There will be 1 Race for you to practice and **SEND IN YOUR BEST TIMES** to your teacher.

**KS1 Race Challenges**

- **Complete 10 x Star Jumps**
- **Travel 2 x 5 metres Crabwalk (moving Sideways)**
- **Complete 10 x Hops on 1-leg**
- **Travel 2 x 5 metres Walking backwards**
- **Complete 10 x Sumo Squats**
- **Travel 2 x 5 metres Sprints**

- Practise each of the 6 elements first
- Complete the above challenges one after the other as a race.
- Record the time it takes to complete all 6 tasks as quickly as possible.
- Attempt the race 3 times and submit your best time.

**If I need Support...**

- Reduce the number repetitions for each exercise.
- Record the time it takes to complete each task individually, resting before completing the rest and add up your times.

**If I need a Challenge...**

- Use more challenging exercises from KS2 & 3 Races (e.g. change hopping for caterpillars).
- Increase the number of repetitions for each exercise.

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**What you will need?**

- **Stopwatch** – if not a Phone or watch or Tablet (iPad).
- **Markers x 2** – if not Tins, Cans, Plastic Bottles or Socks.
- **Helper** – someone to help you with the order of the race or board to write down tasks.
**KS2 Race - Enduro Challenge**

What you will need?

Stopwatch – if not a Phone or watch or Tablet (iPad).
Markers x 2 – if not Tins, Cans, Plastic Bottles or Socks.
Helper – someone to help you with the order of the race or board to write down tasks.

<table>
<thead>
<tr>
<th>KS2 Race Challenges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete 10 x Sumo Squats</td>
</tr>
<tr>
<td>Travel 2 x 5 metres Bear Walks</td>
</tr>
<tr>
<td>Complete 10 x Caterpillars</td>
</tr>
<tr>
<td>Travel 2 x 5 metres Sprints</td>
</tr>
<tr>
<td>Complete 10 x Burpees</td>
</tr>
<tr>
<td>Travel 2 x 5 metres Plank walk</td>
</tr>
</tbody>
</table>

- Practise each of the 6 elements first
- Complete the above challenges one after the other as a race.
- Record the time it takes to complete all 6 tasks as quickly as possible.
- Attempt the race 3 times and submit your best time.

**If I need Support...**

- Reduce the number repetitions for each exercise.
- Record the time it takes to complete each task individually, resting before completing the rest and add up your times.

**If I need a Challenge...**

- Use more challenging exercises from KS3 Races (e.g. change Squats for Mountain Climbers).
- Increase the number of repetitions for each exercise.
### KS2 Race - Enduro Challenge

**What you will need?**
- **Stopwatch** – if not a Phone or watch or Tablet (iPad).
- **Markers x 2** – If not Tins, Cans, Plastic Bottles or Socks.
- **Helper** – someone to help you with the order of the race or board to write down tasks.

### KS2 Race Challenges

<table>
<thead>
<tr>
<th>Challenges</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete 10 x Caterpillars</td>
<td></td>
</tr>
<tr>
<td>Travel 2 x 5 metres Bear Walks</td>
<td></td>
</tr>
<tr>
<td>Complete 10 x Plank Shoulder Taps</td>
<td></td>
</tr>
<tr>
<td>Travel 2 x 5 metres Planks walks</td>
<td></td>
</tr>
<tr>
<td>Complete 10 x Mountain Climbers</td>
<td></td>
</tr>
<tr>
<td>Travel 2 x 5 metres Sprints</td>
<td></td>
</tr>
</tbody>
</table>

- Practise each of the 6 elements first
- Complete the above challenges one after the other as a race.
- Record the time it takes to complete all 6 tasks as quickly as possible.
- Attempt the race 3 times and submit your best time.

### If I Need Support...
- Use simplified tasks from KS1 & 2 Races (change burpees for hopping).
- Record the time it takes to complete each task individually, resting before completing the rest and add up your times.

### If I Need a Challenge...
- Increase the number of repetitions for each exercise.
- Add additional exercises into your race to challenge endurance (8 exercises instead of 6).