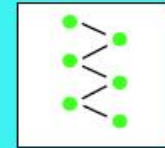


# ZIG ZAG

## THE CHALLENGE

Place 6 cones 1m x 1m. Run in and out of the cones and back, touching each cone in order as quickly as possible.



## THE AWARDS

### GOLD

16 seconds or less

### SILVER

16.1 - 19 seconds

### BRONZE

19.1 - 25 seconds



## VARIATIONS

### Easier

- Reduce distance between cones

### Harder

- Change the running patterns, so cones are spread apart- W shape, swerve, forwards & side ways.
- Add red, orange, green cones and complete at different paces.
- Complete whilst balancing bean bags on heads or with racket.
- Change movements after each cone, e.g side step to first cone, then sprint to next cone, hop, etc.

## EQUIPMENT

- Cones

## LINKS

- Year 1- Games Core Task 2
- Year 2- Games Core Task 1 & 3