

# STAY ACTIVE AT HOME



## RUNNING ACTIVITIES

### Activity 1

#### Shuttle Run

Step 1: Set up 2 markers (Cones, Jumpers, Pots etc) that are 6 feet away from each other if possible.

Step 2: How many times can you run to the marker and back to your start marker in 60 seconds?

## Shuttle Runs

### Coaching Points

- Run as hard as you can between cones for the set duration.
- Keep your shoulders relaxed and pump your arms forcefully.



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### Activity 2

Running on the spot

Staying on one spot, can you run really fast.

Gold: 30 Seconds

Silver: 20 Seconds

Bronze: 10 Seconds



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## RUNNING ACTIVITIES

### Activity 3

Fast Running. Fast Thinking.

Put out different objects around you (pots, markers, items of clothing, pens etc)

Step 1 – You will stand in the middle and jog on the spot.

Step 2: Someone will shout an item to go and touch.

Step 3: You have to run to that item as fast as you can, touch it with your hands, then run back to the middle.

Repeat for 60 seconds. How many items did you touch?

