

Try our 7 different challenges as a circuit, do one or do them all, there are two Runs, three Jumps and two Throws. Do the challenges just for fun, or measure them and try to improve next time. You can do them in any order, but separate the two running activities.

What you will need:

At home, or somewhere with a little space, grab some chalk or anything to use as a marker ie plastic cones, something small to throw: bean bags/ rolled up socks/ tennis ball, a stopwatch (if you want to time yourself), a target to throw into: cardboard box, basket.

Warm Up first:

Mix up a variety of gentle activities for 3-5 minutes to increase your heart rate and get your body ready to try the activities. Try: walking, jogging on the spot, hopping, skipping, jumping, galloping, leaping, giant steps, arm circles, jogging backwards, walking on tiptoes, flossing, what else can you do to get your blood flowing?

Run**1 - Shuttle Run (10x10m)**

WHAT: Sprint 10 lengths of 10m between cones

SET UP: Draw two chalks 'Xs' or if you have access to grass place two markers (plastic cone/ jumper) in a line 10 metres apart. If you have a small space, make this 5 metres and run it 20 times.

HOW: Run from one marker up in a straight line and around the second marker, turn back and run back to the first marker and around (that's 2 lengths), repeat 4 more times. Concentrate on turning quickly and run in a straight line.

PRACTICE: Jog there and back once to get an idea of the distance

MEASURE: Make sure you run around the cone/ marker before you turn to run back. Time yourself using a watch or stopwatch (if you want to)

WATCH this [video](#)

2 - Endurance

WHAT: How far can you run in 2 minutes? Challenge: 3 minutes

SET UP: Find a large space, or long strip, an oval/ sports pitch or long drive are ideas.

HOW: From your start run with good strong technique – pulling your elbows backwards, looking ahead at where you are running, standing up tall and run for 2 or 3 minutes

PRACTICE: practice running with good technique for 30 seconds

MEASURE: Remember where you got to, next time see if you can get further

Jump (bend your knees to land softly, jumping on grass or non-slip mat is a good option)**3 - Standing Long Jump**

WHAT: Jump forward and land on two feet as far as you can

SET UP: Draw a Chalk start line or if you have access to grass, place a marker on each side to make a Start line

HOW: Stand with two feet hip distance apart and bend your knees, swing your arms forwards and up, land softly on strong bent legs.

PRACTICE: try a few times then take three 'real' jumps

MEASURE: From the start line to the back of your heels. Best of three jumps, use a marker (ie bean bag) to where your heels land and see if you can land further on each jump.

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4a - Bounding Triple Jump

WHAT: Jump forward and land on two feet as far as you can, then straight away jump forwards 2 more times

SET UP: as standing long jump

HOW: Do three standing long jumps in a row, springing forwards as soon as you land.

PRACTICE: try a few times then take three 'real' attempts

MEASURE: From the start line to the back of your heels on the third landing. Best of three, use a marker and see if you can land further each time.

4b - Bounding Triple Jump Challenge: Standing Triple Jump (age 12 plus)

WHAT: Hop forward onto one leg, then the other and then forwards to land on two feet as far as you can

SET UP: as standing long jump

HOW: Stand with front foot at the line (in a hop position), hop to land on the same leg, then skip/ step forwards to land on the other leg then hop forwards to land softly on two strong bent legs. Think tall as you go through the sequence. (Top tip don't try to hop too far)

PRACTICE: try a few times then take three 'real' goes. This can take a few times to get the hang of it, so just smile and keep on practising!

MEASURE: From the start line to the back of your heels. Best of three, trying to land further each jump.

WATCH this [video](#) – but do without the run up

5: Speed Bounce

WHAT: Jump from side to side over an object landing on two feet (softly)

SET UP: Use a soft long object, ie a rolled up beach towel, kitchen roll, etc

HOW: Stand sideways and jump sideways over the object and back, continuing for 20 seconds, stand up tall.

PRACTICE: Just have a go, practising landing softly and springing up quickly, aim for 10 in a row.

MEASURE: Jump for 20 seconds, count each time you land.

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Throw (when throwing make sure everyone else is behind you)**6 - Bean bag Throw – test your accuracy**

WHAT: Throw the small object to land in each circle/ target

SET UP: Draw a Chalk start line or if you have access to grass place a marker on each side to make a Start line, draw three chalk circles about 30cm in diameter or find an object (ie basket, upside down frisbee, etc) or piece of string/ rope to create three target zones. Beginners from Start line: 1 metre, 2 metres, 3 metres, Challenge: 1.5 metres, 3 metres and 4 metres. If you don't have anything to measure use a large step for measuring distance. Use a small object to throw, ie bean bag, rolled up socks, tennis ball

HOW: Standing at the start line, take your time to throw the object accurately into the three targets. Have three goes at each target and score your points

PRACTICE: try a few times using underarm and overarm to see which you prefer

MEASURE: You score 2 points if the bean bag lands fully in the circle, 1 point if it touches or bounces in

7 - Shot Put

WHAT: Throw the bean bag as far as you can using a Shot put technique

SET UP: as standing long jump, use a small object to throw, ie bean bag, rolled up socks, tennis ball

HOW: Stand sideways feet shoulder width apart with front foot at the line, start with the object in your hand face up above your shoulder tucked into your neck, elbow up and to the back, weight on your back foot. As you transfer your weight to the front foot, push and extend your hand out in a forwards and upwards angle and release the object. Make sure that there is no one in front of you.

PRACTICE: try a few times then take three 'real' goes.

MEASURE: From the start line to where the bean bag first lands

WATCH this [video](#)

Cooling Down:

Walk for 3 to 5 minutes and then do some basic stretches.

Looking for some techniques to improve your athletics?

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