will record how long it takes using the stopwatch.

Once you’ve got your time, record it using the online link.

SUPERSTRONG CHALLENGE

Coaching Tips

Try to move your opposite arm and opposite leg at the same time to stay balanced- Right Arm/ Left Leg and Left Arm/Right Leg.

Keep your back flat- there should be a straight line from your hips, right through to your head.

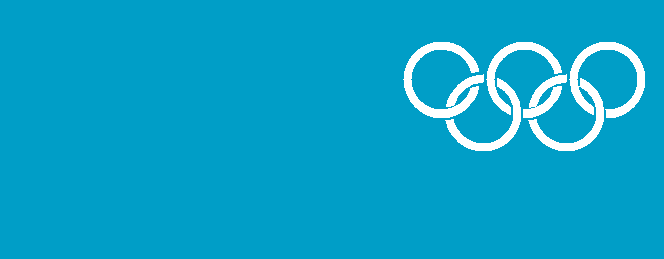
Pretend you’re carrying a bucket of water on your back and try not to spill any.

How to Prepare

Start by practicing your plank exercises to get your core strong (low plank with elbows bent, resting on your forearms and high plank with elbows locked out straight and resting on your hands).

Add in some push-ups to build strength in your chest and shoulders (begin on your knees if you have to).

Watch Mr Sebo’s video demonstrating the Superstrong Challenge.

MARATHON CHALLENGE

**You Will Need**

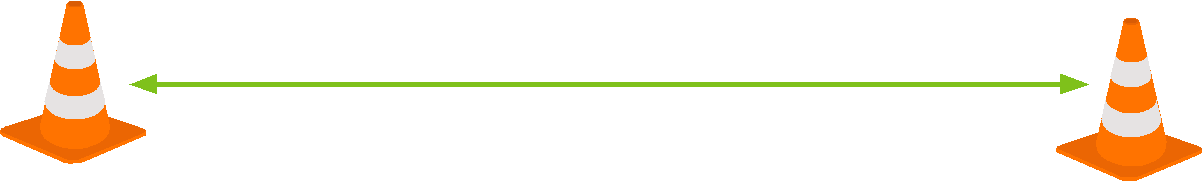
A ‘Tester’ to shout “Ready, Steady and Go” and record time and distance

A Stopwatch/Timer

2 Cones or Garden Objects

How To Set Up and Record Your Result

Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).



10 / 20m

Begin at your starting cone in a standing start position (similar to your Sprint start position but standing slightly more upright).

When the Tester shouts, **“Ready, Steady, Go”**, begin running at a steady, comfortable pace to the second cone, before turning sharply and returning to your original cone.

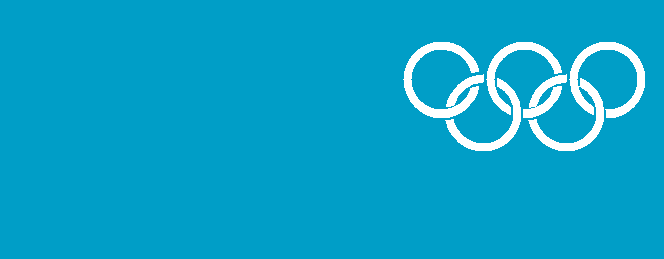
You will repeat this for your allotted time, with the Tester counting the number of lengths you can complete.

Primary (Foundation & Key Stage 1) students will run for a total of 3 minutes and the Tester will record how many lengths have been completed in this time.

Primary (Key Stage 2) Students will run for 5 minutes and the Tester will record how many lengths have been completed in this time.

You will then work out your total distance, for example, if your cones are spaced 10m apart and you manage to complete 50 lengths, your total distance will be 500m or if your cones are spaced 20m apart and you manage to complete 30 lengths, your total distance will be 600m.

Once you’ve managed to work out your total distance- record it using the online link.

MARATHON CHALLENGE

Coaching Tips

Remember to try to pace yourself so that you don’t have to stop for a break at any point during the challenge.

Playing some music in the background might help you to you relax and take your mind off the run.

Keep your turns sharp to shave some seconds off your time.

Ask your Tester to give you a 30-second warning before the final part of the race so you can make a big push for home.

How To Prepare

You can really improve your endurance each week by simply practicing this event and trying to improve your total distance.

Try not to eat right before the event and drink plenty of water a few hours beforehand to make sure you’re fuelled up and ready to go

Watch Mr Sebo’s video demonstrating the Marathon Challenge.