

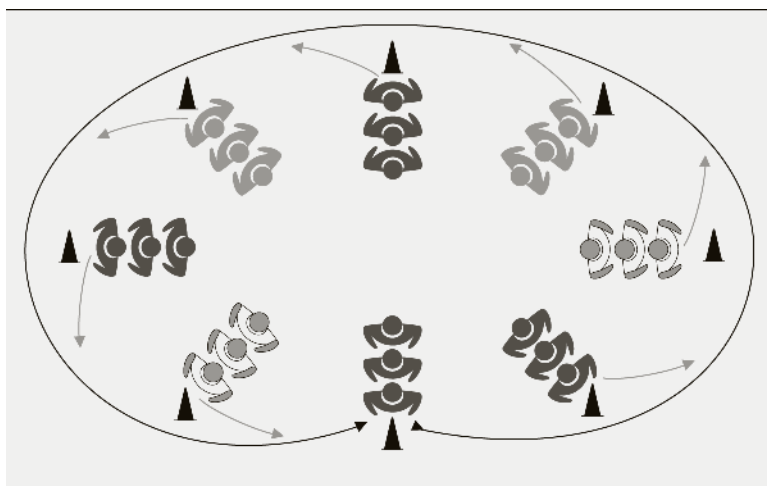
# Movement Challenges & Games

## GRAND PRIX

- Lay out a grand prix track (circle or oval of hoops approx 20 m around).
- Arrange students into teams of 2 or 3 and have them stand in the 'pits' (hoops).
- On the go signal, the first student from each team runs a lap of the track, tags the second student, and so on.
- During the run, call out a number of different challenges to those currently on the track.
- Some examples are:
  - Out of petrol: Students reduce speed to a slow walk until they are told their tanks have been refilled.
  - Flat tyre: Students get down on all fours but lift one 'tyre' (arm or leg) in the air to be fixed. Once you say it's fixed, they are free to keep running.
  - Oil spill: Students spin around twice whilst running.
  - Car Crash: Students jog on the spot until told their car has been repaired.

**Equipment:** Hoops/cones, sashes.

**Area Required:** Basketball court or similar sized area.



### Benefits

- Attention/concentration.
- Speed.
- Agility.

### How to explain the activity

- Get the students involved in suggesting what might happen on the track and what movement might represent it.
- Start with one or two challenges and increase options with familiarity.

### Cues for debrief / reflection

- How can you avoid other cars on the track?
- How does it feel running the corners and how does it feel running the straight? Any differences you notice?

### How to vary the activity

- Change the direction students run on the track.
- Use a sash as a 'seat belt' that students pass over to next runner to wear whilst running.
- Be imaginative and challenging with the movements.