Lesson 9.3.1 Resource Page

Resource Page: Scenario 1

1. Walk slowly at a constant speed from “start” for 10 seconds.
2. Stop for 5 seconds.
3. Walk slowly again for 5 seconds.
4. Stop for 5 seconds.
5. Run towards “finish” for 5 seconds.

Lesson 9.3.2 Resource Page

Resource page: Scenario 2

1. Walk slowly from “start” for 10 seconds.
2. Stop for 5 seconds.
3. Walk slowly back towards “start” for 5 seconds.
4. Stop for 5 seconds.
5. Run towards “finish” for 5 seconds.