

Students: Groups of 5

Equipment: Nil

Area: Large open space

Instructions:

Use 4 marker cones to create 2 lines, 15-20 metres apart. Students stand in lines and sprint lightly to the other end without making a noise with their feet. Discuss and experiment with how running noise can be reduced without loss of speed. Emphasise the placement of the ball of the foot while running.

Variation

Students attempt to get to the other end as quickly as possible without being detected by a leader