Berkshire Active Virtual Games 2021 Fitness Frenzy

Challenge 3- Gecko Steps (coordination)

Teacher Guidance link

<https://getberkshireactive.org/uploads/ks1-fitness-frenzy-guidance-and-challenges.pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-16.pdf?v=1608030555>

EQUIPMENT

2 markers

TO PLAY

Starting at 1 cone, side step between the 2 cones. When you reach a cone, turn it over and head back to the other cone and turn this one over. Repeat.

TOP TIPS

Use left hand for the left cone & right hand for the right cone.

Try to stay low to the ground.

Get a family member to time and count how many times you turn a cone over for you.

You could use rolled up socks instead of cones.

SCORING

Turnover the cones as many times as possible in 60 seconds. 1 point for every cone turned over.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=xk7I_YRXa9U&feature=youtu.be>