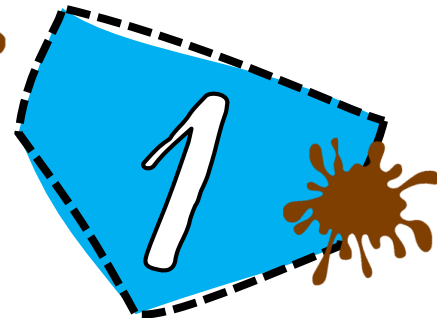


CROSS-COUNTRY / ATHLETICS



STAYING SAFE

- Remain in bubbles for these activities.
- Wash hands before and after doing activities.
- Where possible, individuals should keep the same equipment throughout the activities.
- All equipment should be cleaned and sanitised before and after the activities.
- Physical contact should be avoided where possible.



EQUIPMENT

- cones
- stopwatch

CROSS-COUNTRY COURSE

- Begin by finding a suitable and safe outdoor area of your school grounds. A grass field works best, but you can also do this activity on a hard surface such as a playground (this may be more appropriate for wheelchair / walking-aid users).
- Set-up a looped cross-country course using cones. Where appropriate try to include different terrain.
- Young people can run, walk or move through the course at their own pace.
- The aim is for each young person to achieve their personal best.
- How long can each young person safely continue running, walking or moving? 2 minutes? 5 minutes? 10 minutes?

IMPORTANT: *It is vital that this activity is appropriately risk assessed by your school ([find a template here](#)), and that it is overseen by suitably qualified staff. All young people should always be visible when on the course and staff / marshals should be placed at regular intervals along the course.*



CLICK HERE TO CHECK OUT A VIDEO OF THIS ACTIVITY

CROSS-COUNTRY / ATHLETICS



CROSS THE STREAM

- Find a safe area to set-up this activity. You can use an indoor or outdoor space.
- Place two cones 10 paces apart. The space in between the cones is your shallow “stream”.
- How quickly can you cross the stream by running, walking or moving between each cone?
- Try to cross the stream 10 times and see how quickly you can do this.
- Keep doing your best, and see if you can beat your own time.

HOW TO ADAPT THIS ACTIVITY

- Instead of running, walking or moving between each cone, set-up two markers about shoulder width apart. See how quickly you can do ten alternating toe-taps on the markers.
- Change the distance between the cones (shorter or longer).



CLICK HERE TO CHECK
OUT A VIDEO OF THIS
ACTIVITY

EQUIPMENT

- cones
- stopwatch



OTHER RESOURCES

VISIT THE SENDACTIVE PARTNER
SCHOOL DASHBOARD AT
WWW.SENDACTIVE.ORG
FOR ADDITIONAL
CROSS-COUNTRY / ATHLETICS
RESOURCES



Let us know if you enjoyed these activities!
Tag @SENDactive on Twitter

