**Speed Challenges**

Teaching Points Equipment can include

* Pre-set area Stop Watches, cones, mats, buckets, tennis balls, obstacles.

Aim: To compete in all activities as fast as you can

Instruction: Children complete challenges one at a time or in small groups where they take it turns to time and perform challenges.

Speed challenges are not strictly set. They can be any activity that requires children to perform a skill as quick as they can and these can include;

* **Shuttle runs**- How quick can children complete a shuttle run.
* **Obstacle run**- lay out a small course and time how long it takes for each child to complete.
* **Exercises**- Time how long it takes each child to perform a chosen exercise. This could be a certain amount of star jumps, burpees etc.
* **Ball transfer**- How quick can children transfer 10 balls from a bucket onto cones/in a hoop or vice versa. One ball at a time.
* **Scooter**- How quick can children scoot from one cone to another (sitting on their bottoms on the scooter)
* **Mats-** how quick can children travel (crab walk/bear crawl) from one side of the mat and back again.