**Berkshire Active Virtual Games 2021**

**January 25th – February 12th**

# Challenge 2 – Velociraptor Sprints

KS1 - Challenges

[https://getberkshireactive.org/uploads/dynamic-dinosaurs-the-challenges-(1).pdf](https://getberkshireactive.org/uploads/dynamic-dinosaurs-the-challenges-%281%29.pdf)

Scoresheet

<https://getberkshireactive.org/uploads/paper-copy-14.pdf?v=1611058791>

EQUIPMENT

2 Markers

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.

TOP TIP

Keep your back straight & knees high.

SCORING

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

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=inhcd28zF8w&feature=youtu.be>