** Year 1 /2 Multi skills Activities**

1. **Standing Long Jump**.

Challenge .Take off from 2 feet and land on 2 feet. Jumping over the furthest chalk line as you can.

4 mats required – 3 chalk lines on each mat. 1,2 and 3 points

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

XXXXX

1. **Target Throw ( x 4)**

 **Yellow (3M away) Green (4M away) Blue (5M away)**

Can you throw each of the bean bags into their correctly coloured hoop?

1. **Obstacle Relay (across the sports hall)**

Children sit on a mat in the centre. Jump over 2 hurdles (SAQ), touch the turning board, run all the way to the other end, in and out of the rounders posts , next persons turn.

 XXXXX

1. **Speed Bounce (4 mats)**

**How many speed bounces can you do in 10 seconds? (if the central triangle is too high replace with bean bags)**

1. Dribble the ball using a **Hockey stick** **and a ball** from the start line in and out of the cones and back to the finish?

**start**

**Finish**

1. **Football penalties (in the gym) 2 goals**



**7.Shuttle runs (in the gym)**

**Teams run across the gym passing a relay baton**

**Equipment required**

**6 gym mats**

**Chalk**

**12 hoops**

**6 rounders posts**

**2 turning boards**

**2 large cones**

**4 SAQ hurdles**

**4 speed bounce mats**

**4 small hockey sticks**

**4 airflow balls**

**2 play balls**

**2 football goals**

**2 relay batons**