



2M2U

Athletics Competition

w/b 18th May 2020

Join in at school
or at home

#stayinstayactive
#stayinworkout

SSP
SEDGEFIELD

2M2U

2 Metres to You

Learn social distance while taking part in sport!



Mark out 2 metres and place a cone, tin or pair of socks at each end. Complete side steps to shuttle between the two ends. How many times can you touch the targets (point each time) in 30 seconds?



Mark out a square with sides 2 metres in length. Complete 4 laps and time yourself.
Lap 1 = Hop (right leg)
Lap 2 = Hop (left leg)
Lap 3 = 2 footed jumps
Lap 4 = Hopscotch



Place a bin, bucket, hoop, basket or pan (any target) 2 metres away from you. In 30 seconds throw as many pairs of socks as you can into your target.

To enter the virtual competition enter your scores on our website by noon on the 22nd May 2020. We'll present some virtual awards at the end of the week! Share your photos and videos with us on FB - @sedgefieldssp