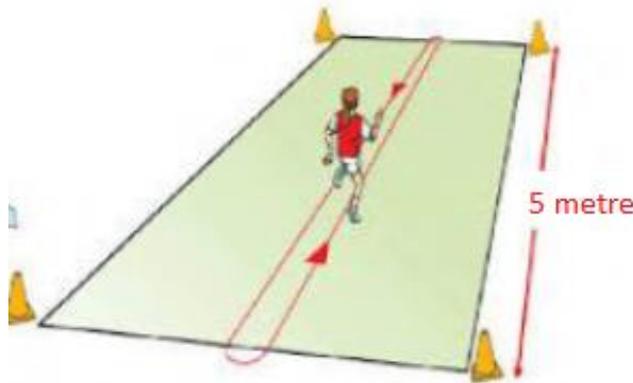


# Islington Personal Challenges

## Week 10: Shuttle running challenge

### Challenge Description;

- You will need 2 markers or cones
- Place the markers 5m apart (5 large steps)
- Start at one of the markers
- Set a timer for 60 seconds and see how many shuttles you can do
- From one cone to the other counts as 1 shuttle
- [See here for a video demonstration on Youtube](#)



### Teaching Points;

Running is the ability to move your body quickly and efficiently whilst maintaining balance and direction. It is a really important physical ability because it is a progression from walking and is used in many games and everyday activities. Running will also be an important part of our competitions, especially events such as sportshall athletics, quadkids athletics and Mini Olympics.

The image to the below highlights the key coaching points for pupils mastering running.



To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit our webpage [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)

## Islington Personal Challenges

### Examples of how you could use or fit the personal challenge into the school day

#### PE Lessons

The Shuttle Challenge could be included as a skill development section during a PE lesson. For Key Stage 1 this may be a specific lesson on locomotion or locomotive skills, whereas Key Stage 2 this may be more closely linked to a particular outcome of the curriculum such as an Athletics or Orienteering lesson.

For example, setup the Shuttle Challenge following a warm-up. Introduce the correct running technique, for Key stage 2 this may be more of a recap and exploring endurance and efficient running styles. Use the challenge to observe pupils techniques and provide feedback, additionally you could have pupils provide peer feedback or use video to capture and review technique for self-review. Following this task a key stage 1 lesson may progress into an activity such as fox and rabbits or run the gauntlet where pupils are given opportunity to explore and express running styles further through games. For key stage 2 you could progress the task further into relays, races or obstacle courses for Athletics lessons, or activities such as a symbols relay or star orienteering for Outdoor Adventurous lessons.

Sessions could be managed as a whole group activity with all pupils following the same task at the same time or form part of a carousel of activity stations pupils rotate around in small groups throughout the session.

#### Extra-Curricular: Break and Lunchtimes or clubs

The challenge could be used as part of an extra-curricular club such as Athletics, games or targeted session. Sessions could follow a similar structure to a PE lesson or for a more engaging session setup a variety of challenges and pupils rotate around activity stations in a carousel format. Or even as part of a school competition or practice for an Islington competition.

During a break or lunchtime, staff or young leaders could be given the items of equipment and space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Zoning the playground will help keep a safe space.

To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit our webpage [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)