

## AGILITY RUNNING CHALLENGE (YEARS RECEPTION – YEAR 2): 22 – 26TH JUNE 2020

**This competition is a test of your ability to move quickly and easily!**

- This activity takes place using 3 cones and a stop watch. If you do not have cones you can use socks, pegs, tins, etc.

### Primary Challenge (Reception - Year 2):

- The aim is to run from the centre cone and touch each numbered cone with your hand in sequence
- After touching each numbered cone you must return to the centre cone and touch it before proceeding to the next numbered cone. For every circuit you complete you score 4 points
- How many circuits can you complete within **60 seconds**?

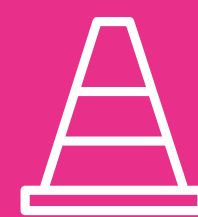
Centre spot (C) to 1 and back,  
centre spot (C) to 2 and back.



1



C



2

Leave a 2 metre gap between  
the cones.

### How to Enter:

All entries must be submitted via the link below. Entries to the 'Agility Challenge' will close at 5PM on Friday 26th June.

<https://www.activehw.co.uk/forms/view/agility-running>

### Results:

Please tune in for our Worcestershire Virtual School Games Week taking place every day between Monday 6th - Friday 10th July 2020 at 10.30am via Zoom/YouTube. Results for the Agility Running competition will be announced on Thursday 9th July!

### Inclusivity:

School Games is for everyone. For activity adaptations, please contact our Lead Inclusion School for the county at: [ct167@chadsgrove.worcs.sch.uk](mailto:ct167@chadsgrove.worcs.sch.uk).

### Social Media:

We would love to see your participation in any of the Worcestershire Virtual School Games Activities. Tag us on Twitter & use #WorcsVirtualSG