

40. Interval



Challenge

A large oval track is demarcated by placing different-coloured beanbags at various intervals. The children jog around the track, accelerating when they reach a red beanbag until they reach the next one when they resume jogging.



Tip

Ensure the gaps after a red beanbag until the next are variable, encouraging a variety of different speeds.

Development

Extend the length of the track or distances between beanbags, or instruct the children to accelerate between beanbags of a different colour.