

SEND YOUR RESULTS TO YOUR TEACHER



DYNAMIC DINOSAURS

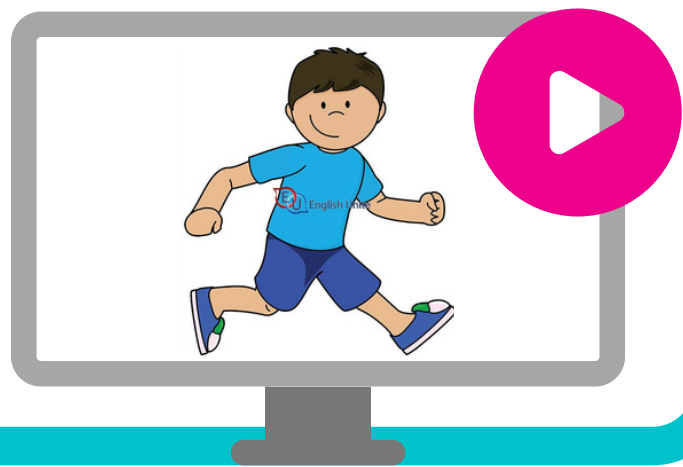
KS1

THE CHALLENGES

ANKYLOSAURUS ROLL

CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE



EQUIPMENT

2 markers
1 ball

TOP TIP: Use left hand for the left cone & right hand for the right cone

SET UP

Set up 2 markers, 3 steps apart.



TO PLAY

Starting at 1 marker with the ball in your hand, roll the ball along the floor to the other marker using hands only (like an Ankylosaurus tail). Then return to your 1st marker. Repeat.

SCORING

Complete as many shuttles as possible in 60 seconds. You score 1 point for every cone reached.



VELOCIRAPTOR SPRINTS

Click the dinosaur name to learn more about them

CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE



EQUIPMENT

2 markers

TOP TIP: Keep your back straight & knees high.

SET UP

Set up 2 markers, 3 large steps apart.



TO PLAY

Starting at 1 cone, run around the 2 cones (circuit) with high knees, trying to touch your hands raised in front of you like a velociraptor. Repeat.

SCORING

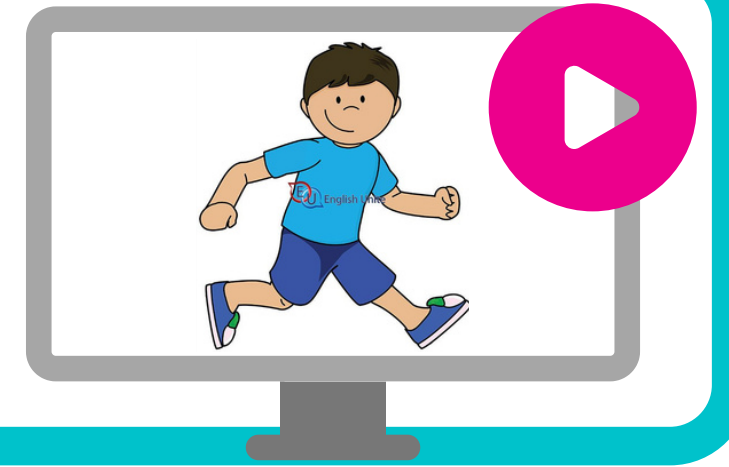
Complete as many shuttles as possible in 60 seconds. You score 1 point for every cone reached.



BRONTOSAURUS EGG

CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE

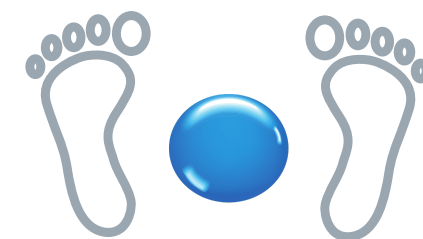


EQUIPMENT

1 ball

TOP TIP: Use both hands; Try different sized balls to see which is easiest for you.

SET UP



TO PLAY

Stand with your feet shoulder width apart. Place the ball on the ground between your legs. Roll the ball on the ground around your legs in a figure of 8. Repeat.

SCORING

Complete as many figure of 8s as possible in 60 seconds. 1 point every time it goes around a leg.

