

Physical Education Physical Activity School Sport

together inspiring success

"T" Time Trial Challenge Set out T shape 4 metres x 4 meters

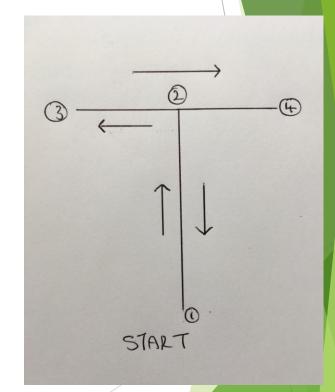
- Place markers on floor, see photo.
- Run forward from start position to marker 2
- Side step, left foot lead to marker 3
- Side step, right foot lead to marker 4
- Side step, left foot lead to marker 2
- Run backwards to marker 1
- Challenge: how many times can you repeat this in 30 seconds

Equipment

Markers, these can be anything; cones, water bottles, paper etc

Extra Challenges :

- Increase time of Challenge
- After each line of travel participant must touch the marker with their lead hand.





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