



Norfolk Virtual School Games Primary Personal Challenge

Challenge Four – Super Slalom Run



Super Slalom Run

60 Second Challenge

Do you consider how to use your body so that you can run as fast as possible?

How many slalom runs can you complete in 60 seconds?

Layout three objects three steps apart. You must run in and out of the objects and back to the start to complete one slalom run.



You need a safe space and three objects!
Use objects such as teddies and cans as markers.

Make it easier and see how many times you can run around one object in 60 seconds?

This game is best played outside in the garden with different family members.

Achieve Gold

24 slalom runs



Achieve Silver

18 slalom runs



Achieve Bronze

12 slalom runs






Instructions

- Layout three objects in a straight line covering a total distance of 7.5m
- You must run in and out of the objects and back to the start to complete 1 slalom run.

How to Score

- Record pupils first attempt at the challenge.
- Allow pupils time to practice the skill
- Record pupils second attempt to see if they have achieved a personal best.
- Schools- How many pupils achieved a bronze, silver or gold medal for Super Slalom Run?