

Finale Mini Marathon

Test your endurance!

Objective

Endurance, train stamina

Preparation

- Set up 4 cones or slalom poles to mark out running course.
- Total running distance marked out should not be more than 100 metres.
- Divide students into teams. Each team will start at a different cone/slalom pole.

Procedure

- On 'Go!', everyone will start off the run together.
- Goal is to finish as many laps around the course as possible under 3 or 5 minutes (time duration flexible).

Notes

- Encourage teams to support and motivate team members who are slower.