



OPEN
VIRTUAL
GAMES

WEEK 8 – ATHLETICS

50M SHUTTLE SPRINT CHALLENGE

This challenge has been set by Paralympic Champion Sophie Hahn
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How quickly can you complete a 50m shuttle sprint?

Scoring:

To get started, place 2 markers on the floor 5 metres apart.
You will then need to time how quickly you can run between the markers 10 times.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use any household object as your markers. Times can be recorded using any standard stopwatch, including a smartphone app.

Adapt for Ability and Inclusivity:

You can complete this challenge at a pace that suits you. You can do it running, walking, in a wheelchair, or with assistance. Just remember to have fun and do your best!

Coaching Tips:

Make sure you are warmed up before attempting to sprint! Take care when turning around the markers.

Benefits From Challenge:

This challenge will help improve your speed, stamina and mobility.

Remember to submit your scores before Wednesday 7th April at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.