

Resistance Parachute Challenges

1. How fast can you run 10, 20, 30m? Can you beat your last score?
2. Can you beat the time of an opponent/ s?
3. Can you beat an opponent/s over a set distance?
4. Can you run in and out of cones in a zig-zag or curved pathway?
5. Can you run uphill/ downhill?
6. Can you follow a leader keeping as close as possible to them as they change direction and speed up or down?
7. Can you change direction and/ or speed on a signal?
8. Can you travel in different ways? Side-step, gallop, skip?
9. Can you alternate between running and jogging?