PE PLANNING

Garden Games

Street Running

Equipment:

✓ Items to mark out a course (cones, twigs, stones, toys, etc)

How to set up:

✓ Use items to make a running course in a large open space.
✓ Include a start line and finish line.

How to Play:

✓ Line up in pairs at the start line.
✓ Jog in pairs around the course, with the pair at the front acting as pace setters.
✓ Every 45 seconds the pair at the back of the line must sprint to the front and take the pace setter role.
✓ Continue the process until everyone reaches the finish line.
✓ If only a few players, run in single file instead of pairs.

Start Line

Finish Line