



MOVE IT MONDAY: GUIDED WALK

Create a course with 2 markers which are placed 5 metres apart. Choose one person to wear the eye covering whilst the second person is the guide.

You will also need something to time how many laps you can complete in 2 minutes .

Make sure the guide is giving clear instructions to keep you safe – you may hold the arm of your guide.

Change roles and think about how you can improve – the instructions you are giving – are they clear?

Once you have both had a go discuss how you may be quicker and try to beat your score
How many shuttle runs/loops can you do in 2 minutes?

Increase the distance to make it more challenging.

