



Year 1 and 2 Multi – Skills (8 events)



Each team should bring 1 or 2 teams of 12 (Mixed Y1 & 2 and mixed gender) children if possible, confirm how many you will be bringing).

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. 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.

1. Hockey Dribble.

Teams line up behind the “waiting” line.

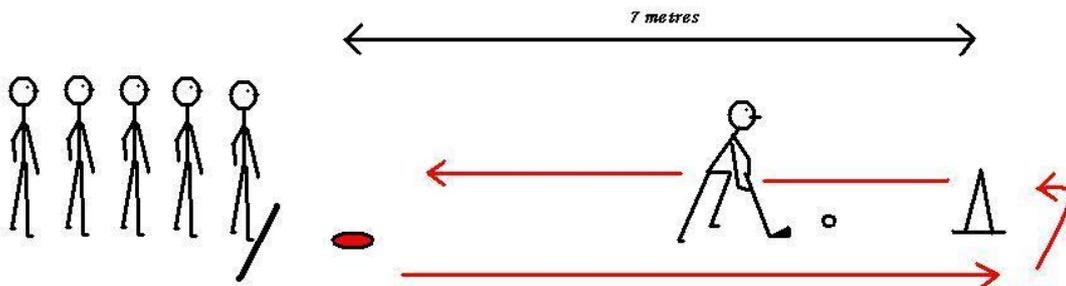
The first player places the ball on the spot and Dribbles the ball around the cone and back.

After dribbling the player retrieves the ball and places it on the spot.

The next player can then dribble.

1 point is scored for each dribble.

Players should try to use two hands to control the stick, and can use either side.



2. Football Shooting.

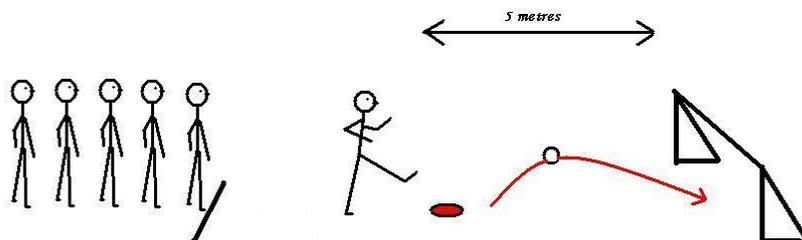
Teams line up behind the “waiting” line.

The first player places the ball on the spot and kicks the ball at the goal.

After shooting the player retrieves the ball and places it on the spot.

The next player can then shoot.

1 point is scored for each goal.





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3. Target Throwing.

Teams line up behind the “waiting” line.

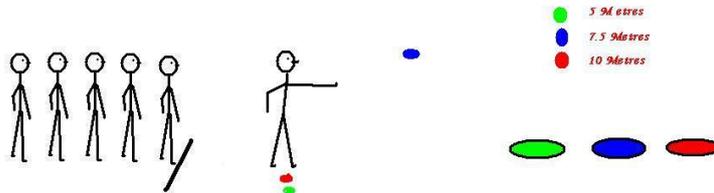
Each team has three bean bags.

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.

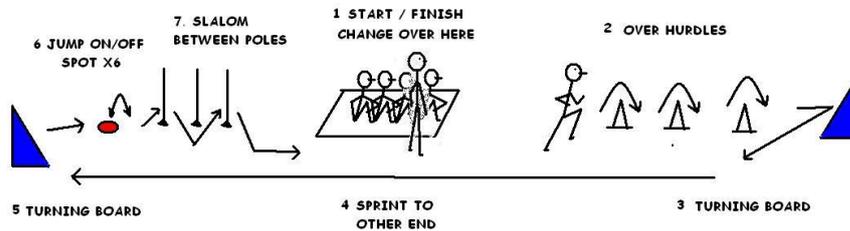


4. Obstacle Relay.

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:

- Go over the hurdles.
- Hit the turn board and run all the way to the other side of the hall and hit the turn board with one foot
- Jump 2-footed on and off the spot six times.
- Run In and out of the posts
- Run and touch the hand of the runner who is waiting to the side of the mat.

1 point is awarded for each completed run.



5. Basketball Shooting.

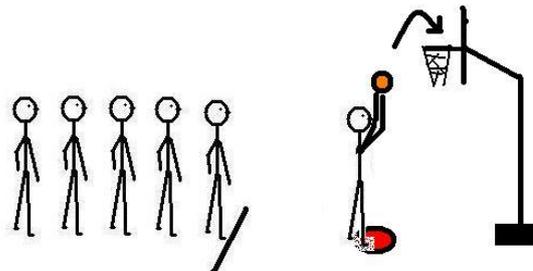
Teams line up behind the “waiting line”

The shooter stands on the spot and throws the ball towards the basket.

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

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

2 points are scored for each basket.





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6. Speed Bounce Relay

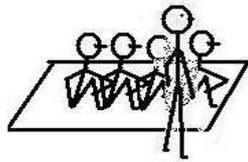
Teams sit down alongside the speed bounce mat.

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.

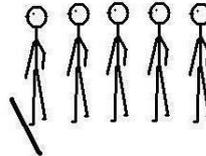
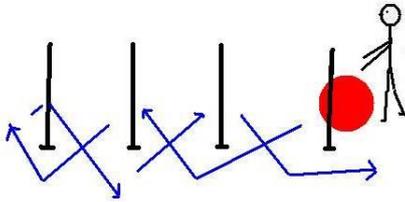
Teams line up behind the “waiting” spot.

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.



10. Vortex Howler Throw into Hoop

Teams line up behind the “waiting” spot.

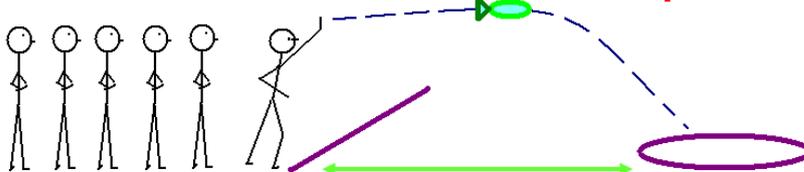
Each team has a vortex howler. (Hold the main body / blue part)

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.

Vortex Howler into Hoop



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.

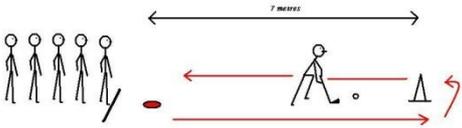
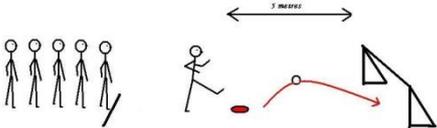
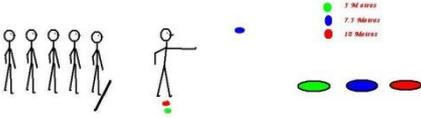
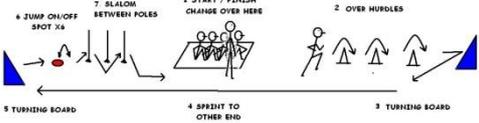
Staff should ensure that their players know how to play the games so that they can compete on the day.



Scoresheet.

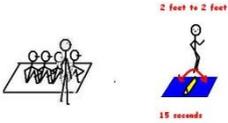
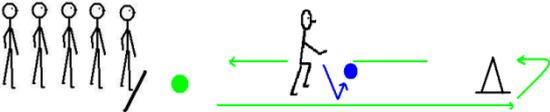
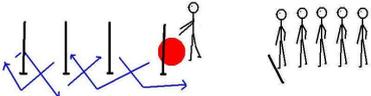
School: _____

FINAL SCORE:

	Event	Score		
		Score Tally		
1	Hockey Dribble <i>1 point for each dribble</i> 	Tally of dribbles:	<i>Team Total</i>	
2	Football Shooting <i>1 point for each goal</i> 	Tally of goals:	<i>Team Total</i>	<i>Running Total</i>
3	Target Throw <i>1 point for each throw in correct hoop</i> 	Tally of bean bags in correct coloured hoops:	<i>Team Total</i>	<i>Running Total</i>
4	Obstacle Relay <i>1 points for each completed relay leg</i> 	Tally of baton change overs:	<i>Team Total:</i>	<i>Running Total</i>



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6	<h2>Basketball Shooting</h2> <p>2 points awarded for each basket</p> 	Tally of baskets scored.	Team Total	Running Total
9	<h2>Speed Bounce</h2> <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
10	<h2>Bouncing Dribble</h2> <p>1 point for each completed dribble.</p> 	Tally of completed dribbles:	Team Total	Running Total
11	<h2>Big Ball Roll</h2> <p>1 point for each completed circuit</p> 	Tally of completed slaloms:	Team Total	Running Total