

HURDLE RACE

- Create a start line/marker.
- Place 5 hurdles 10m apart and a turning line/marker 10m from the last hurdle
- Jump over the 5 hurdles, turn and jump back over the hurdles to get back to the start as quickly as you can.
- This event can either be run as a race between pupils or a timed event for individual runners (depending on equipment).

TOP TIPS

MAKE SURE THE
HURDLES AREN'T
TOO HIGH TO JUMP
OVER

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO START AND FINISH
5 HURDLES- HURDLES, CUSHIONS, ANYTHING THAT CAN BE JUMPED OVER
STOPWATCH- WATCH, PHONE, ANYTHING THAT CAN TIME YOUR RACE



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