



Clock sprints

Not only is this a great cardio drill, it can also help children when they are learning to tell the time. It works well as a quick energy booster when you've been sitting for too long or you can combine it with other movement games or in the middle of a circuit for a longer PE/movement session. I actually used to use this one quite a lot with adult personal training clients too; it was always popular.

Good for:

- Family workouts;
- Movement breaks (after long periods of sitting);
- Getting a cardio workout;
- Working on changes of direction and agility
- Building coordination;
- Learning to tell the time;
- Basic number skills (for younger children);
- Developing listening skills;
- Just having fun.
- Having FUN!

You will need:

- 12 cones. If you don't have cones, anything will do: rocks, teddies, water bottles, sticks.
- Space! To get a really good workout, this one is best done outside or in a larger room. However, if you don't have a lot of room, you can still make it work, especially if your main focus is teaching your child about time.

How it works:

Game 1: The little hand

Set your cones out in an evenly spaced circle to represent the numbers on a clock. It is a good idea to set out 12, 3, 6 and 9 first and then slot the others in between.

Decide who is going to be doing the running first and who will call out the numbers. Grown-ups, you could do all the calling and get the kids to do the running, but if you have the space and are after a good interval-based workout, consider joining in.

The runners stand in the centre of the circle. The person calling out the numbers says a time, i.e. '1 o'clock', '5 o'clock' and the runners have to sprint to the correct cone and back again as quickly as possible.

Game 2: The big hand

You only need 4 cones for this to represent 12, 3, 6 and 9 on the clock.

Once again, decided who is running and who is calling.

Like in Game 1, the runner stands in the middle of the cones. The other person shouts out either quarter past, half past, quarter to, or o'clock and the runner has to run to the correct cone and back as quickly as possible.

For smaller spaces (or to work on different muscles) you can move the cones slightly closer to the centre and change the run to a fast side shuffle.

Top tip:

Remember to warm up and cool down before and after your workout. You could always use some of our shorter [Active Learning Games](#) as a warm up.

For more activities like this, head over to www.can-do-kids.co.uk

Health and safety

- **All activities suggested in this resource should be supervised by an adult and are undertaken at the participants'/supervising adult's own risk.**
- Make sure you check your area is clear of tripping hazards and sharp corners etc. before you start. Adapt the workout to make sure it is safe and suitable for the space you have. Always have water on hand so that you can all stay hydrated whilst you exercise.
- Make sure you warm up before starting. 5 minutes of moving all the joints and slowly elevating the heart rate will be fine. Your kids will more than likely have done warm ups and cool downs in PE at school so get them to lead this section if you like.