

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 4 - Running Fast

You have been busy practicing your running. Are you ready to take part in our challenge?

Cheetah Chase

How fast can you run 10 metres?



You will need:

2 toys to mark out your 10-metre track

A stopwatch/phone

Tape measure (don't worry if you don't have one)



How to:

- Place one toy (marker) in the corner of your yard or garden (you need 10 metres of space)
- Either mark out 10m using a tape measure or take 10 big steps forward from your first marker (start line), place your second marker (finish line)
- Get someone to time you & on "GO" run as fast as you can from the start line to the finish line. Stop the watch when you cross the finish line, note the time.
- See if you can beat your first attempt
- See if you can beat your parent, carer or sibling

Video Demonstration

Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to;

Twitter- [@LancSchoolGames](https://twitter.com/LancSchoolGames)



Facebook- [@LancSchoolGames](https://www.facebook.com/LancSchoolGames)



Instagram- [@lancshireschoolgames](https://www.instagram.com/lancshireschoolgames)



Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.