



Level 2 Activities

RUNNING

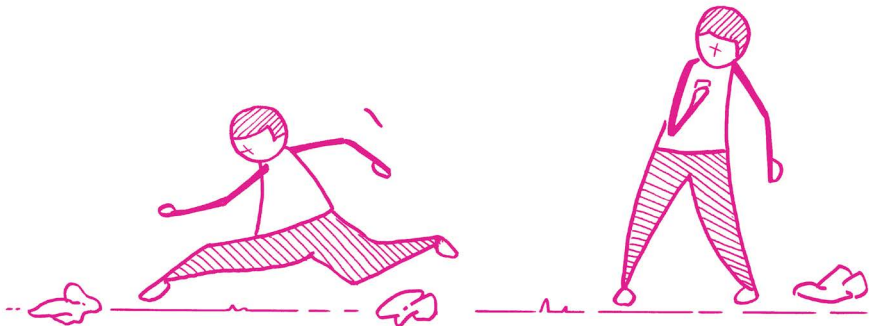
Super Shuttle Runs

Equipment Needed

Three jumpers or three t-shirts.

How to play

Place three jumpers on the ground five metres apart. Start at the first jumper, sprint out to the second and back to the first. Next sprint out to the third jumper and back to the first. Invite someone at home to time you. Try it again to beat your time! Imagine that you are your favourite sportsperson!





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RUNNING

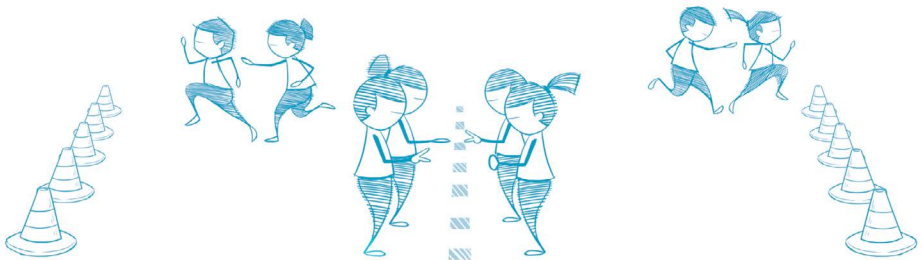
Rock Paper Scissors Tag

Equipment Needed

An open playing area and a den or safezone.

How to play

Invite someone at home to play Rock, Paper, Scissors with you. The winner of this game then chases and tries to catch the other person before they reach the den or safezone. If you catch the other person you receive a point. The first person to reach three points wins the game. Switch the rules around- if you lose Rock, Paper, Scissors you become the chaser.



Adapted from  [Move Well Move Often - Book 2 Page 28](#)



Level 2 Activities

JUMPING

Long Jump Two

Equipment Needed

A length of rope or string and a teddy or jumper.

How to play

Use the rope as the start line on the ground. Practise:

- A standing long jump from the line
- Jumping two feet and landing two feet
- Running up to the line and jumping

Mark the distance of your jump with your teddy. Try to improve your distance.



Adapted from  [Move Well, Move Often - Jumping for Distance Video](#)



Level 2 Activities

JUMPING

Obstacle Jump

Equipment Needed

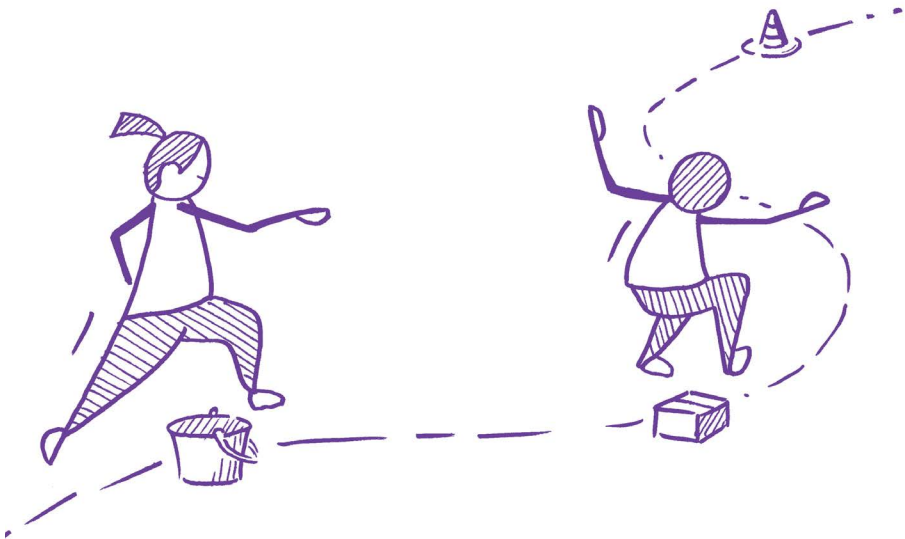
Four obstacles to jump over such as toys, jumpers or boxes.

How to play

Place your obstacles two metres apart in the playing area. Skip or run up to each obstacle and jump over it.

Try jumping

- From two feet to land on two feet
- On one foot to land on the same or other foot



Adapted from  [Move Well Move Often - Book 1 Page 78](#)



Level 2 Activities

THROWING

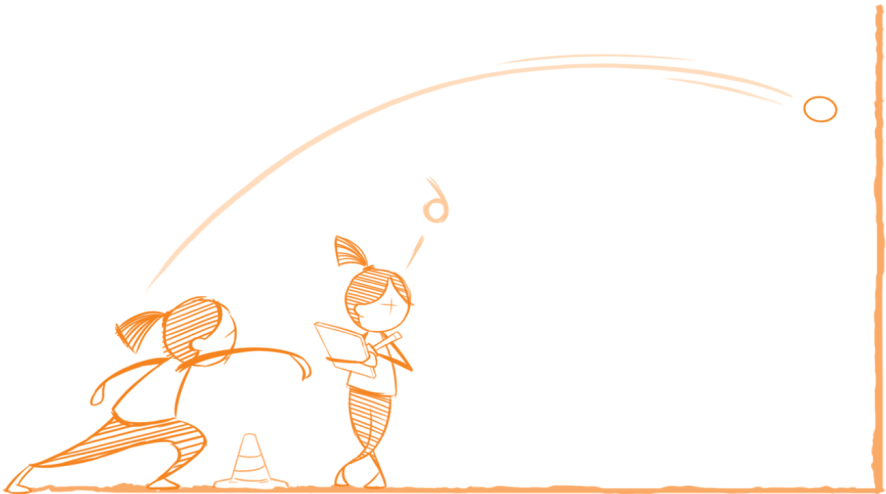
Tennis Ball Challenge

Equipment Needed

A tennis ball.

How to play

Stand one metre away from your wall. Practise your underarm and overarm throws to the wall and catch. How many can you do in one minute? To challenge yourself try to use your non-dominant arm. Challenge someone at home to beat your score.



Adapted from  [Move Well Move Often - Book 2 Page 159](#)



Level 2 Activities

THROWING

Step it Out

Equipment Needed

A tennis ball, a teddy or a beanbag.

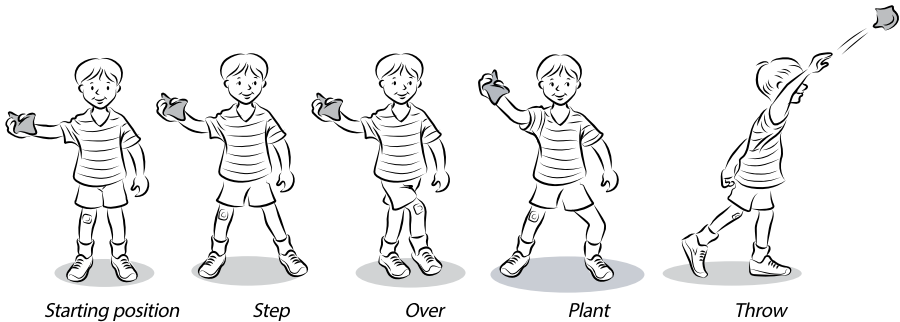
How to play

Practise the stepping sequence for throwing a javelin -step-over-plant-throw.

Walk to where your teddy lands. Count your steps as you walk.

Try to beat your score.

Invite someone at home to play with you.



Starting position

Step

Over

Plant

Throw

Adapted from  [PSSI Lesson Plans - Athletics, 3rd/4th Class Lesson 3 page 3](#)