

RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

@ActiveSchoolsED

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

Athletics Games @ The Hub 2020

There are 5 events to take part in:

1. Shuttle Run (Set out a 5 metres distance with 2 markers. Run back and forwards and touch each marker as you go. How many shuttles can you run in 20 seconds?)
2. Long Jump (Stand feet together – jump forward as far as you can and land with both feet together and mark your distance)
3. Vertical Jump (Jump as high as you can with both feet together. Stand near the wall and tap the wall at the highest point)
4. Throwing (Use 3 objects to throw and a set up a target 3 metres away. Throw all 3 and see how many you score)
5. Speed Bounce (Jump sideways over an object (you can use a jumper or other marker) as many times as you can in 20 seconds)

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Shuttle Run (how many shuttle runs can you do in 20 seconds)	16 or more	11-15	5-10		
2	Long Jump (how far can you jump)	1.80m	1.50m	1.0m		
3	Vertical Jump (how high can you jump)	40cm	30cm	20cm		
4	Throwing (how many could you get in from 3 metres)	3	2	1		
5	Speed bounce (how many jumps could you do in 20 seconds)	More than 30	16 -30	5- 15		