

Key Stage 1 Athletics Rules



There will be 8 children in each team. (An even mix of boys and girls where possible)

Schools can enter:

1 x Year 1 team

1 x Year 2 team

OR 1 x mixed Year 1 & 2 team to compete with Year 2 children.

Children should be labelled from A – H and will be given a sticker accordingly.

The children will compete in events in the following groups A=B, C+D, E+F, G+H on a rotation basis.

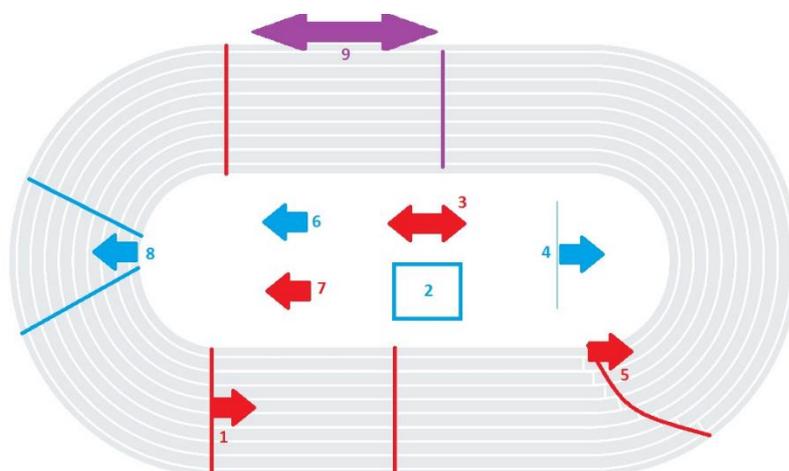
(Timings will be determined by the duration of the long distance (200M) run).

The emphasis will be on letting all children “have a go” rather than timing and measuring them.

Scores will not be taken for this event, although children will be awarded Bronze, silver, gold and Yellow (participation) positions after each turn.

Events are:

| | | | |
|--|--|--|---|
| <p>1. 40 M sprints: Children will be allotted a lane and run as fast as possible to the other end.</p> | <p>2. Speed Bounce Children jump from the red spot to the green spot. They must take off and land on 2 feet.</p> | <p>3. Grab a bag: Children race together to collect individually placed bean bags one at a time and return them to a hoop as fast as possible</p> | <p>4. Distance throw: Children take it in turns to try and throw the vortex howler (overarm) as far as possible into the different target areas. (3 / 5/ 8 / 10 M)</p> |
| <p>5. 200M Run Children run around the track as fast as possible to the finish line.</p> | <p>6. Chest Push: Children take it in turns to try and push the ball using two hands (no run up) through an elevated hoop target.</p> | <p>7. Long strides / Hops / jumps. Children take turns to cover the allotted distance in as few long strides as possible.</p> | <p>8. Target Throw. Children throw bean bags into hoops placed at increasing distances away (underarm)</p> |
| <p>9. Team Shuttle relay: Runners A-D at one end, Runners E-H at the other. Children run individually with the bean bag to the other end and hand over the bean bag. Children sit at the other end once their run has been completed. Race ends when all 8 runners have been.</p> | | | |



Team Selection sheet:

Year 1 Team

| | |
|----|----|
| A. | B. |
| C. | D. |
| E. | F. |
| G. | H. |

Year 2 Team

| | |
|----|----|
| A. | B. |
| C. | D. |
| E. | F. |
| G. | H. |

Rotation order:

