**Sports Hall Athletics (Year 7, 8, 9, 10 & 11)**

**Inter-School Competition**

**Recruitment**

* The winning teams (a team of three boys and a team of three girls per school in each year group in a school) from each district inter-school competition will qualify for the virtual County final.

**Eligibility**

* Year 7 Boys
* Year 7 Girls
* Year 8/9 Boys
* Year 8/9 Girls
* Year 10/11 Girls

**Team Requirements**

Each counting school team should consist of 3 boys and 3 girls

Each student will score individually and the teams will be created from the top three scores from the spreadsheet results. Please return all results to your SGO.

A print off sheet is available for each class.

Schools can use all students’ results to create their own intra school and personal challenges.

**Competition Format**

* Read all the event instructions, use the print off results sheet and only scores submitted on the main results spreadsheet provided.
* Perform the events indoor if possible unless facility availability forces you outdoors.
* When in the school day: in PE lessons or outside of lessons.
* The three boys and three girls with the highest scores in each school qualify for the virtual County final.

**The Challenge format**

* Schools may enter all pupils in Years 7 to 11 as an intra school personal challenge.

**The Events and Rules**

**1.Ten Metre Run**

Use cones to mark out 10 metres course

10 lengths (5 lengths out and 5 back)

Lift your knees, bend your arms and practice quick turning

Turn level with the cones at each end

Maximum 3 attempts if time allows, best time counts

**What is your best time for 10 lengths?**

Work in 3s; Participant, Scorer, Timekeeper or if at home, ask family member to officiate.

**Competition: Every runners’ best time is recorded**

**Challenge**: all other scores contribute to the school’s own challenge event

Watch the film on the accompanying powerpoint for further instruction

**2.Standing Long Jump**

Use jumping mat or floor space with a cone

Jump from two feet to two feet-Lift your knees, bend your arms

Measure from the jump to **nearest point of landing**, whether be foot or hand

Best score after 3 attempts and practice get more height in to your jump

Work in 3s; Participant, Judge, Measurer or if at home, ask family member to officiate.

**Competition: Best score of each jumper counts**

**Challenge:** all other scores contribute to the school’s own challenge event Watch the film on the accompanying powerpoint for further instruction

**3.Speed Bounce**

Set up a line of 2-3 cones to jump over Practice bouncing two feet together Bend your knees, use your arms and jump in an even timed rhythm Work in 3s; Participant, Measurer, Judge/timekeeper or if at home, ask family member to officiate. Competition: Best score for each jumper counts in 30 seconds Challenge: all other scores contribute to the school’s own challenge event. Watch the film on the accompanying powerpoint for further instruction

**4. 20-Metre Paarlauf**

Use cones to mark out a 20-metre course

The three runners stand **in the centre** of the course at 10 metres

Baton (or equivalent) needs to be exchanged in the centre (if working in class/year bubbles)

**6 laps** in total per team of 3

Lift your knees, bend your arms and practice quick turning

**In threes,** complete **6 laps** between you in any order

Each runner must do **2 laps consecutively**

1. **Chest Push**

Set up standing point with cones

Place hands behind the ball at chest height

Push the ball away above chest height

Best score after 3 attempts

Work in 3s; Participant, Judge/ball collector, Measurer or if at home, ask family member to officiate.

**Use a Size 5 Football only,** no Basketballs, Volleyballs or Medicine Balls **Measurements** as per the table on the results sheets: 1.50M or more = 1 point; 2M or more = ; 4 points; 2.50m or more = 6 points; 2.75M or more = 8 points; 3M or more = 10 points etc

**Challenge:** all other scores contribute to the challenge event.

**Recording Times/Distances**

* Use the excel spreadsheet produced for schools to record scores from all of the pupils in a year group or indeed the whole of Key Stage 2. Checking the scoring sheet times, distances and points, all the scores entered will give each pupil an overall total. No other methods of results submission will be accepted.
* You must use full names and when you enter the times, please convert the time to seconds only, e.g. 3 minutes 40 sec = 220. **Do not** use decimal points for the times recording
* **Do** use decimal points for distance recording.
* Most cells on the spreadsheet are locked. They have formulas that will work out the total points gained from each of the entries from the five events.
* Complete the results sheet fully and email it back to your SGO.

**County Final Progression**

**District Challenge Format (Virtual)**

Schools **may** submit all their scoresheets of results from all pupils in Years 7 to 11 as an intra school personal challenge to their SGO purely for information.

**County Final 1- Team Format (Virtual)**

**Recruitment**

* The winning team from each inter-school competition will qualify for the County final.
* In total there should be a maximum of 10 schools competing in each race.

**Team Requirements**

Each winning district team will consist of 3 boys and 3 girls.

**Reward**

Winners, runners up and third place will receive medals