Berkshire Active Virtual Games 2021 Fitness Frenzy

Challenge 2- Shuttle Jumps

Teacher Guidance link

<https://getberkshireactive.org/uploads/ks2-fitness-frenzy-guidance-and-challenges.pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-25.pdf>

EQUIPMENT

2 markers

TO PLAY

Starting at 1 cone, run shuttles between the 2 cones, when you get to a cone jump for height with both hands in the air. Repeat at alternate ends.

TOP TIPS

Stop at the cone before jumping to avoid jumping forward.

Get a family member to time you and count your shuttle jumps.

You can use rolled up socks instead of cones.

SCORING

Complete as many shuttles and jumps as possible in 60 seconds. You score 1 point per jump.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=7XRZrK68zw8&feature=youtu.be>