

Fun 2 Run information sheet

The format of the event;

Time	Activity
10mins	Welcome and introduction
15mins	Warm up
30mins	Olympic themed relay races
15mins per race	Y2 and Y3 race
10mins	Closing including announcing results

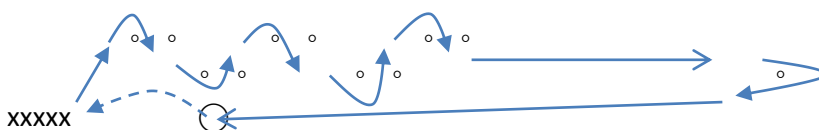
Olympic Themed Relay Races

Agility Run:

Starting with the bean bag in their hand, runner weaves in and out of 4 sets of cones, runs around end cone back to hoop. Standing in the hoop, throw bean bag to next runner. When caught, next runner repeats. A team player may be given 3 chances at catching the bean bag if they are unsuccessful at the first attempt.

Winners = first team back

Equipment: 9 cones, 1 hoop, 1 bean bag per relay



Cone Collection:

How many cones can be collected in 2 minutes? (central timing)

Taking it in turns, each team player collects one cone at a time from any colour.

Point scoring:

Nearest colour = 5 pts

Middle colour = 10pts

Furthest colour = 20 pts

Equipment: 30 cones (3 colours ie. 10 x red, 10 x blue, 10 x yellow))

XXXXX

○ x10

○ x 10

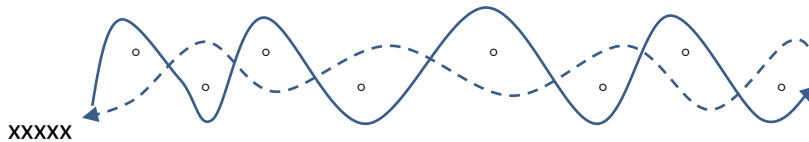
○ x 10



Balance Run:

The runners place a bean bag on their head and weaves in and out of the cones all the way to the end and back, passing the bean bag to the next person. If the bean bag falls off, the pupils needs to stop and place the bean bag back on their head before they can continue their run.

Equipment: 8 cones, 1 bean bag per relay

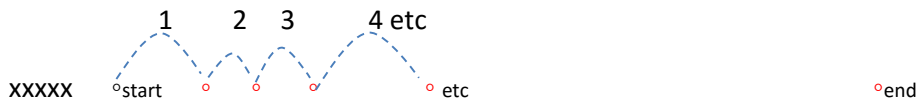


Jumping Challenge:

How many jumps does it take to reach the end?

First team player takes a 2-footed jump from starting point. Leader marks landing spot with a cone (measure from foot nearest to take off). Next team player starts from that cone and jumps. Continue until team reaches the end. Number of cones = number of jumps taken.

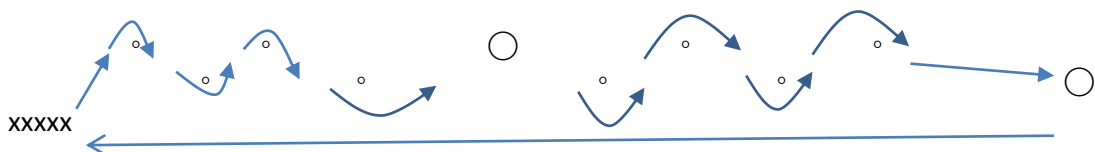
Equipment: 15-20 cones



Hoop Race:

The runners weave in and out of the cones, through the first hoop, in and out of the rest of the cones and through the hoop at the end. They run back and tag the next person to go.

Equipment: 8 cones, 2 hoop per relay





The Run:

Y2: The course is approximately 700m.

Y3: The course is approximately 900m.

If you need any further guidance on setting up the run, please contact us.

For both Y2/3, the first 5 boys and the first 5 girls to finish will go through to our district final held at Holmebrook Valley Park on Thursday 19 April 2018.