

DEVELOP



SCHOOL GAMES

South Norfolk SSP
Virtual Challenge

QUADKIDS ATHLETICS CHALLENGE

DATES 19th April- 28th May

THEME

These events are for pupils who enjoy friendly competition but do not want to focus solely on winning or losing instead they focus on the School Games Values.

EVENT/ CHALLENGE

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

YEAR GROUPS

Year 7-8

WHERE?

An Intra School Competition (Level 1) all children can participate in whole school QuadKids either over a series of weeks as part of their PE lessons or in a one-off mass participation event.

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 every challenge 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- Record your scores accurately.



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 in an intra school competition or allow pupils to focus on achieving their personal best. Score sheets/ spreadsheet included.
5. Split the group into 5 girls and 5 boys. This is one team.
6. Each team member competes in all 4 disciplines.
7. Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates points automatically).
8. The scores from the teams top 4 girls and top 4 boys over the 4 events are added together to give the team score. The team with the highest score wins.

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.
- 



CHALLENGE 2- 100M 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 100m.
- Record how long each pupil took to complete the distance.

CHALLENGE 3- LONG JUMP

Equipment Needed

- Long Jump pit
- Tape Measure and rake
- Results recording -Clipboards, Pens/paper.

Instructions

- Pupils should jump as far as possible from a run up, with a one footed take off.
 - Pupils must land with both feet at the same time.
 - Pupils may step forward on landing.
 - 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.
- 



CHALLENGE 4– 800M RUN

Equipment Needed

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

Instructions


- Maximum of 6 per race.
- Pupils should be organised into lanes and start on a curved line.
- Pupils must begin from a standing start, behind a start line.
- On the whistle the stopwatch is started, and the pupils run 800m.
- Pupils can run on the inside lane once started.
- Record how long each pupil took to complete the distance.

HOW TO ENTER

As this is an Develop 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


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	Long Jump	100m Sprint	800m Run
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					





PUPIL RECORDING SHEET

<u>STATION</u>	<u>DISTANCE/ TIME ACHIEVED</u>
Vortex Howler Throw	
Standing Long Jump	
100m Sprint	
800m Run	

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.

