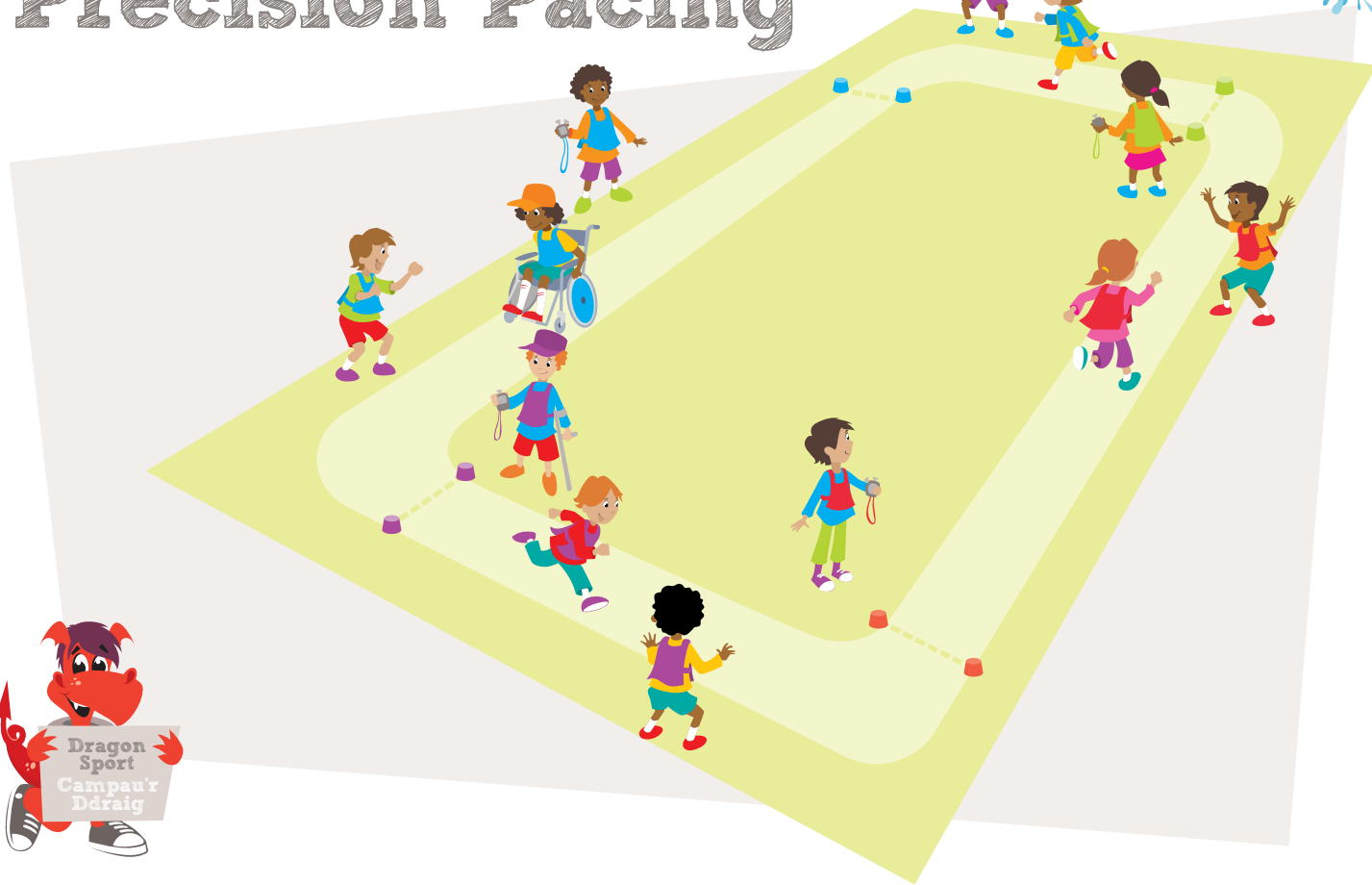


Dragon Sport Athletics

Precision Pacing

Activity Card



Dragon Sport
Campau'r Ddraig

Precision Pacing



Let's play

- Mark out a course (track) in a large 'garden' with as many different starting points as you have teams
- Compete in teams of 3, each team starts at a different starting point around the track. This is not a race against other teams, but a race against the clock to see who can finish closest to the target time
- Decide on a time to complete a lap, this time will need to be achievable and challenging. Decide on a points system based on lap time, e.g. completing the lap within 1 second of the time 10 points, within 3 seconds 5 points and within 5 seconds 1 point, etc. Each team member can have a different target lap time
- Take turns to time one another
- Complete 3 laps each and compare your score to other teams, previous attempts, etc.

