

Angmering Cluster School Sport



VIRTUAL MULTI-SKILLS

The children are used to doing these events as they have done them at inter-school cluster events at Angmering (and at many sports days)

Practice this in PE lessons before testing the children so they get used to doing them.

Your class should be divided into 5 or less teams.

Set up the events as described below.

Please note the different distances for different age groups.

Rules / scoring must be consistently and accurately applied for the inter-school competition to be valid.

The Multi-skills could be run in 1 or 2 sessions.

If being done in 1 session there should be 5 events completed.

They could also be completed by doing 1 event at the end of each PE lesson for 5 lessons.

Please note how many non-participants or absent pupils you have as this will allow us to compare the participation rates for each school.

Each team should do each event for 5 minutes before swapping to the next one.

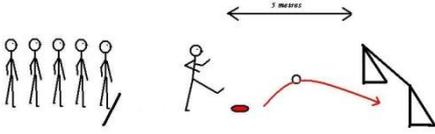
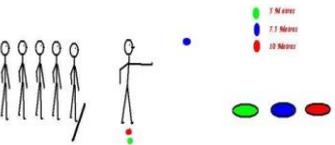
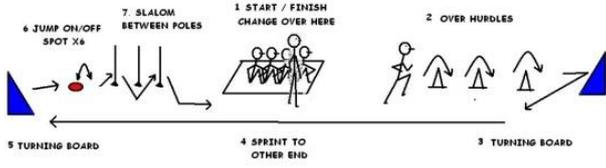
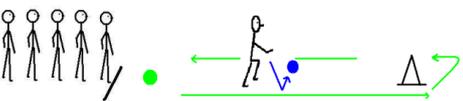
PALs can be used to demonstrate and score each team as they go through the competition.

The team total for each team should be added together for each event and an average worked out.

This can be done on the excel spreadsheet available in the "Rules" section of the website or on a paper version provided by your PE coordinator.

When completed, this should then be given to your VM-S coordinator who will collate them and e-mail them to Mr. Gwynn.

1. Kicking
2. Throwing for accuracy
3. Agility
4. Jumping
5. Sending & catching on the move / ball manipulation.

Team Name:		Class:		Year Group:	
Equipment	Set Up		Rules	Score	
<ul style="list-style-type: none"> 1 x plastic spot (Start) 1 x ball 1 x 3ft x 2ft goal (or goal 3ft or 0.91M wide) Cones for target areas 	<h2>1. Football Shooting</h2> <p><i>1 point for each goal</i></p>  <p><i>Distance between spot and goal</i> KS1: 4 Metres LKS2: 5 Metres UKS2: 7 Metres</p>		<p>1 point for each goal or cones spread the correct distance. Collect OWN Shot and return ball to spot for next shooter.</p>		
<ul style="list-style-type: none"> 1 x plastic spot (Start) 3 x beanbags 3 x hoops 	<h2>2. Target Throw</h2>  <p><i>Hoop distance from throwing spot:</i> KS1: 2,3 & 4 Metres LKS2: 4,5 & 6 Metres UKS2: 4,6 & 7 Metres</p>		<p>Beanbag must be thrown UNDERARM.</p> <p>1 point for each bean bag that LANDS in a different hoop. (The beanbag does not have to stay in hoop)</p> <p>Collect OWN beanbags and return after throwing.</p>		
<ul style="list-style-type: none"> 3 cones to run around 3 mini hurdles to jump over. 2 cones at ends of course (15 Metres apart) 1 baton 	<h2>3. Obstacle Relay</h2> <p><i>1 point for each completed relay leg</i></p>  <p><i>Course distance is 15 metres</i></p>		<p>1 point for each time the baton is handed over after a successfully completed run.</p> <p>Runners wait in a line behind "START" line. Baton is passed to person at front of line. After running join back.</p>		
<ul style="list-style-type: none"> 1 x speed bounce mat 1 x relay baton 	<h2>4. Speed Bounce</h2> <p><i>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</i></p> 		<p>6 2-footed jumps then pass baton to next jumper.</p> <p>Leader counts the jumps out loud: "1-2-3-4-5-6-change"</p>		
<ul style="list-style-type: none"> 1 x plastic ball. 1 x spot to start from 1 x cone to dribble round 	<h2>5. Bouncing Dribble</h2> <p><i>1 point for each completed dribble.</i></p> 		<p>Cone should be placed 7 metres away.</p> <p>Y5/6 should use 1 hand only. Y3/4 can use 2 hands.</p>		

