

Round 4 - Athletics

Team Jump - How far can your team jump?

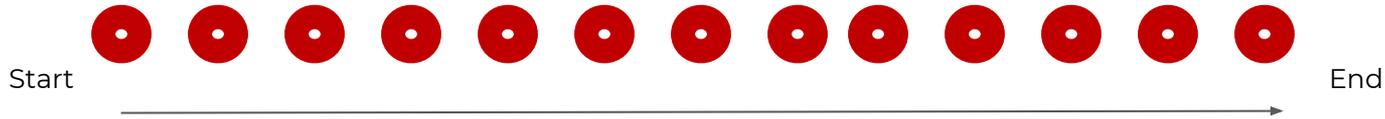
Equipment needed: A tape measure and 13 cones.

You will need a team of 12 children from KS1 and 12 from KS2, the two team scores should be added together.

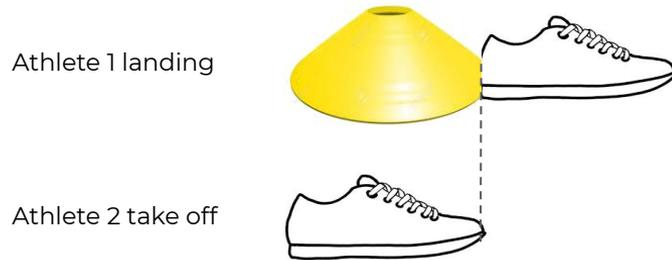
Rules

- The first athlete will jump from the first cone and place another cone where they land. The edge of the cone at the heel of the foot closest to their starting point. (See diagram over page)
- The next athlete will start from this cone and place a cone where they land, and so on until all the athletes have jumped.
- All athletes must have a standing start from either 1 or 2 feet.
- The score is the measurement from the first to the last cone.
- The school with the furthest distance in each fixture will win.
- Good Luck!

Round 4 - Example



Cone must go at the back

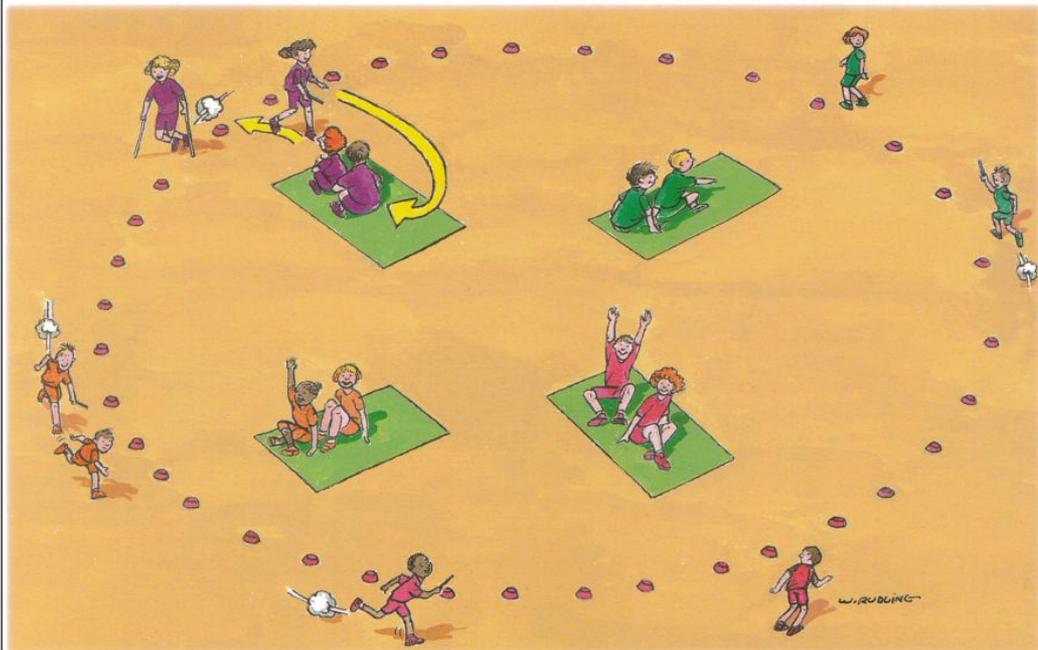


KS1	12.29 m
KS2	15.69 m
Total	27.98 m

Bonus Points

	Optional Tasks to be completed	Bonus Points
Task 1	Can you set up and play the Tick- Tag relay? Ask one or 2 children to work together to write a review of what they thought of the game and how they could adapt it to make it easier or harder? This will need to be submitted.	3 points
Task 2	Can a child in your school, stop the clock on a stopwatch at exactly the <u>paralympic</u> record for T44 100m Men's Sprint? You will need to submit a photo.	1 point
Task 3	Research, measure and mark out the height of a hurdle used in the Men's 110 metre hurdles. Research, measure and mark out the distance on the world's furthest Women's Triple Jump.	2 points
Task 4	5000m challenge. Measure a 100m distance, using a minimum of 10 children, no maximum. Can your school break the individual women's world record for 5000m? Each team member completes one 100 metre section before passing a baton/beanbag to the next runner (maximum of 5 sections per runner). The women's world record is 14:06.62 https://www.runnersworld.com/news/a34306047/letesenbet-gidev-breaks-5000-meter-world-record/ You will need to submit your school's 5,000m time	2 points 2 extra points if your school breaks the record

Tick-tag relay



Use this activity to:

- practise running round a curve
- practise relay running and baton changing
- develop sprinting technique.

How to play

- Four teams of four or five.
- Each team sits on a mat, or inside a marked area, equally spaced around the course.
- The course can be circular, square or another appropriate shape.
- On the command 'Go', the first runner from each team tries to catch the runner in front, while running back to their original team position.
- If no runner is caught by the time the runner returns to the team, the next member of the team continues the chase.
- The relay continues until one runner catches and touches another. One point is then scored for that team.
- The relay then restarts.

Think INC.

Introduce the activity as a form of continuous relay without tags.

Virtual Competitions

Summer Term 2021

GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Thank you for entering the Summer Term Virtual Competitions, you will now take part in 6 Virtual Competitions (fixtures) during the Summer Term. There will be a variety of whole school, and individual class or small groups of students competitions.

How are this term's competitions different from before?

For each round your school will compete against one other school. This will be different for each round. Points will be awarded depending if you win, lose or draw for that challenge.

School can earn bonus points if the school does extra tasks too! Your school's current position in the league can be found on www.letsgetahead.co.uk

How can we earn points for our school?

A school will be allocated the points in the league table each week. If a school wins the fixture they will be allocated 10 points; lose the fixture 2 points; draw the fixture 5 points.

An additional 10 bonus points are available to all schools each week by completing tasks and challenges. These could prove crucial in final league standings as the weeks progress.

When will the fixtures and competitions be announced?

Your school fixture will be announced when your school receives details of the next competition

What happens if we win the league?

A Trophy and a whole school event of your choice, will be awarded to the school who finishes at the Top of the League.