




Format	<h3>3 Stage Cross Country Relay Race</h3> <p>Teams are made up of 6 members from the same gender and year group. Each team member runs 1 leg.</p> <p>Stages:</p> <ul style="list-style-type: none">• Stage 1 [Leg 1 & 2 1500m each]• Stage 2 [Leg 3 & 4 1000m each]• Stage 3 [Leg 5 & 6 500m each]
Rules	<ul style="list-style-type: none">• Relay should be performed on flat school field• Stages should run in order & runners timed individually• Runners from different teams, running in the same leg <i>can</i> run at the same time, whilst maintaining social distancing• Teams must be submitted before the race start• Each year group should run on a separate day <p>Example:</p> <ul style="list-style-type: none">• Year 7 Mon 5th October 4pm• Year 8 Tue 6th Oct 4pm• Year 9 Wed 7th Oct 4pm• Year 10 Thu 8th Oct 4pm• Year 11 Mon 12th Oct 4pm <p><i>*to be agreed with whole district</i></p> <p>Teacher to record times for individual runners.</p> <p>Results to be submitted immediately via WhatsApp.</p> <p>Runners <i>do not</i> exchange a baton.</p> <p>Runners must observe National COVID-19 Guidance.</p> <p>Runners can only run 1 leg for 1 team.</p>
Scoring 	Individual run times are added together to give a “Whole Team” time.
Deadline	Before October Half Term





Athletics Pentathlon	
Format	<p>All Year 7 & 8 pupils perform 5 Pentathlon Events: -</p> <ul style="list-style-type: none"> • Standing Long Jump, • Speed Bounce, • Chest Push, • 10x10m Shuttle Run • Vertical Jump <p>Can be used for intra, inter competition and / or personal best challenge</p>
Rules	<ul style="list-style-type: none"> • All pupils in each class to complete the pentathlon • Students to complete all 5 events • Complete run as shuttles for agility and speed test • See attached guidance notes and rules for each event
Scoring	 <ul style="list-style-type: none"> • Scores for each student and event should be entered on the scoring spreadsheet attached. • Team scores are based on the top 5 boys and top 5 girls scores in each event. The scoresheet does this for you • Individual points and award levels are also displayed for use • Scores can be taken off the scoresheet to use for intra results if you have house or group systems in your school • Blank score sheets for use with classes can be printed from the scoring spreadsheet • Printable vertical jump scale attached.
Resources	<ul style="list-style-type: none"> • Guidance notes and rules for each event:- https://www.sportshall.org/wp-content/uploads/2020/08/Guidance-Notes.pdf • Scoring spreadsheet :- https://www.sportshall.org/virtual/school-games-pentathlon • Vertical jump scale:- https://www.sportshall.org/wp-content/uploads/2020/08/Vertical-Jump-Home-Scale.pdf
Deadline	<ul style="list-style-type: none"> • Friday 23rd October

