
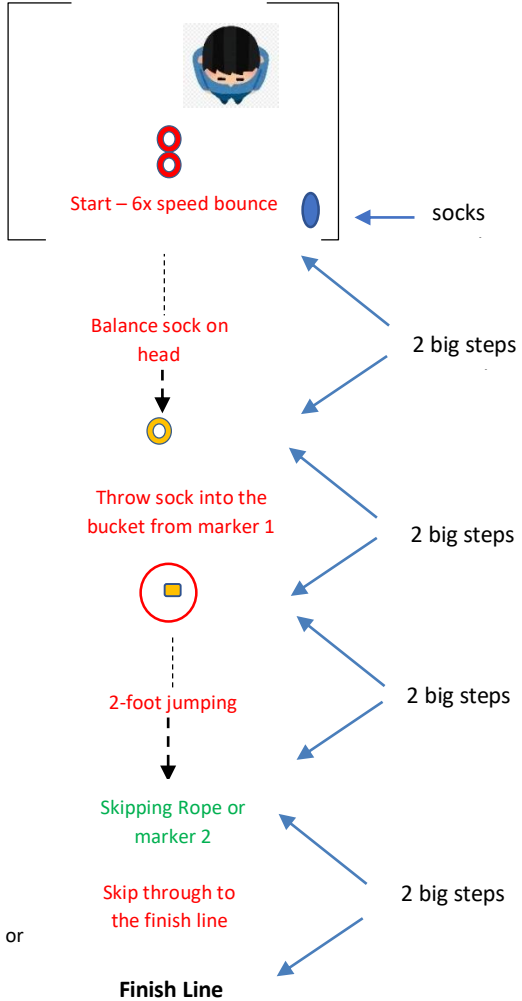


Spar Lancashire School Games PB Sports Day

Sports Day Activity 6: Obstacle Race

ACTIVITY/SKILL	OVERVIEW
<p style="text-align: center;">OBSTACLE</p> <p style="text-align: center;">Video Demonstration</p> <div style="text-align: center;">  <p>Parent, carer or sibling</p> </div>	<div style="text-align: center;"> <p>TOP VIEW</p>  </div> <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • 1x tea towel folded into a marker for your speed bounce • 1x pair of balled up socks to balance on your head • 1x toy or object to act as a marker • 1x bucket for your target • 1x skipping rope (if no rope, skip without) or marker </div> <div style="border: 2px solid blue; padding: 5px; margin-top: 10px;"> <p>Tips to Improve:</p> <p>Speed Bounce: quick, low jumps, landing as close to the cone as possible.</p> <p>Sock balance: quick but steady travelling, try not to bounce.</p> <p>Sock throw: Underarm throw, think about how much power you need and when to let go of the bean bag. Step forward with opposite foot to hand</p> <p>2-foot jumping: quick, big bounces, jumping as far as possible.</p> <p>Skipping: Time stepping through the rope as it comes in front of you.</p> </div> <div style="border: 2px solid green; padding: 5px; margin-top: 10px;"> <p>Set Up and Take Part:</p> <p>Set up as in the diagram - using the space you have available. Place your folded tea towel at the start for the speed bounce and your pair of socks just to the side. Take two big steps forward and lay down a toy or object to act as marker one, take two big steps forward from this marker and set down your bucket/basket or box, take two big steps forward from your bucket and lay down your skipping rope (if you have no skipping rope, set down another marker, take two big steps forward and set out your finish line.</p> <p>Parent starts the watch and shouts 'go'.</p> <p>Start with 6 speed bounces, then pick up the sock, place it on your head and travel to marker one.</p> <p>Take the sock off your head and throw into bucket, it must go in before moving on. If miss, collect come back and throw again.</p> <p>Run to the bucket and jump 2-foot to foot through to the skipping rope or marker two.</p> <p>Skip through to the finish line. Parent stops the clock as you pass through the finish line.</p> <p>Use another sock and try and beat your first time, challenge a parent, carer or sibling.</p> </div>