

How fast can you run through a zig-zag of cones?



For leaders

Set up cones spaced a few paces apart. Time yourselves to see how fast you can make it through. Feeling clever or want to take it further? Work out how fast you were in kilometres per hour! How did you compare to pigs?

Why?

Pigs can hit speeds up to 17kmph and in the wild up to 50kmph but run in a zig-zag!

Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Chinese New Year - Pig

£/Free	Indoors/Outdoors
Day/Night	

- | | |
|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input checked="" type="checkbox"/> 3 - 5 | |
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- | | |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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Skills:

- Gross Motor Skills

Equipment:

- Cones