

Track & Field 100m Shuttle Run

CHALLENGE:

- Students have 5 minutes to run as many 100 meter runs as possible as a class.

ORGANIZATION:

- Groups of 3-5 students (maximum 5 groups)
- 1 person from each group runs 100m. Once completed, they pass off an item of choice (baton, popsicle stick, bean bag etc..) to the next runner. This continues for 5 minutes.
- The 100m runs can be completed around a track, or back and forth in a straight line (soccer field, gymnasium, etc)
- The minimum goal to receive one draw credit is: Cycle 1: **30 runs** Cycle 2: **40 runs** Cycle 3: **50 runs** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **40 runs** Cycle 2: **50 runs** Cycle 3: **60 runs** - Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **50 runs** Cycle 2: **60 runs** Cycle 3: **75 runs** - Gold Level

MATERIALS:

- A Track, field or gymnasium

DURATION:

- 5 minutes

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Track & Field Throwing Challenge

CHALLENGE:

- Students have 5 minutes to throw a weighted ball across a specific line as many times as possible as a class.

ORGANIZATION:

- Students line up in front of the line.
 - Cycle 1: 2m from the line
 - Cycle 2: 2.5m from the line
 - Cycle 3: 3m from the line.
- The minimum goal to receive one draw credit is: Cycle 1: **5 throws** Cycle 2: **10 throws** Cycle 3: **15 throws** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 throws** Cycle 2: **15 throws** Cycle 3: **20 throws** - Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 throws** Cycle 2: **25 throws** Cycle 3: **30 throws** - Gold Level

MATERIALS:

- 1-2 weighted balls

DURATION:

- 5 minutes

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