Miss Orchard’s Activity Challenge!

Hello to all of our Hambridge home learners We hope you had a restful half term!

This week’s challenge is to focus on our speed and agility by practising our shuttle runs. How many shuttle runs can you do in one go? Can you beat your score by repeating them throughout the week?

Measure in your garden or wherever you can, a 10 metre line and mark the end of the line at each side, this will be your shuttle run. Make sure that every time you run a length, you run right up to your markers and remember, don’t forget to bend your knees and use your legs to provide all that strength and speed. Try to push yourself in order to get the best result possible, you might even want to time your fastest run! Have fun,

GET, SET, GO!