

Primary Multi Skill festival

**Year Group**

These challenges have been targeted at Year 3-4 but can be used for any year group.

**Where ?**

* Indoors (school hall)
* Outdoors (Playground or field)
* At Home

**Challenges**

This resource will provide you with guidance on how Multi-Skills can be delivered. A Multi-Skill Festival is designed to focus on the learning and development of the individual. The aim is for pupils to achieve a personal best.

**Four Multi Skill Challenges are**:

1. Target hopscotch
2. Jumping frogs
3. Agility Obstacles
4. Animal Walks

**How to get involved?**

1. Familiarise yourself with the Multi Skill challenge.
2. Set up the challenges.
3. Allow the pupils to practice each challenge.
4. Record the pupils final score for each challenge see if there is an improvement
5. **Submit your results to your teacher.**
6. **Schools** to complete monitoring form and send to SSP.

**COVID-19 Safety**

**Competition Leadership Award**

**Engage leaders by:**

* Using leaders to lead part of the session (warm up).
* Using leaders to time the activities.
* Using leaders to deliver a cool down activity.
* Using leaders to record results.
* Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.
* Using leaders to demonstrate tasks.

**How to enter?**

**You can enter in 2 different ways**

1. Schools run these activities for key worker children in school and send in the results to SSP.
2. Schools send resource to parents/ carers via home learning platform for pupils to take part at home. Parents/ carers submit pupils results to PE/ class teacher who collates results and sends to SSP.

Submit your monitoring forms to Laura Goodswen by Friday 19th March.

**Rewards and Certificates**

**ipment Needed**

There will be no official scoring for these challenges, but teachers should be awarding pupils for demonstrating the School Games values.

Schools will be sent a participation certificate for each pupil that has taken part on receipt of the monitoring form which can be found on the website.

**COVID-19 Safety**

The South Norfolk SSP virtual multi skill challenges should be completed in accordance with your schools Covid-19 PE policy.

**Safeguarding**

During the South Norfolk SSP virtual multi skill challenges schools must adhere to their own school policy. Schools must follow their photo consent policy.

**Risk Assessment**

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

**School Games Values**

During each of the challenges pupils are challenged to demonstrate the School Games values;



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Respect for the referee, for the opposition, for your teammates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, for every sport and everyone.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.



You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each other’s successes and be a positive team player.

Station one- Target hopscotch

one point

**How can you improve your aim?**

**Type of Skill**

* Throwing, Hopping and Jumping

**Physical Component**

* Strength

**Equipment**

* Hopscotch markings
* Chalk
* Bean Bags
* Stopwatch

**Instructions**

* Use a playground hopscotch marking or get pupils to design their own hopscotch board with chalk.
* Get pupils into pairs.
* One pupil calls a number the other tries to throw their bean bag to that number.
* Hopscotch to collect the bean bag.
* 1 point achieved once pupils return to the start.
* How many times can pupils complete the hopscotch course in 60 seconds?
* Allow pupils time to practice the skill so they have a chance to improve their personal best.

**Video**

[Target Hopscotch - YouTube](https://www.youtube.com/watch?v=5MkR1g1DtnI&list=PLX9GnyQdxaf7gWU6eliNHNh3aSxOIhVxr&index=9)

Station two- Jumping frogs

two points

**Try to keep your balance between jumps.**

**Type of Skill**

* Throwing, jumping, and landing

**Physical Component**

* Power

**Equipment**

* Obstacles- cones, ladders, or hoops
* Stopwatch

**Instructions**

* Mark out a start line and create 4 obstacles for children to jump over e.g. cones, ladders, or hoops. For younger children use spot markers or chalk lines. (ensure the obstacles are safe to jump over and are taped down).
* When jumping always take off and land with two feet.
* Each time pupils return to the start they score 2 points.
* Once they have finished the course they run back to start line and repeat the course.
* How many times can pupils complete the jumping frogs course in 60 seconds?
* Allow pupils time to practice the skill so they have a chance to improve their personal best.

station three- Agility Obstacles

three points

**Bending your knees will help you push off with your feet quicker**

**Type of Skill**

* Running, twisting, and lunging

**Physical Component**

* Agility and speed

**Equipment**

* Cones
* Stopwatch

**Instructions**

* Place 8 cones in a ‘T’ Shape all cones at the top of the ‘T’ need to be a different colour.
* Cones should be approximately 1m apart.
* Pupils will need a partner to call out a colour
* You leave the starting position performing side steps in and out of the cones to the colour cone called.
* Return to the start cone
* As soon as you return partners will call a different colour and the process is repeated.
* How many times can pupils complete the agility obstacle course in 60 seconds?
* Score 3 points every time you touch a cone and return to the starting point.
* Allow pupils time to practice the skill so they have a chance to improve their personal best.

**Video**

[Agility Obstacles - YouTube](https://www.youtube.com/watch?v=rXaDsZSs-zI&list=PLX9GnyQdxaf7gWU6eliNHNh3aSxOIhVxr&index=1)

Station four- animal walk

**Try to keep your body in a straight line**

4 points

**Type of Skill**

* Crawling and bending

**Physical Component**

* Strength

**Equipment**

* Cones
* Stopwatch
* Hoop
* Ball
* Bean bags

**Instructions**

* Pupils move on hands and feet like animals whilst retrieving items from a target area 5m away.
* Pupils will score 4 points for every item that is collected.
* You can use hoops, cones, skipping rope to mark out the area and equipment such as balls, bean bags for items that need collecting.
* How many items can pupils collect in 60 seconds?
* Allow pupils time to practice the skill so they have a chance to improve their personal best.

**Video**

[Animal Walks - YouTube](https://www.youtube.com/watch?v=xlWkTWPfYVw&list=PLX9GnyQdxaf7gWU6eliNHNh3aSxOIhVxr&index=2)

Class Result Sheet

School Name…………………………………………………………………………………………

Class Name………………………………………………Year Group......................................

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Pupils Name** | **Target Hopscotch****Points** | **Jumping Frogs****Points** | **Agility Obstacles Points** | **Animal Walks Points** |
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| 30 |  |  |  |  |  |
| **Total class points** |  |  |  |  |

Pupils Result sheet

Pupil Name………………………………………………Year Group......................................

Record your final score for each challenge.

|  |  |
| --- | --- |
| Station | Points Score |
| Target Hopscotch |  |
| Jumping Frogs |  |
| Agility Obstacles |  |
| Animal walks |  |
| Pupil Total Score |  |

Please return to your class teacher