



Year 1 and 2 World Cup Athletics Multi - Skills.

9.00 – 11.00 AM at the Angmering School. (Astro)

- Each team should bring teams of 10/12. (5/6 boys & 5/6 girls per year group).
- Schools can bring as many teams as they wish for this event.
- Please notify Pete Gwynn before attending of the amount of teams you will be bringing.

- Teams can comprise of girls and boys mixed from year 1 and 2, or as individual year group teams.
- Each Team must have a supervising member of staff / responsible adult (TA / Parent) for each team, who will also act as scorer for the team. Schools should bring their own first aid kit.
- 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.

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.

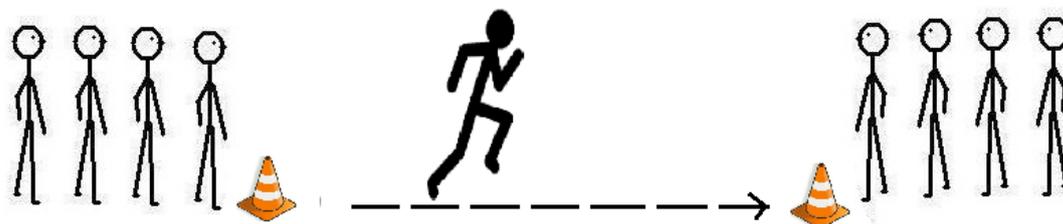
Staff should ensure that their players know how to play the games so that they can compete on the day.

1. Sprint Shuttle Run Relay:

Team is split in 2 and stand 15 m apart. The first runner sets off with the baton and hands over to the first runner waiting at the other side.

This runner sets off with the handed-over baton and sets off to the other side. The runner walks to the back of the queue and awaits their next turn.

1 point is scored every time the baton is handed over.



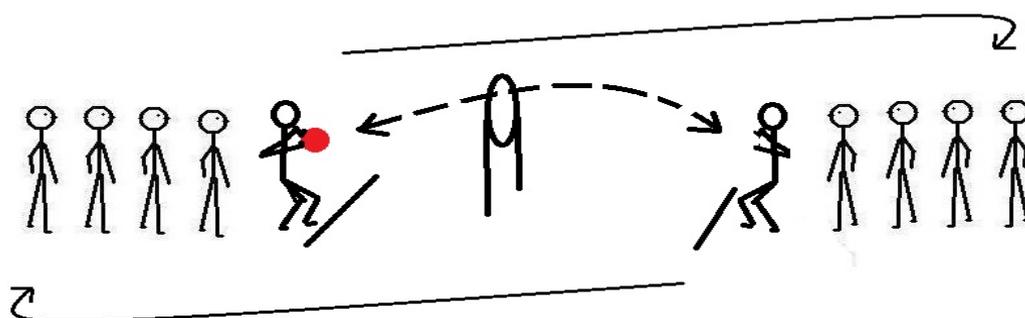
2. Target Chest Push

Team is split in 2 and stand 15 m apart.

The first athlete attempts to push the ball using 2 hands from chest height through the hoop in front and then walks to the back of the opposite line.

The first player on the other side of the hoop stops the ball, repositions themselves behind the throwing line and attempts the same skill.

1 point for each goal



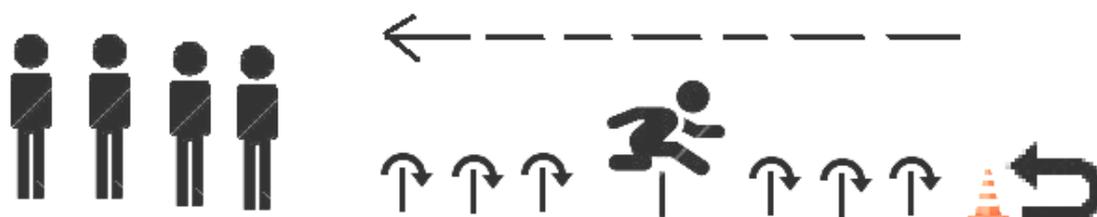
3. Hurdling

Teams line up behind the start line.

The first runner must run and hurdle over the barriers in front of him until he reaches the cone at the end.

After going around the cone, the athlete must run straight back, correcting any hurdles he knocked over on the way, before tagging the next runner in the line.

1 point per completed run.



4. Standing Long Jump

Teams line up behind the “waiting” line.

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

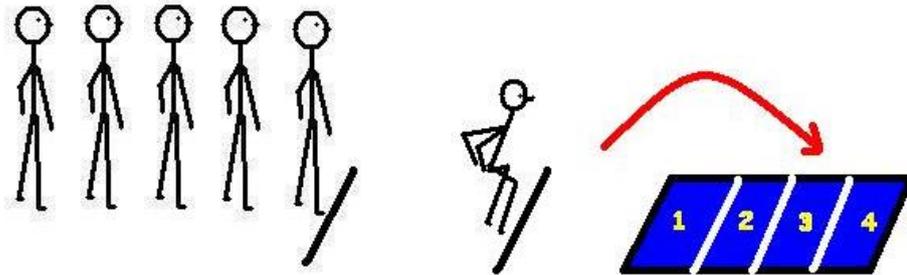
The teacher leader should state when jumping can take place. The jumper must stand still for 2 seconds before they can jump (to stop a run up occurring) – Leader counts “1-2 Jump!”

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

Points are awarded corresponding to where they land. *Should a jumper fall over or step back, the jump is not counted. And they get NO points.*

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

Divide final total by 10.



5. Walking or Running Laps in pairs.

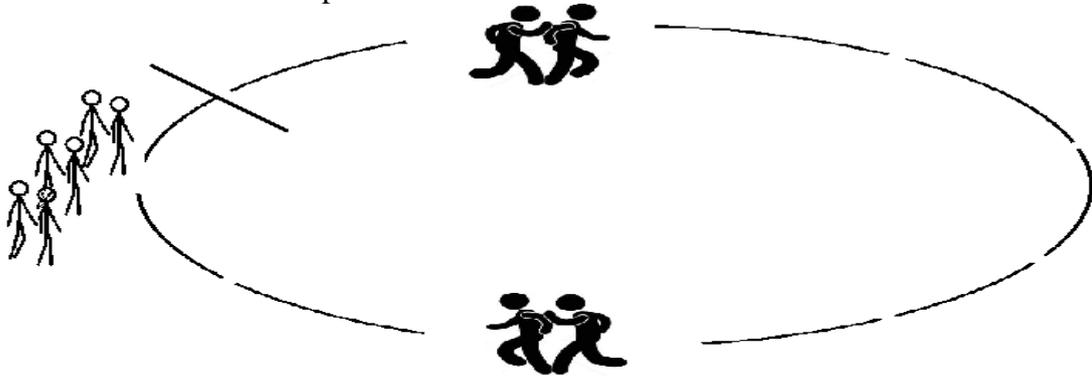
Athletes line up in pairs and must run around the circuit at the same speed.

They must cross the line together in order to earn 2 points for their team.

On completion of a circuit they join the back of the queue until it is their turn again.

Athletes can run, walk or do a mixture of both – as long as they do it at the same speed as their partner.

Pairs will be set off at ½ lap intervals.



6. Slalom Run

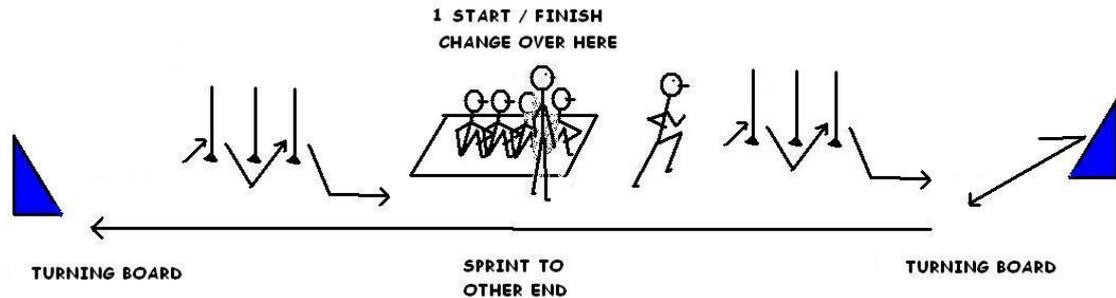
Teams sit on the “waiting mat”. The first runner stands to the side of the mat and sets off across the hall.

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.



7. Target Throwing.

Teams line up behind the “waiting” line.

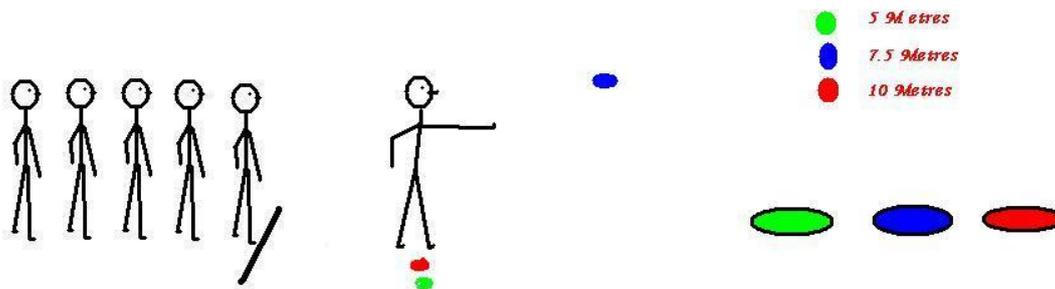
Each team has three bean bags.

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.



8. Speed Bounce Relay

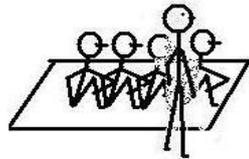
Teams sit down alongside the speed bounce mat.

The jumper is required to do 6 x 2 feet to 2 feet jumps over the yellow wedge whilst holding the baton.

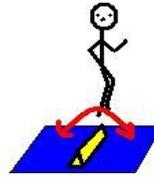
After completing the 6 jumps pass the baton to the next athlete.

Continue until time is up.

1 point scored for every 6 correct jumps



2 feet to 2 feet



15 seconds

9. Big Ball Roll.

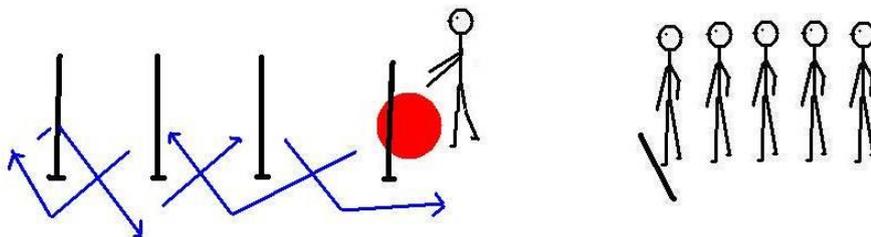
Teams line up behind the “waiting” line.

The first player rolls the ball (with one, other or both hands) in out of the cones around the end cone and back (again weaving in and out).

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

The next player can then dribble.

1 point is scored for each dribble.



10. Vortex Howler Throw into Hoop

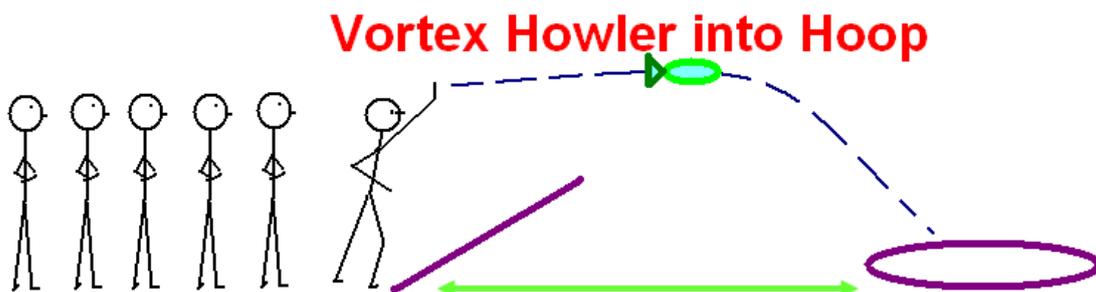
Teams line up behind the “waiting” spot.

Each team has a vortex howler. (Hold the main body / blue part)

The thrower should throw the vortex overarm and try to get it to land first bounce into the hoop.

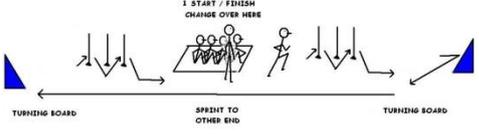
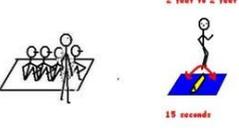
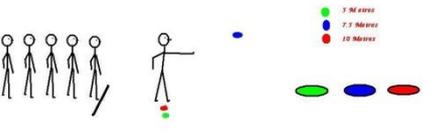
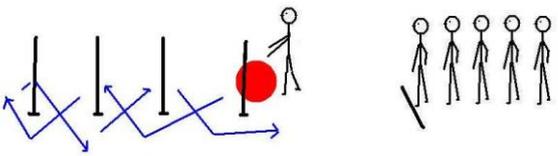
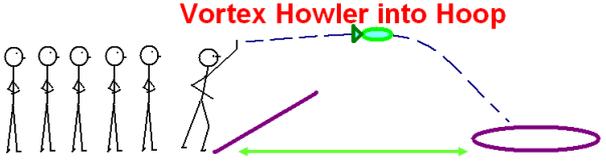
1 point is scored for each throw that bounces in the hoop.

Throwers should collect their own throw and return the vortex howler.



School:

Event		Score		
		Score Tally		
1	<p>Sprint Shuttle Run Relay: 1 point for each shuttle completed</p>	Tally of dribbles:	Team Total	
2	<p>Target Chest Push Push the ball through the hoop and then run round to the other 1 point for each goal</p>	Tally of goals:	Team Total	Running Total
3	<p>Hurdles 1 point for each completed sprint</p>	Tally of completed sprints:	Team Total	Running Total
4	<p>Standing Long Jump Points awarded in relation to landing area on mat. Add all totals together. <u>NO RUN UP</u></p> <p>JUMPERS MUST STAND STILL FOR 2 SECONDS BEFORE JUMPING</p>	Tally of team jump points: (All jumps added together – divide by 10)	Team Total:	Running Total
5	<p>Walking or Running Laps in pairs</p>	Tally of completed laps by pairs.	Team Total	Running Total

Event		Score		
		Score Tally		
6	<h3>Slalom Run</h3> <p>1 point awarded for each completed relay leg</p> 	Tally of completed slaloms:	Team Total	Running Total
7	<h3>Speed Bounce</h3> <p>Each jumper must complete 6 jumps to gain 1 point for the team, and then hand the baton to the next jumper. Continue until time is up</p> 	Tally of each time baton handed over	Team Total	Running Total
8	<h3>Target Throw</h3> <p>1 point for each throw in of the correct colour into correct hoop. Collect the bean bags after throwing.</p> 	Tally of bean bags in correct coloured hoops:	Team Total	Running Total
9	<h3>Big Ball Roll</h3> <p>1 point for each completed circuit</p> 	Tally of completed slaloms:	Team Total	Running Total
10	<h3>Vortex Throw</h3> <p>Vortex Howler into Hoop</p> 	Tally of goals scored:	Team Total	Running Total