SPORTSHALL ATHLETICS

KEY INFORMATION

AGE GROUP: Year 3&4, 5&6 and year 7&8

GENDER SPECIFICATIONS: Male and Female

NUMBER IN A TEAM: 10 for each gender group

DESCRIPTION

There will be 5 tasks / skills to complete as part of this challenge.

Please record the score for each activity on the score sheets, and the top 20 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.

SCHOOL GAMES

CHESHIRE & WARRINGTON SCHOOL SPORT ALLIANCE

Active Cheshire
Getting hearts beating faster for 30 years

CHESHIRE & WARRINGTON VIRTUAL SCHOOL GAMES

CNSSP
CREWE & NANTWICH SCHOOL SPORTS PARTNERSHIP

TASK #1: 10 X 10M SHUTTLE RUN

HOW TO PLAY:

Set up a distance of 5m marked at either end using cones or an

alternative mark (pegs, tape, tins etc...) to create the running lane.

Each participant runs the 10m distance a total of 10 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time. Click here to view a video of this task.
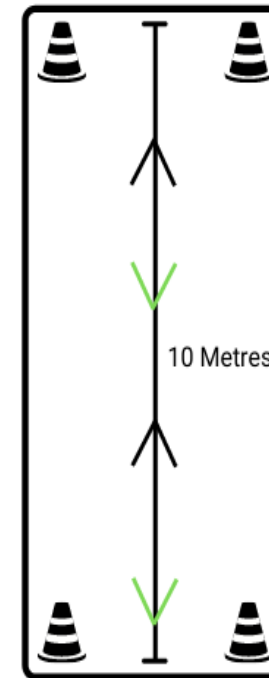
PLEASE USE A FLAT / DRY SURFACE

SCORING:

Please use the attached excel spreadsheet

EQUIPMENT:

Cones and a Stop Watch

10 Metres

Run up and down 10 times to complete 100m

TASK #2: STANDING LONG JUMP

HOW TO PLAY:

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet. The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go! Click here to view a video of this task.
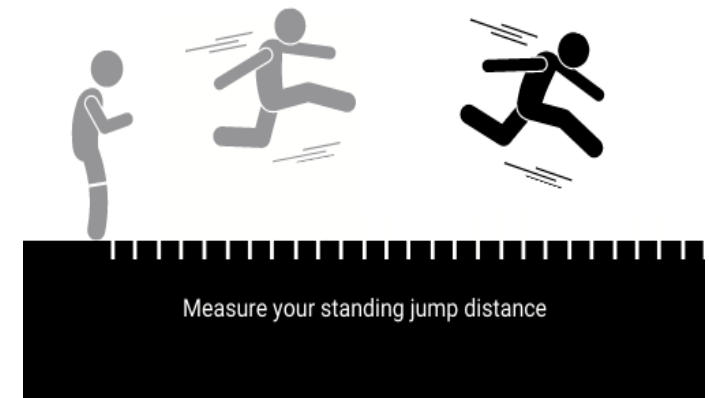
PLEASE USE A FLAT / DRY SURFACE

SCORING:

Please use the attached excel spreadsheet

EQUIPMENT:

Cones, Tape Measure and rope/cones to mark a take off line.

Measure your standing jump distance

TASK #3: VERTICAL JUMP

HOW TO PLAY

The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched. Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height. Click here to view a video of this task. Click here to view a video of this task.

SCORING:

Please use the attached excel spreadsheet

EQUIPMENT:

Vertical Jump scale attached (If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved).

Talc or a pen/pencil to mark.

Task #4: Speed Bounce

How to Play

The participant should cross the wedge (or substitute for wedge) as many times as possible within 30 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously. Click here to view a video of this task.

Scoring:

Please use the attached excel spreadsheet

Equipment:

All you need is a stopwatch or phone and a soft item – cones or rolled up towels are examples of what can be used as an alternative wedge.

TASK #5: CHEST PUSH

HOW TO PLAY

The participant stands behind a line, In this standing throw the

participant pushes a weighted ball with both hands from the chest

into a pre-measured throwing area. This is a good introduction to the push technique use in the shot put event. This technique is

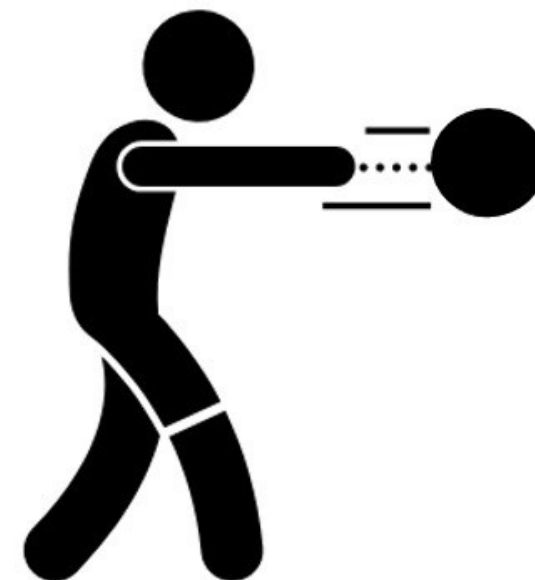also used in Basketball and Netball where it is known as the chest pass. Click here to view a video of this task.

SCORING:

Please use the attached excel spreadsheet

EQUIPMENT:

A weighted ball, netballs, basketballs or any similar ball can be used.

Measuring mat or tape measure.

INCLUSIVE:

Please use these links to support SEND;

http://www.sportshall.org/wp-content/uploads/2014/08/Parallel_Rules_and_Guidance_notes_13a.pdf

http://www.sportshall.org/wp-content/uploads/2014/08/Sportshall-disability-resource.pdf

For visual guidance on how to take part please follow the appropriate YouTube links below;

https://www.youtube.com/watch?v=K230C7nnXxw (10 x 10m shuttle)

https://www.youtube.com/watch?v=jlguHx6SHt0 (long jump)

https://www.youtube.com/watch?v=jxmgszSs92k (vertical jump)

https://www.youtube.com/watch?v=yY4p3uWeQeQ (speed bounce)

https://www.youtube.com/watch?v=24eUAe9QZFc (chest push)

SPIRIT OF THE GAMES VALUES

HONESTY...

WITH OTHERS AND WITH YOURSELF!

DETERMINATION...

NO GOAL WAS EVER MET WITHOUT A LITTLE SWEAT!

Risk Assessment:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

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Boys A Team Score Sheet

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TASK 5	TOTAL

Data Collection

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers	Number of teachers involved

Boys B Team Score Sheet

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TASK 5	TOTAL

Data Collection

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers	Number of teachers involved

GIRLS A TEAM SCORE SHEET

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TASK 5	TOTAL

DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers	Number of teachers involved

GIRLS B TEAM SCORE SHEET

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DATA COLLECTION

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