

BEAN BAG RACE

- PLACE YOUR STARTING MARKER ON THE FLOOR WITH THE BASKET NEXT TO IT
- PLACE 5 OBJECTS EQUAL DISTANCE APART
- COLLECT THE OBJECTS AND PLACE THEM IN THE BASKET 1 AT A TIME AS QUICKLY AS YOU CAN, OBJECTS CAN'T BE THROWN INTO THE BASKET
- TRY AND BEAT YOUR BEST TIME

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.



TOP TIPS

WHAT ORDER SHOULD YOU COLLECT THE OBJECTS IN, IS IT QUICKER TO GO FURTHER OR SHORTER FIRST?

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO START AND FINISH.
5 BEAN BAGS- BEAN BAGS, TENNIS BALLS, SOCKS, ANYTHING THAT CAN BE PICKED UP EASILY
BASKET- BASKET, BUCKET, BOWL, ANY OBJECT WHERE THE BEAN BAGS CAN BE PLACED
STOPWATCH- WATCH, PHONE, ANYTHING THAT CAN TIME YOUR RACE

CNSSP ^{VIRTUAL} TOWN SPORTS 2020

CREWE & NANTWICH
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SHOT PUT

- PLACE YOUR STARTING MARKER ON THE FLOOR
- STAND BESIDE THE STARTING MARKER WITH 2 FEET
- PLACE THE BALL UNDER YOUR CHIN NEXT TO YOU SHOULDER
- THROW THE BALL AS FAR AS YOU CAN
- MARK WHERE THE BALL LANDS AND TRY TO BEAT IT



TOP TIPS

KEEP YOUR EYES UP
TOWARDS WHERE YOU
WANT THE BALL TO
GO AND PUSH IT AWAY
FROM YOUR BODY

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO THROW FROM OR HOW FAR YOU THREW THE BALL.
BALL- TENNIS BALL, FOOTBALL, ANYTHING THAT CAN BE THROWN

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HURDLE RACE

- PLACE YOUR STARTING MARKER ON THE FLOOR
- PLACE 5 HURDLES EQUAL DISTANCE APART IN THE SPACE YOU HAVE
- JUMP OVER THE 5 HURDLES, TURN AND JUMP BACK OVER THE HURDLES TO GET BACK TO THE START AS QUICKLY AS YOU CAN
- TRY AND BEAT YOUR BEST TIME



TOP TIPS

MAKE SURE THE
HURDLES AREN'T
TOO HIGH TO
JUMP OVER

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO START AND FINISH
5 HURDLES- CUSHIONS, TEDDY BEARS, ANYTHING THAT CAN BE JUMPED OVER
STOPWATCH- WATCH, PHONE, ANYTHING THAT CAN TIME YOUR RACE

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LONG JUMP

- PLACE YOUR STARTING MARKER ON THE FLOOR
- STAND BESIDE THE STARTING MARKER WITH 2 FEET
- JUMP AS FAR AS YOU CAN LANDING BALANCED ON 2 FEET
- PLACE A MARKER WHERE YOU LAND AND TRY TO BEAT IT NEXT TIME



TOP TIPS

KEEP YOUR HEAD UP,
SWING YOUR ARMS
AND BEND YOUR
KNEES WHEN YOU
LAND

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS
TO SHOW WHERE TO JUMP FROM OR
HOW FAR YOU JUMPED.

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TRIPLE JUMP

- PLACE YOUR STARTING MARKER ON THE FLOOR
- STAND BESIDE THE STARTING MARKER WITH 2 FEET
- START WITH A HOP- 1 FOOT TAKE OFF, LAND ON SAME FOOT
- THEN STEP- 1 FOOT TAKE OFF, LAND ON OPPOSITE FOOT
- THEN JUMP- 1 FOOT TAKE OFF, LAND ON BOTH FEET
- MARK WHERE YOU LAND AND TRY TO BEAT IT



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TOP TIPS

USE THE RHYTHM SAME
FOOT, OPPOSITE
FOOT, BOTH FEET.

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS
TO SHOW WHERE TO JUMP FROM OR
HOW FAR YOU JUMPED.

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