

9. Star Challenge

Description

Arrange pupils in groups of 4. Mark out a star or square with four or five spot markers. Space each marker a few metres apart. Invite pupils to take it in turns to run from one of the markers to the different points of the shape in an allocated time. Pupils try to get to as many points as they can in the time. Invite remaining pupils to be counters or timers while one pupil is running.

Equipment

- Spot Markers



Variations

- Use a variety of travel methods, such as, hop, run, side step, etc.
- Increase or decrease the time.
- Introduce the out and back approach where each pupil begins at a spot marker and runs out to each point of the shape and returning to the starting spot, before moving on to the next point.