

Hill Runs

Aims

- To deliver a multiability activity.
- Runners to maintain pace and form on each effort and practise running on an undulating/hilly surface.

Key Points

- 1 Runners to reach specific landmarks on a hill/incline.
- 2 Once the landmark has been reached, runners to walk back to starting point.
- 3 Increase the distance of the landmark on the hill each time.

Resources:

- Whistle
- Stop watch
- Natural landmarks (trees, benches etc) or cones

Mixed Ability Groups:

Runners to reach as many of the landmarks as possible over a specific amount of time. The amount they reach will depend on the ability of the runner.

Safety Tips

- Ensure that the hills and distances are appropriate for the ability level of the group.
- Continuous assessment of the risk and challenge to the whole group.

