

KS2 Movement **Flying Shuttles** **Agility relays**

Movement

Travel on feet changing direction, level and speed

Skills

Use & Apply

Perform

Respect efforts of team mates and obey simple rules

Social

Collaborate with others to share space and stay safe

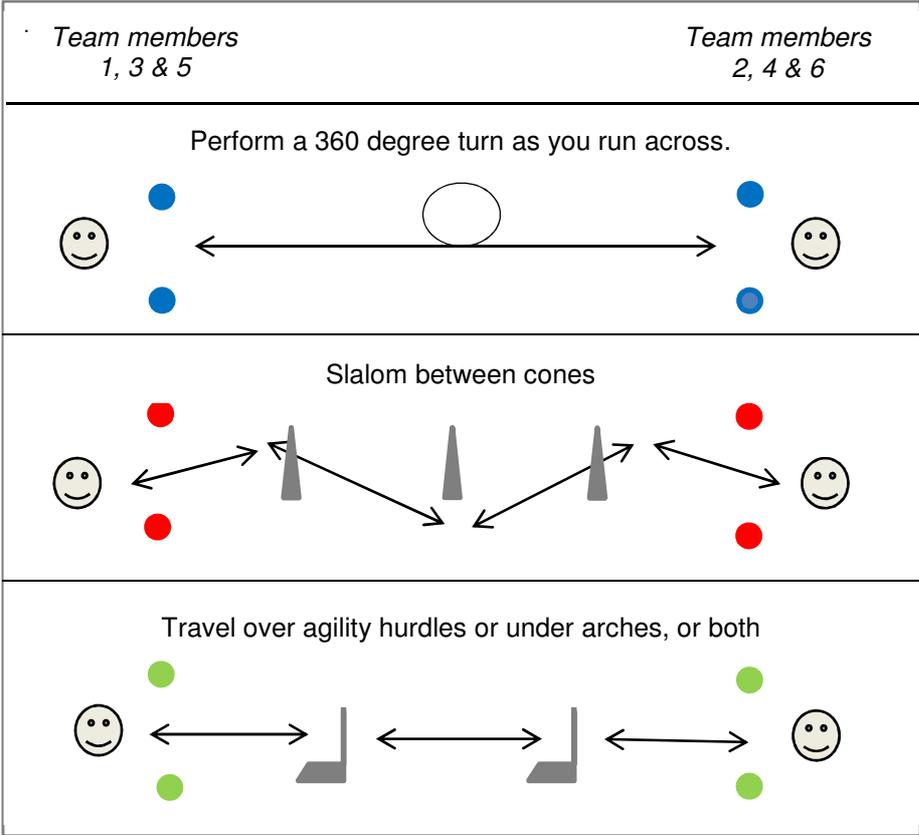
Evaluate & improve

Reflect on personal fitness and movement skills

SPACE

- This is a shuttle relay that goes back and forth
- The travelling distance should be at least 10 metres, further for older children.
- Three different tasks are shown
- Set up five identical relay lanes
- Allow enough space between team lines for safe lateral movement

 Represents several team members



TASK

1. Divide class into teams and sub-divide each team into two halves. Send half a team to each end of the working area. (see above)
2. T1s (First team member) start, then T2s make the return run, then T3s etc. Practise firstly by simply walking then running
3. Explain the first task (shown above) and allow teams to practise it in a continuous relay, in which all have several turns, without racing.
4. Stop and review progress. Let teams meet in centre to discuss improvements.
5. Either repeat practise or perform as a race.
6. Repeat race, handicapping previously winning team if desired.

EQUIPMENT

- VARIOUS depending on tasks chosen (see diagram above). X5 of each set of items.
- Set of stacking markers to mark start gates

PEOPLE

Children will work:

- In teams of between 4 and 8

The teacher leads the activity

To make the task easier or harder, **STEP change** one or more: **Space** **Task** **Equipment** **People**