



<h2>Athletics Pentathlon</h2>	
Format	<p>All KS2 students 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 students in each class to complete the pentathlon • Combined year group classes e.g. Y3/4 or KS2 can be used for small schools • Students to complete all 5 events • 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






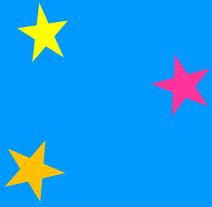
Format	<h3 style="text-align: center;">KS1 Gymnastics</h3> <p>Students to perform 4 skills: 1 roll, 1 balance, 1 jump and 1 additional with extra points for creativity.</p> <ul style="list-style-type: none">• Rolls - Teddy Bear, Egg, Pencil, Forward & Dish• Balance - Large, 1/2/3-Point, Front Support, Shoulder Stand, Back Support• Jump – Stretch, Star or Tuck• Additional Move - Animal Move, Walk or Step Turn <p><i>See appendices for full list of skills</i></p>
Rules	<p>The intra competition has 2 categories of participant</p> <ul style="list-style-type: none">• Non-Gymnast• Gymnast. Defined as someone who attends out of school clubs or is already able to perform skills listed <p>Teacher to enter student into appropriate level of competition. Students to write out what routine they will perform</p>
Scoring 	<p>Teachers, school staff to judge:</p> <ul style="list-style-type: none">• The routine will be scored out of a maximum of 10• Score on first move seen• Each skill will be marked out of 2.0, giving a total of 8.0 points• 2.0 extra points can be awarded for creativity <p>For each of the four skills marked, deduct for errors as follows:</p> <ul style="list-style-type: none">• - 2.0 if the skill is incomplete or missed out• - 1.0 for large falls or incorrect completion• - 0.5 for lack of body tension or not holding balances for 3 seconds• - 0.2 for bent arms or legs and not having pointed toes <p>Creativity:</p> <ul style="list-style-type: none">• +2.0 for evidence of linking moves or any kind of dance, routine flows well and lots of effort is shown• +1.0 if there is <i>some</i> evidence of linking moves and dance• +0.2 if the student has tried but needs prompts
Deadline	<ul style="list-style-type: none">• Friday 4th December






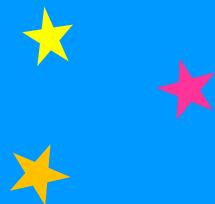
Format	<h3>KS 2 Gymnastics – Years 3 and 4</h3> <p>Students to perform 6 skills: 1 roll, 1 balance, 1 jump, they must then select 3 more skills with additional points for creativity</p> <ul style="list-style-type: none">• Rolls - Teddy Bear, Egg, Pencil, Forward & Dish• Balance - Large, 1/2/3-Point, Front Support, Shoulder Stand & Back Support• Jumps - Stretch, Star or Tuck• Additional Move - Animal Move, Walk or Step Turn <p><i>See appendices for full list of skills</i></p>
Rules	<p>The intra competition has 2 categories of participant</p> <ul style="list-style-type: none">• Non-Gymnast• Gymnast. Defined as someone who attends out of school clubs or is already able to perform skills listed <p>Teacher to enter student into appropriate level of competition. Students to write out what routine they will perform</p>
Scoring 	<p>Teachers, school staff to judge:</p> <ul style="list-style-type: none">• The routine will be scored out of a maximum of 10• Score on first move seen• Each skill will be marked out of 1.5, giving a total of 9.0 points• 1.0 extra point can be awarded for creativity <p>For each of the four skills marked, deduct for errors as follows:</p> <ul style="list-style-type: none">• - 1.5 Skill is incomplete or missed out• - 1.0 Large falls or incorrect completion• - 0.5 Lack of body tension or not holding balances for 3 seconds• - 0.2 Bent arms or legs or not having pointed toes <p>Creativity:</p> <ul style="list-style-type: none">• +1.0 for evidence of linking moves or any kind of dance, routine flows well and lots of effort is shown• +0.5 if there is <i>some</i> evidence of linking moves and dance• +0.2 if the student has tried but needs prompts
Deadline	<ul style="list-style-type: none">• Friday 4th December





<h2>KS 1 & 2 Orienteering</h2>	
Format	<p>Students to work in groups of 3/4 to navigate their way round a number of standardised routes as quickly as possible, writing down the correct order of letters in a sequence</p> <p>KS1 will be given 5 different routes to complete, set up in a 3x3 grid of cones, set out 2 metres between each cone</p> <p>KS2 will be given 8 different routes to complete, set up in a 3x4 grid of cones, set out 3 metres between each cone</p>
Rules	<ul style="list-style-type: none">• Students should not be able to see their route prior to the start, they can only turn over their paper once a member of staff shouts 'go'• All students in the group must complete the course at the same time• Students <u>must</u> go to every cone and not simply memorize where the letters are placed
Scoring 	<ul style="list-style-type: none">• The letters must be recorded in the correct sequence for their time to count• The group with the fastest time and all of the letters in the correct order for each route will be the winners• Schools to submit their top 3 fastest groups combined times
Resources	<ul style="list-style-type: none">• For full details and all resources please follow the link Lancashire School Games Virtual Orienteering (please download the resources from the link so that the pages align correctly)
Deadline	<ul style="list-style-type: none">• Friday 23rd October





KS1 & 2 Football	
Format	<p>Students to work through the different levels of the football dribble challenge in-and-out of the cones in the fastest time possible</p> <p>Teachers can select the most appropriate activity level for their participants or work through each level</p>
Rules	<p>Students line up at the first cone with a ball at their feet; timer shouts 'GO!' and starts the watch. Students then dribble the ball in-and-out of the cones before sprinting with the ball through the finish gate 1m from the last cone. The watch is stopped as the student (not the ball) crosses the line. Times taken from start to finish and the fastest time is recorded</p> <ul style="list-style-type: none">• Level 1: Straight line of 4 cones, 1m apart (plus a finish gate of 2 cones 1m from last cone)• Level 2: Straight line 6 cones 1m apart• Level 3: Straight line 6 cones 50cm apart• Level 4: Zig Zag line 8 cones offset (1m out at 45 degrees) 1m apart• Level 5: Zig Zag line 8 cones (as above) to the end, turn, and back• Boss level: Square of cones 6x6 cones, 50cm apart, start corner, through the cones back to the cone/corner you started from. Time stops as you pass the final corner cone and through the finish gate. <p>For each activity, if a cone is missed the player's time will not count. All cones must be passed</p>
Scoring	<p>Fastest time from the first cone to the player passing through the finish gate for chosen/each level. Prizes awarded for each Key Stage & Gender</p> <p>Schools should also consider their own L1 event by awarding the 'most improved' in their groups by looking at their first baseline time and their subsequent fastest time</p>
Resources	<p>For further development activities see:</p> <p>https://www.yourschoolgames.com/app/sports/sport-format-resources/15/ https://girlsfootballinschools.org</p>
Deadline	<ul style="list-style-type: none">• Friday 4th December

