

Infant Agility Intra School

1. You have been identified to be part of an Intra School team to take part in the Home Infant Agility Intra School Festival, you and five other children in your school will make up your team.
2. Each person will have a couple of days to practise the skill stations below and then you will be asked to submit your best score back to the school.
3. Your score will then be added to the other five members of your team and you will then be sent the results.
4. The schools best team score will be sent to Harrogate School Sports Partnership to see which school team is the Harrogate area School Games Champion.

Bouncer



How many Bounces can you do in 20 seconds

The aim of the activity:

- You should jump from side to side over the wedge

Adapting your equipment:

- Stop watch – check a mobile phone to see if it has a stop watch.
- You could make your own wedge using a towel, roll it up.



Jumper



How far can you jump

The aim of the activity:

- Starting from behind a marker on two feet, how far can you jump, landing on two feet.

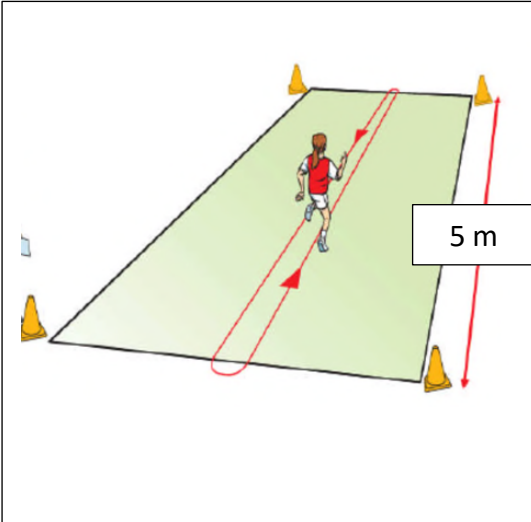
Adapting your equipment:

- You could make your own measure devise, marking distance on paper / toilet roll.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person / team win not the best cheat.
Take a photo / video and show us how you are doing via twitter @HarrogateSSP

Runner





How many shuttle runs can you complete in 30 seconds

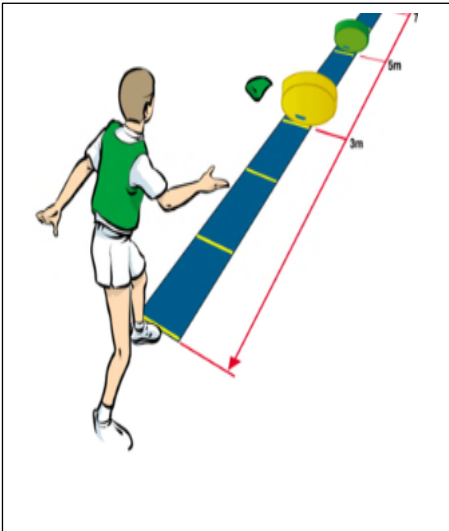
The aim of the activity:

- To complete as many runs as possible
- Start behind the start line
- Run to the opposite line and ensure you place a foot over the line before you return.

Adapting your equipment:

Pitcher






How many points can you get

The aim of the activity:

- To get as many points as you can in 6 throws
- Mark out a throw line, then two target areas, yellow target 1 metre away and green target 3 metres
- Yellow = 1 point / green = 3 points (so if you get 2 in yellow and 3 in green = 11 points)
- Each target should be the size of an A3 sheet of paper

Adapting your equipment:

Score card

Child:

Please return to your school by: Friday 22nd May

Station	Skill	Points
1	Bouncer	
2	Jumper	
3	Balancer	
4	Pitcher	
Total Score of each station		



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