



Year 1 and 2 Athletics-based Multi - Skills.

Angmering Field

Start: 4.00 PM

Each team should bring teams of 6 (Mixed Y1 & 2 and mixed gender) children if possible.

Staff should contact Pete Gwynn to declare the number of teams entering.

More than 1 team can be brought if confirmation received beforehand.

Teams can comprise of girls and boys from year 1 and 2.

Each Team should have a supervising member of staff for each team who will also act as scorer for the team.

It is hoped that each event will have a sports leader from Angmering present to help with organisation and scoring of the event. Each school will participate in every event on a carousel basis. The duration of each event will be centrally timed.

The ethos of the event is of participation, although teams will have the chance to score against the other schools.

1. Shuttle Relay.

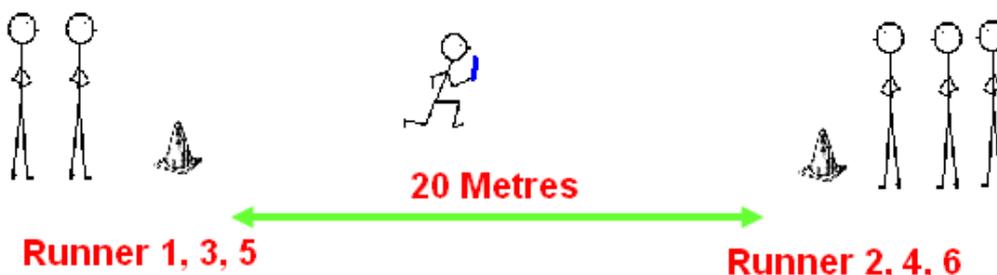
Teams are divided in 2.

3 runners go to each end of their 20M track.

The first runner runs down the track with the baton and passes it to the next waiting runner, then joins the end of that line. The next runner returns the baton down the track and hands it to the next waiting runner.

Teams score 1 point every time the baton is handed over.

Shuttle Relay



2 Howler into The Hoop.

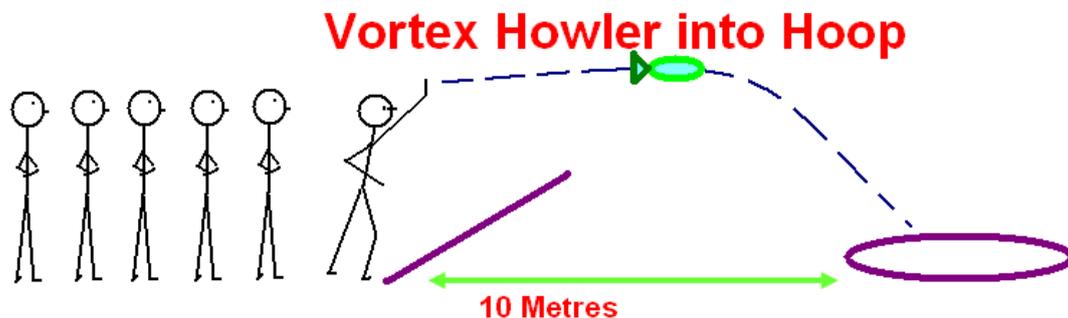
Teams line up behind the “waiting” line.

The first player places the hoop overarm and 1 handed towards the hoop placed 10M away on the ground.

After throwing the player retrieves the howler hands it to the next thrower before joining the end of the line..

The next player can then throw.

1 point is scored each time the howler lands first bounce in the hoop.



3. Target Throwing.

Teams line up behind the “waiting” line.

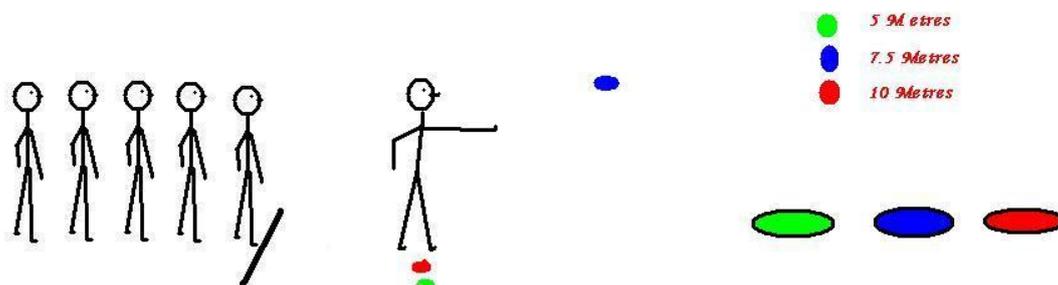
Each team has three bean bags.

The thrower should try to throw each bean bag into the same coloured hoop.

Throws must be underarm and they must have one foot on the throwing spot.

After throwing all three bean bags they should be retrieved before the next player has their go.

1 point is scored for each beanbag that lands in the correct hoop.



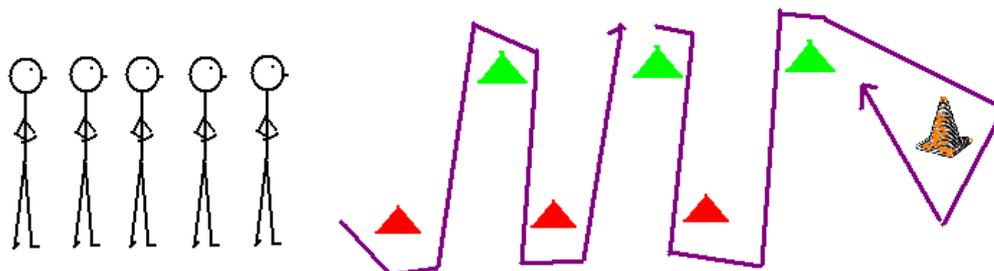
4. Zig Zag Relay.

Teams sit on the behind the line.

The first runner takes the baton and runs around the back of the red cone and then cuts back to run around the green cone, then red then green etc..., goes around the large cone and zig zags on the way back before handing over the baton and joining the back of the queue.

1 point is score each time the baton is handed over.

Zig Zag Relay



5. Standing Long Jump

Teams line up behind the “waiting” line.

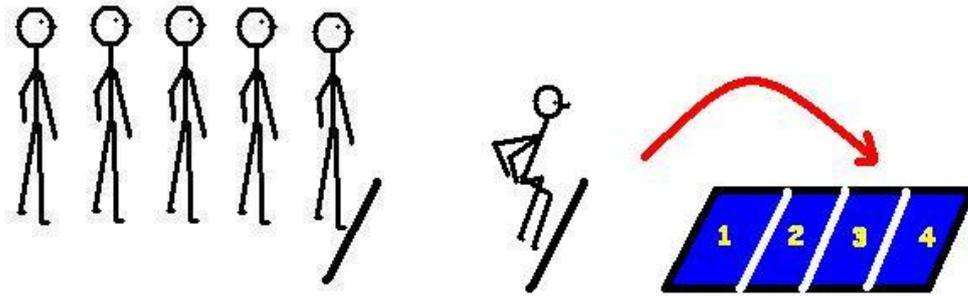
The jumper stands behind the jumping line. No run up is allowed.

The jumper swings their arms and jumps onto the mat – landing on two feet.

Points are awarded corresponding to where they land. The final team total is divided by 6.

Should a jumper fall over or step back, the jump is not counted.

After jumping the next player approaches the mat when told to do so by the supervising teacher



6. Chest Push Through Hoop.

Teams line up behind the “waiting line”

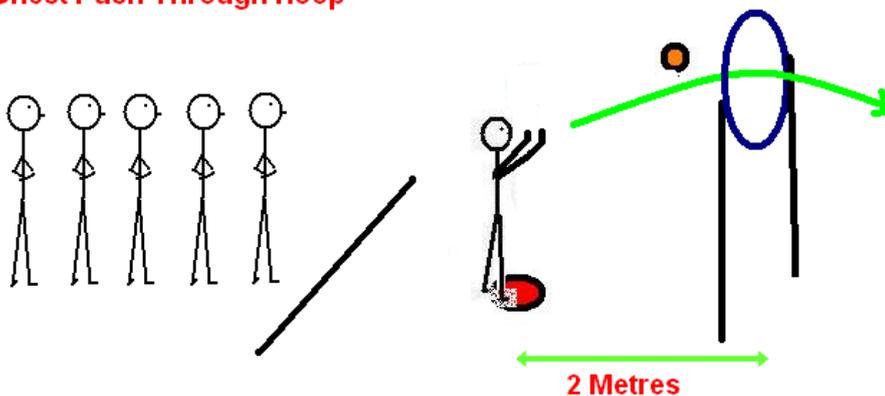
The Thrower stands on the spot and throws the ball With 2 hands from in front of their chest. They should aim to get the ball through the hoop, by throwing upwards.

After throwing they should collect the ball and return it to the spot.

Once the ball is on the spot the next player can go.

1 point is scored for each time the ball passes through the hoop.

Chest Push Through Hoop



7. Slalom Run

Teams sit on the “waiting mat”. The first runner stands to the side of the mat and sets off across the hall.

The runner must run in between each of the 6 poles towards the turning board.

They must then Straight down to the other side of the hall (missing out the poles) and hitting the turning board with one foot.

They will then run and touch the hand of the next runner who is waiting at the side of the “waiting mat”.

1 point is awarded for each completed run.



8. Overhead Throw

The team waits behind the line.

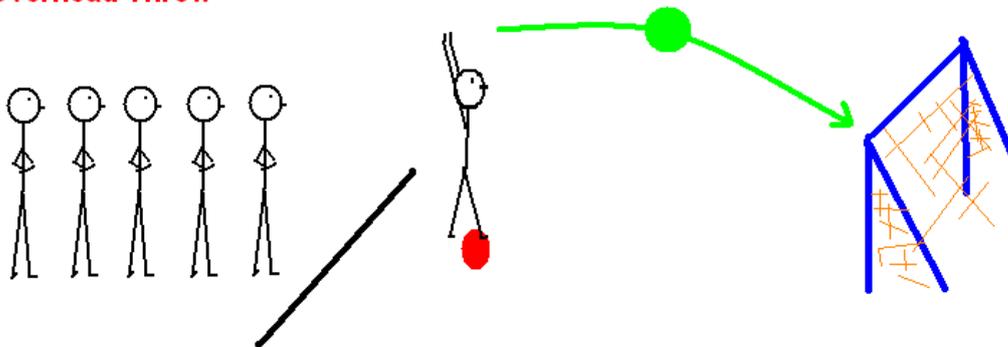
The first thrower throws the ball with 2 hands over their head and into the goal.

The ball is allowed to bounce no more than once before it enters the goal.

The thrower then collects the ball and returns it to the next waiting team member before joining the back of the line.

1 point is scored each time the ball enters the goal correctly.

Overhead Throw



9. Speed Bounce

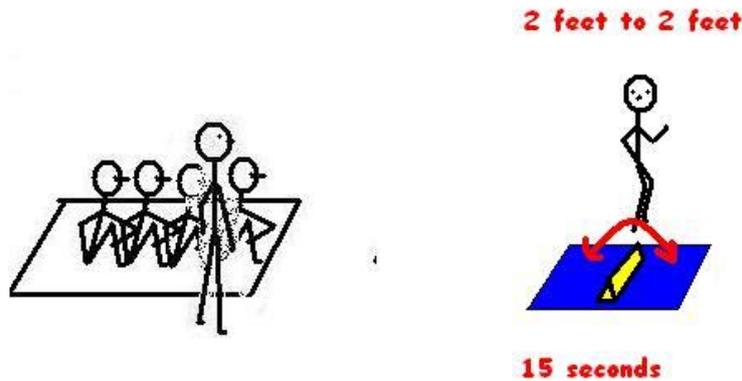
Teams sit down alongside the speed bounce mat.

The jumper is required to do as many 2 feet to 2 feet jumps as possible, over the wedge, in 15 seconds.

All jumps from every team member are added together to get the final team score.

The supervisor is required to count how many jumps are completed.

Jumpers get only 1 go each. **Only 6 jumpers scores can be added to get the team score!**



10. Big Ball Roll.

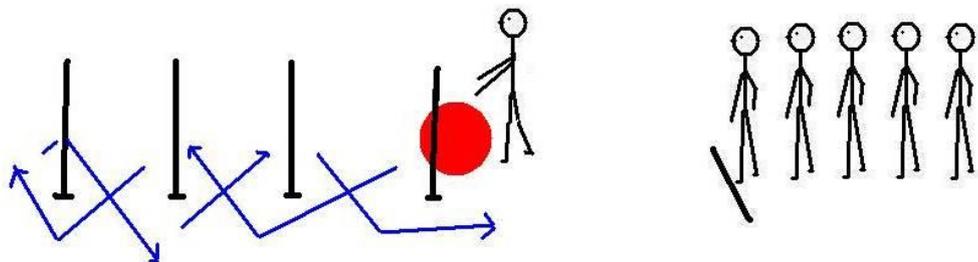
Teams line up behind the “waiting” spot.

The first player stands with the ball on the spot and rolls the ball (with one, other or both hands) in out of the posts around the cone and back.

After dribbling the player gives the ball to the next player.

The next player can then dribble.

1 point is scored for each dribble.



11. Long Run Relay

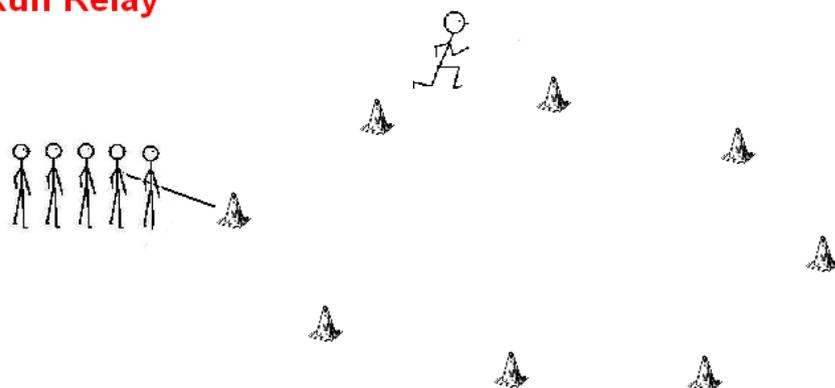
Teams line up behind the start line.

The first runner sets off around the 300M, running outside the circle of cones before handing the baton to the next runner – then resting.

Once all runners have completed their run, the stop watch is stopped.

Depending on the time taken, points are awarded on a sliding scale.

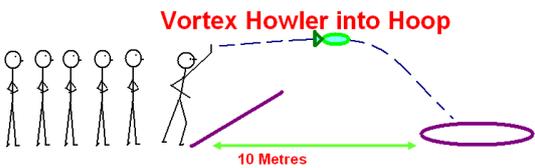
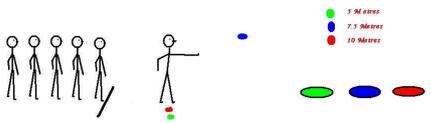
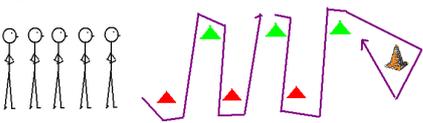
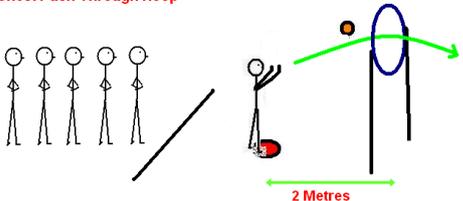
Long Run Relay

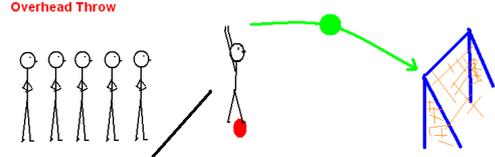
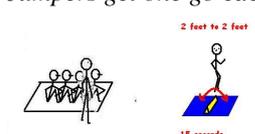
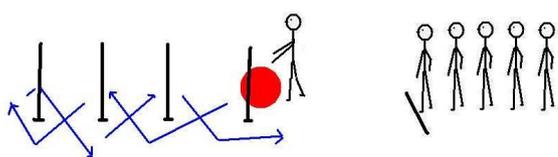
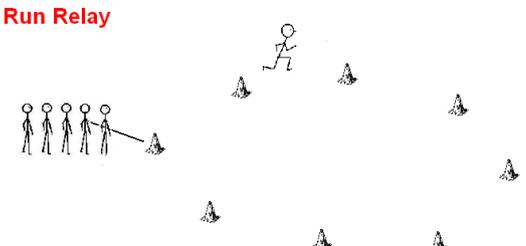


Athletics Multi-skills Scoresheet.

FINAL SCORE:

School: _____

Event	Score		
	Score Tally	Team Total	Running Total
<p>1 Shuttle Relay</p> <p>1 point for each baton Hand over</p> <p>Shuttle Relay</p> 	Tally of shuttles:	Team Total	Running Total
<p>2 Howler into the Hoop</p> <p>1 point for each accurate throw (1st bounce)</p> <p>Vortex Howler into Hoop</p> 	Tally of accurate throws:	Team Total	Running Total
<p>3 Target Throw</p> <p>1 point for each throw in correct hoop</p> 	Tally of bean bags in correct coloured hoops:	Team Total	Running Total
<p>4 Zig Zag Relay</p> <p>1 points for each completed relay leg</p> <p>Zig Zag Relay</p> 	Tally of baton change overs:	Team Total:	Running Total
<p>5 Standing Long Jump</p> <p>Points awarded in relation to landing area on mat. Add all totals together. NO RUN UP</p> 	Tally of team jump points: (All jumps added together)	Team Total:	Running Total
<p>6 Chest Push Through the Hoop</p> <p>1 point awarded for each throw</p> <p>Chest Push Through Hoop</p> 	Tally of accurate throws scored.	Team Total	Running Total

Event		Score		
		Score Tally	Team Total	Running Total
7	Slalom Run <i>1 point awarded for each completed relay leg</i> 	Tally of completed slaloms:	<i>Team Total</i>	<i>Running Total</i>
8	Overhead Throw <i>1 point awarded for each a.</i> <i>Overhead Throw</i> 	Tally of accurate throws:	<i>Team Total</i>	<i>Running Total</i>
9	Speed Bounce <i>15 seconds per jumper. Add scores of 6 jumpers only. No more than 6 scores added together to get team score. Jumpers get one go each.</i> 	#1 #2 #3 #4 #5 #6	<i>Team Total</i>	<i>Running Total</i>
10	Big Ball Roll <i>1 point for each completed circuit</i> 	Tally of completed slaloms:	<i>Team Total</i>	<i>Running Total</i>
11	Long Run Relay <i>1 point for each completed circuit</i> <i>Long Run Relay</i> 	Tally of completed slaloms:	<i>Team Total</i>	<i>Running Total</i>

	<u>TEAM NAME:</u> <u>TEAM MEMBERS:</u>
#1	
#2	
#3	
#4	
#5	
#6	

	<u>TEAM NAME:</u> <u>TEAM MEMBERS:</u>
#1	
#2	
#3	
#4	
#5	
#6	

Supervising staff:

Staff will be given a clipboard, pencil and score sheet.

They are required to count and record their team's score as they progress around all activities.

Staff should ensure that their players know how to play the games so that they can compete on the day.