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Cross Country

**DATE 3rd November 2021**

**10.30am-2pm**



**VALUES**

**During School Sport Partnership experiences pupils are challenged to demonstrate the School Games values.**

Target Audience

These events are for pupils who are competitive in nature and enjoy performing and competing against others.

Year groups

Year 3,4,5 & 6

venue

Langley School, Langley Park, Loddon, NR14 6BJ

Intent

To support individual development in sport.

Reframing Competition

Introducing a new team cross country competition. Schools are advised to run an intra school run the distance event to select pupils for this event.

Leadership Opportunities

**Engage Primary leaders by:**

* Using leaders to act as ‘Spirit Captains’ to lead discussions with young people.
* Using leaders to lead your event (warm up/cool down).
* Using leaders to demonstrate tasks in pre-event practice.
* Using leaders to record race day results.
* Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

How to Enter

This is an open entry event open to all schools in South Norfolk SSP. Please enter via the SSP website [www.southnorfolkssp.co.uk](http://www.southnorfolkssp.co.uk) or contact L Goodswen [l.goodswen@fehs.set.education](mailto:l.goodswen@fehs.set.education)

**Determination –** Determination is about the journey you go on to achieve your goals.

**Passion-** Giving it 100%, putting your heart and soul into the game and never giving up.

**Respect-** For the referee, for the opposition, for your teammates and for yourself.  Treating others politely and with understanding.

**Honesty-** Honesty with others and with yourself.  Having the courage to do the right thing what you know is right.

**Self-Belief-** Have the self-belief and confidence in yourself to succeed and reach your personal best.

**Teamwork-** Treating everyone equally, supporting each other and working together to have fun and achieve at your very best level.





Team information

* Teams of 6 per year group- therefore a maximum school squad size of 24 pupils.
* Team composition 3 Boys and 3 Girls for each year group.
* Schools can enter lower numbers should they wish to give pupils an opportunity, but this will affect your team score.
* Good sportsmanship will be expected from all players, staff and spectators.

Event information

* **Unfortunately, we are unable to accommodate parent spectators at this event.**
* All schools will be allocated a holding area for the cross country event.
* All schools should allocate 1 team manager for the event who will register your team and ensure your team are at the right place at the right time.
* All races will have an allocated start line and finishing funnel.
* Please Familiarise yourself with the course prior to start of the event. You may walk the course prior to the event (time permitting).
* At the end of each race, pupils will be given a ticket with their finishing position on. Pupils must hand this ticket to the schools allocated team manager.
* Please record the pupils first name and finishing place on the envelope provided. Place the ticket inside the envelope.
* All envelopes will be collected by a leader.
* Once a pupil race has completed their race, they should remain in the designated holding area.
* Any runner who is asthmatic must bring along an inhaler.

Scoring

* Pupils will be awarded medals and certificates for finishing in 1st, 2nd and 3rd place in each individual race category.
* The top 2 boys and top 2 girls in each race category will score towards the overall team competition.
* The winning school team will be awarded a schools trophy to keep for the year and the school team will receive medals and certificates.

Certificates

All schools will be sent a participation certificate for each pupil that has taken part in the cross country event. Schools will also be provided with sportsmanship award certificates for pupils who have demonstrated any of the **School Games Values.**

Intra School- Run the distance class challenge

|  |  |  |  |
| --- | --- | --- | --- |
|  | ***PUPIL NAME*** | ***TIME IN MINUTES***  ***e.g 4mins 35secs*** | ***CONVERT TO SECONDS***  ***e.g 275 seconds*** |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |
| 9 |  |  |  |
| 10 |  |  |  |
| 11 |  |  |  |
| 12 |  |  |  |
| 13 |  |  |  |
| 14 |  |  |  |
| 15 |  |  |  |

**SCORING?**

**Individual scores should be recorded in seconds (e.g 1min 10secs = 70 seconds) & inputted on the recording sheet**

**Pupils finishing in the top 3 places per race category could be entered as a team in the South Norfolk SSP event.**

**HOW?**

**Measure out a course that fits the available space at your school… 1000m for Year 3, 1200m for year 4, 1400m for year 5 & 1600m for year 6**

**You may choose to stagger starts**

**If your school has multiple year group classes, you could time pupils and record their run in seconds**

**WHO?**

**Every class from Years 3-6 can compete in this challenge – and can do so as many times as they like!**