

# SUMMER HALF-TERM (1)

## PERSONAL BEST CHALLENGE



### ZIG-ZAG CHALLENGE

#### ZIG-ZAG OBJECTIVE:

How many zig-zag circuits can you complete in 60 seconds?

#### EQUIPMENT NEEDED:

Objects to mark out your zig-zag course, use cones or small bean bags as your markers.

Stop watch / timer.

#### IMPLEMENTING THE CHALLENGE:

- Choose your starting point and layout five objects in a zig-zag shape.
- When the timer starts, run to the first object and touch it, across to the second and touch it and so on until you have touched all five objects.
- Run in a straight line back to the start.
- Receive one point for every full circuit you complete.
- REMEMBER – Always space out and HAVE FUN!!!!

#### RECORDING SCORES

The attached recording sheet asks for each participant first and best score.

#### NEXT LEVEL

Place the objects further apart, use more than five or zig-zag back to the start instead of running in a straight line.


