

# ENGAGE



# SCHOOL GAMES

South Norfolk SSP  
Virtual Challenge

## QUADKIDS ATHLETICS CHALLENGE

DATES 24<sup>th</sup> May- 28<sup>th</sup> May

### THEME

These events are non-competitive and focus on targeting pupils who benefit from being physically active.

### EVENT/ CHALLENGE

4 fun athletics activities focussing on core athletics skills- Running, jumping, and throwing.

### YEAR GROUPS

Year 3-6

### WHERE?

Why not try each of the challenges in PE lessons before putting together a mini-Olympic themed festival where pupils compete in an intra-school competition?

### LEADERSHIP OPPORTUNITIES

#### 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.

# SCHOOL GAMES

## VALUES

During each School Sport Partnership experience pupils are challenged to demonstrate the



**Determination-** Trying hard in all challenges to get a better score than last time.



**Passion-** Showing passion for your team by being enthusiastic to take part and always supporting others.



**Respect-** Pupils are encouraged to respect the opponent and team-mates alike but most of all to respect the leaders.



**Honesty-** Being honest when scoring activities.



**Self-Belief-** Supporting each other and your fellow team-mates will help to ensure that the individual parts add up to a successful team performance.



**Teamwork-** Individual performances add up to team success so it is important that all pupils work as a team.



SOUTH NORFOLK  
SCHOOL SPORT PARTNERSHIP



## GETTING STARTED

1. Familiarise yourself with the athletics Challenges.
2. Set up the challenges in a carousel.
3. Allow the pupils to practice each challenge.
4. You might want to score the pupils and record their final score for each challenge or allow pupils to focus on achieving their personal best. Score sheets/ spreadsheet included.

## THINK INCLUSIVELY!

**Space-** Make the challenge areas smaller or bigger for some pupils.

**Task-** Focusing on developing the skills before adding target distances/ times.

**Equipment-** Use of lightweight or alternative throwing equipment to allow comfortable grip i.e. soft ball, tennis ball, beanbag etc.


**People-** Guide runners/visual markers to support visually impaired pupils, some events may need simple considerations or adaptations to enable disabled/ SEN students to participate, to ensure a meaningful competition opportunity the inclusion of additional races for disabled/SEN children should be included.

## CHALLENGE 1- VORTEX HOWLER THROW

### Equipment Needed

- Tape measures.
- Three vortex howlers/ javelins
- Starting Line
- Results recording -Clipboards, Pens/paper.

### Instructions

- Pupils should stand behind the throwing line.
  - The Vortex Howler should be thrown over arm in a ball/ javelin action.
  - The throw can be taken from a standing or with a run up.
  - Record each pupil's best throw.
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## CHALLENGE 2- 50M SPRINT

### Equipment Needed

- Stopwatch
- Starting whistle
- Results recording -Clipboards, Pens/paper.

### Instructions


- Maximum of 6 per race.
- Pupils should be organised into lanes and must stay in the designated lane for the duration of the race.
- Pupils must begin from a standing start, behind a start line.
- On the whistle the stopwatch is started, and the pupils run 50m.
- Record how long each pupil took to complete the distance.


## CHALLENGE 3- STANDING LONG JUMP

### Equipment Needed

- Standing Long Jump Mat or Tape Measure
- Results recording -Clipboards, Pens/paper.

### Instructions

- Pupil starts with both feet behind the take off line.
  - Pupils should jump as far as possible from a standing position, with a two footed take off.
  - Pupils must land with both feet at the same time.
  - Pupils may step forward on landing however if they step backwards then a no jump is called.
  - The jump is measured from the point of contact closest to the designated start point. This is normally the heel of the back foot.
  - Record each pupil's best jump.
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## CHALLENGE 4– 8X50M RELAY

### Equipment Needed

- Starting whistle
- Baton/ Beanbags
- Results recording -Clipboards, Pens/paper.

### Instructions

- Maximum of 8 pupils per team (4 girls and 4 boys).
- Pupils should be organised into lanes and must stay in the designated lane for the duration of the race. For Safety it is advised that a lane space is left between teams for exchanging batons safely.
- The boys of each team are positioned on the start line and girls on the finishing line in the adjacent lane.
- Pupils must begin from a standing start, behind a start line.
- On the whistle the pupils run 50m.
- Encourage pupils to work together as a team.


### HOW TO ENTER

As this is an Engage themed event, we do not ask schools to submit pupils scores. We do however ask schools to complete the monitoring Form on our website to let us know how many pupils took part in the challenge. **The deadline for entries is Friday 28th May.**

### SCORING/ CERTIFICATES

Each time your class takes part in a weekly challenge reward pupils with a class star sticker on a recording sheet.


Schools will be sent a participation certificate for each pupil that has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated the School Games Values.





## CLASS RESULT SHEET

	Pupils Name	Vortex Howler Throw	Standing Long Jump	50m Sprint
1				
2				
3				
4				
5				
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## PUPIL RECORDING SHEET

<b><u>STATION</u></b>	<b><u>DISTANCE/ TIME ACHIEVED</u></b>
Vortex Howler Throw	
Standing Long Jump	
50m Sprint	

### 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.

### SAFEGUARDING

During the South Norfolk SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

### COVID 19

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

