



# SONIC

## THE HEDGEHOG

IN CINEMAS FEBRUARY 14

SEGA

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**SONIC SKILLS: SET FOR SUCCESS**  
LESSON TWO: SONIC CIRCUITS

INTO  
FILM



YOUTH  
SPORT  
TRUST

# What makes a healthy lifestyle?

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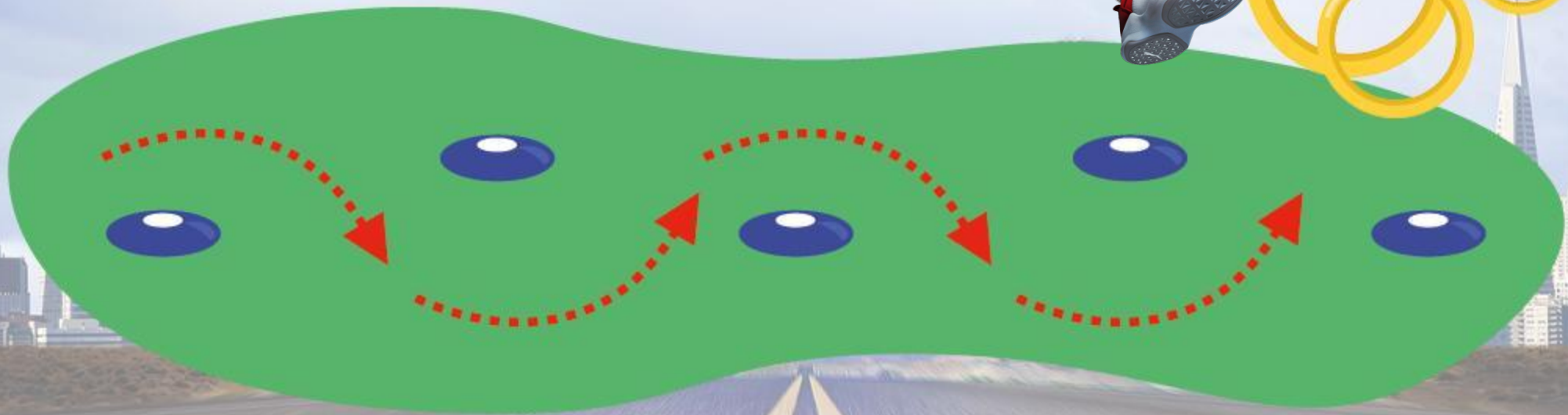
- Exercise
- Balanced diet
- Sleep well
- Positive friendships
- Keeping mentally active
- Taking time to relax



# Sonic Slalom

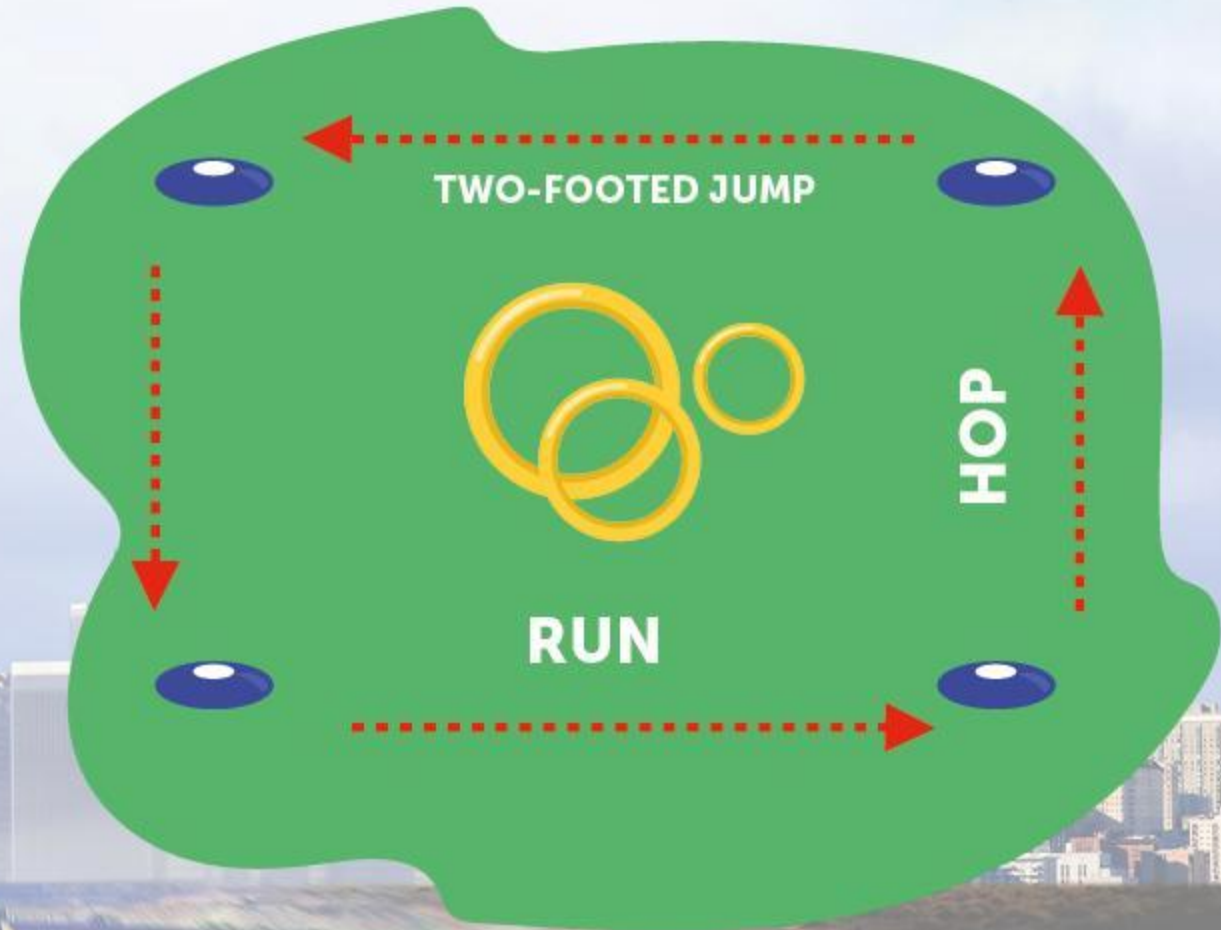
- Run in and out of the cones.
- There and back is 1 point.
- How many points can you get in 1 minute?

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# Sonic Squares

- Travel round the square as quickly as possible.
- Change from a run to a hop to a jump to a skip on each side.
- Pick up a ring after every completed square.
- Each ring collected scores 1 point.
- How many points can you get in 1 minute?



# Sonic Sprint

- Place eight rings at the start cone.
- Run and place a ring at the end cone.
- Race back for the next.
- Each ring placed scores 1 point.
- How many points can you get in 1 minute?



# Sonic Springs

- Travel using two-footed jumps between the hoops.
- There and back is 1 point.
- How many points can you get in 1 minute?

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# Sonic Steps

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- Travel along the hoops and back.
- Only one foot can go in each hoop.
- There and back is 1 point.
- How many points can you get in 1 minute?



# Sonic Scoop

- Start with four Sonic rings in the centre.
- Place a ring on a cone.
- Return to the centre to collect another ring.
- Once all rings are placed, return each rings to the centre one at a time.
- Returning all of the rings to the centre is 2 points.
- How many points can you get in 1 minute?

