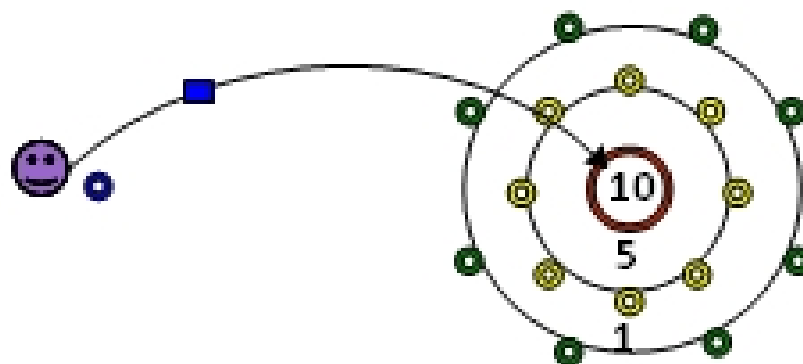




Beanbag Target (Foundation)

How to set up:

- Place a hoop on the floor with an Inner and Outer ring of cones around it (Use different coloured cones for the two rings)
- Place a marker cone 5 metres away for athletes to throw from



Equipment:

- 1 Hoop
- 3 Beanbags
- 15 Marker cones (10 of one colour & 5 of another)
- Marker Cone
- Scorecard
- Pencil

How to play:

- Athletes will take turns to throw 3 beanbags into the target, aiming for the middle hoop
- Athletes must throw one at a time and from the marker cone
- Each athlete has 1 turn (3 throws)
- Any throwing action is allowed
- Adjust the throwing distance so the event is appropriately challenging for the children

How to Score:

- Record the scores on the scorecard
- Points are scored as follows:
 - Middle Hoop = 10 Points
 - Inner Ring = 5 Points
 - Outer Ring = 1 Points
- Add the 3 throws together for each athlete's total score
- Add together the 'total scores' for all the athletes in each team to get the overall team scores for the event



Skittles

(Foundation, KS1)

How to set up:

- Place the marker cone down where pupils will roll their ball from
- Set up the skittles as shown in the diagram



If you don't have skittles available
use balls sat on marker cones

Equipment:

- Marker Cone
- Large Ball (Soft)
- Scorecard
- Pencil
- 6 Skittles
or
- 6 Tennis balls sat on
marker cones

How to play:

- Athletes will take turns to roll the ball at the skittles trying to knock them over
- The ball must be rolled and not thrown
- Athletes cannot have a run up
- The skittles must be set back up after each athlete's roll ready for the next athlete
- Each athlete will have three rolls
- Adjust the distance to the skittles as necessary so the event is appropriately challenging for the children

How to Score:

- Record the number of skittles that each athlete knocks over per turn
 - 1 Skittle = 1 Point
- The total number of skittles knocked over by each athlete after 3 rolls should be added together to get their total score
- Add together the 'total scores' for all the athletes in each team to get the overall team scores for the event



Speed Jump

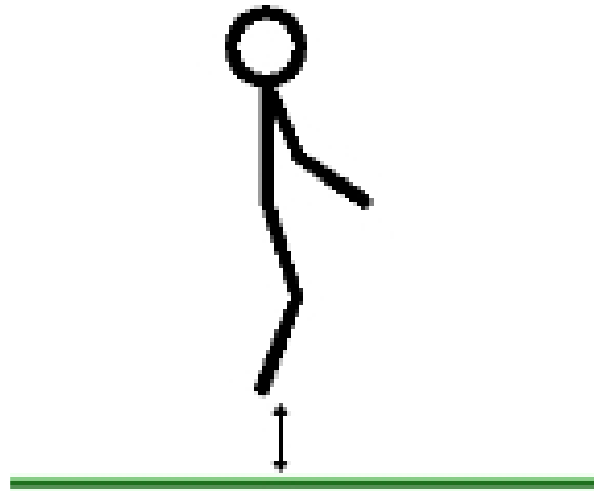
(Foundation, KS1)

How to set up:

- Place the marker spot on the floor
- Make sure the stopwatch is ready

Equipment:

- Stopwatch
- Marker Spot
- Scorecard
- Pencil



How to play:

- Athletes will take turns to jump up and down on the marker spot as many times as they can in 30 seconds
- use the stopwatch to time each athlete
- Count the number of jumps the athlete performs
- Athletes will have one turn each

How to Score:

- Count each jump the athlete makes
 - 1 Jump = 1 Point
- Record the number of jumps each athlete performs on the scorecard
- Add together the scores for all the athletes in each team to get the overall team scores for the event

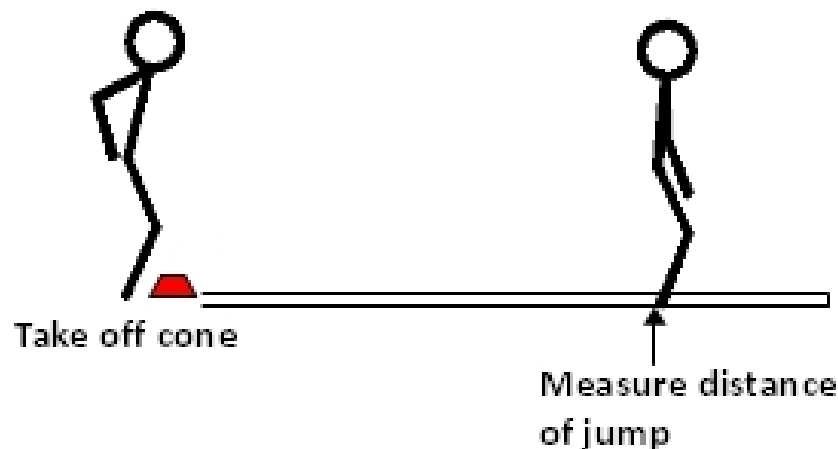


Standing Long Jump

(KS1, Lower KS2)

How to set up:

- Set out the Long Jump mat or
- Place a gym mat down and lay the measuring tape along the side of the mat



Equipment:

- Long Jump Mat or Tape Measure and Gymnastics Mat
- Marker Cone (Take-off cone)
- Scorecard
- Pencil

How to play:

- Athletes will take turns to jump as far as they can using a two footed jump – starting from and landing on 2 feet
- Each athlete will have 2 jumps
- No run up allowed
- Measure the distance of each jump
- Jump distance is measured from the take-off marker to the body part that touches the ground nearest the take-off cone

How to Score:

- Record the distance of each athlete's jumps
- An athlete's furthest jump is recorded in the 'Furthest Jump' box
- Add together the 'furthest jumps' of all the athletes in each team to get the overall team scores for the event

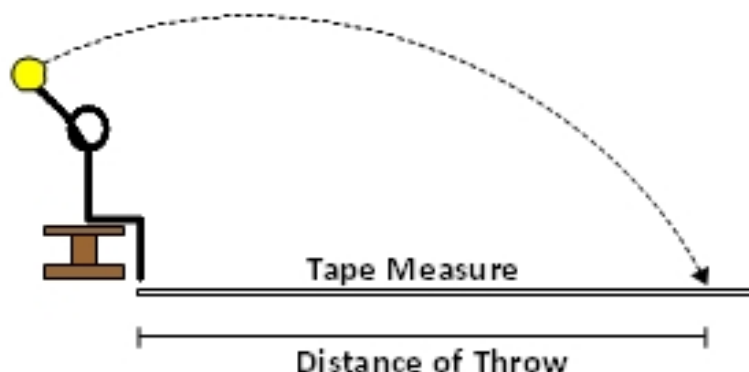


Seated Overhead Throw

(KS1)

How to set up:

- Set up the bench in the area
- Lay the tape measure down along the floor (starting from the bench)



Equipment:

- Tape Measure
- Soft Ball (football size)
- Bench
- Scorecard
- Pencil

How to play:

- Athletes will throw the ball as far as they can using an over head throw
- Athletes must use two hands to throw the ball
- The ball must start behind the athlete's head
- Both feet must stay on the floor
- Athletes must be sat on the bench when throwing
- Each athlete will have 3 throws – athletes take turns and perform one throw at a time
- Record the distance where the ball first bounces
- Position someone safely to collect the ball and return it after each throw

How to Score:

- Records the distance of each athlete's throw
- An athlete's furthest throw is recorded in the 'Furthest Throw' box
- Add together the 'furthest throws' of all the athletes in each team to get the overall team scores for the event

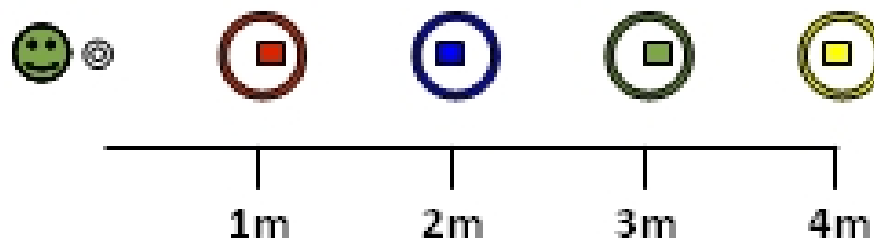


Target Throw

(KS1, Lower & Upper KS2)

How to set up:

- Place a marker cone where the beanbags will be thrown from
- Place 4 different coloured hoops 1 metre apart



Equipment:

- 4 different coloured Hoops
- 4 matching coloured Beanbags
- 1 Marker Cone
- Scorecard
- Pencil

How to play:

- Athletes will take turns to throw the four beanbags, one at a time into the hoops
- Athletes must try to throw each beanbag into the same coloured hoop
- Each team member will have one turn
- Adjust the distance to the skittles as necessary so the event is appropriately challenging for the children

How to Score:

- Record the score of each athlete's throws
- Points are scored as follows
 - 1 Metre target = 1 point
 - 2 Metre target = 2 points
 - 3 Metre target = 3 points
 - 4 metre target = 4 points
- Add the 4 throws together for each athlete's total score
- Add together the 'total scores' for all the athletes in each team to get the overall team scores for the event

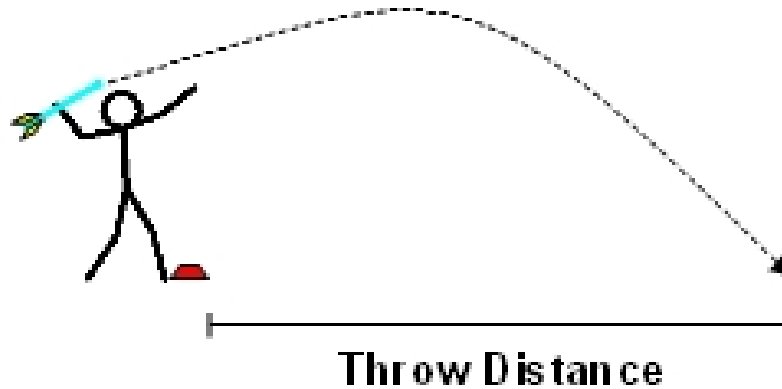


Javelin

(Lower & Upper KS2)

How to set up:

- Place a marker cone down where athletes will throw from
- Lay the measuring tape along the floor to record the distance thrown



Equipment:

- Foam Javelin
or
1 Beanbag if Javelins unavailable
- Measuring Tape
- Marker Cones
- Scorecard
- Pencil

How to play:

- Athletes will take turns to throw a javelin as far as they can
- Each athlete must throw from the marker cone
- Athletes will have 3 throws each
- A run up is not allowed
- Each athlete will have 3 throws – athletes take turns and perform one throw at a time
- Record the distance where the javelin first lands

How to Score:

- Record the distance of each athlete's throw
- An athlete's best throw is recorded in the 'Furthest Throw' box
- Add together the 'furthest throws' of all the athletes in each team to get the overall team scores for the event

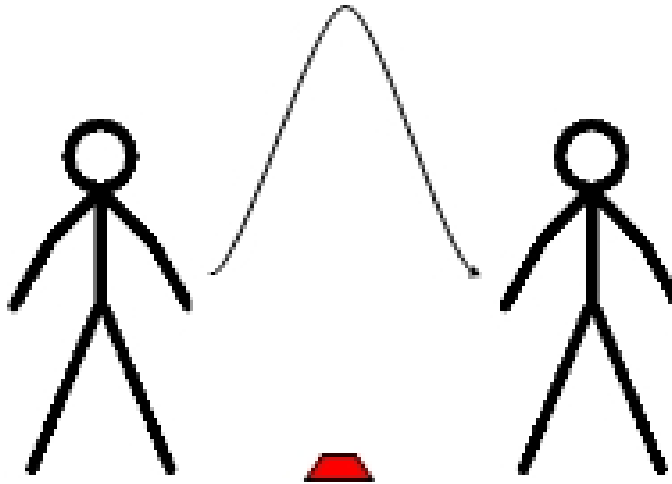


Speed Bounce

(Lower & Upper KS2)

How to set up:

- Place the Speed Bounce Mat down in the activity area or Place a cone on the floor
- Ensure the stopwatch is ready



Equipment:

- Stopwatch
- Scorecard
- Pencil
- Speed Bounce Mat or Soft Marker Cone

How to play:

- Athletes will take turns to jump over the speed bounce mat (or marker cone) as many times as they can in 30 seconds
- Athletes must jump with two feet together
- Use the stopwatch to time 30 seconds
- Athletes will have one turn each

How to Score:

- Count each time the athlete jumps over the speed bounce mat or marker cone
 - 1 Jump = 1 Point
- Record the number of jumps each athlete performs on the scorecard
- Add together the scores for all the athletes in each team to get the overall team scores for the event



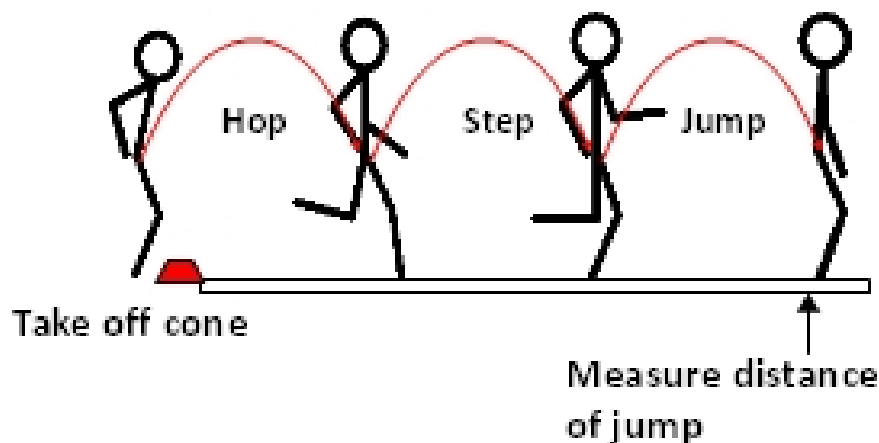
Standing Triple Jump

(Upper KS2)

How to set up:

- Set out the Triple Jump mat or

Place the gym mats down and lay the measuring tape along the side of the mats



Equipment:

- Triple Jump Mat or Gymnastics Mats & Tape Measure
- Marker Cone
- Score card
- Pencil

How to play:

- Athletes will take turns to jump as far as they can using the triple jump technique – starting from and landing on 2 feet
- Each athlete will have 2 jumps
- No run up allowed
- Measure the distance of each jump
- Jump distance is measured from the take-off marker to the body part that touches the ground nearest the take-off cone

How to Score:

- Record the distance of each athlete's jumps
- An athlete's furthest jump is recorded in the 'Furthest Jump' box
- Add together the 'furthest jumps' of all the athletes in each team to get the overall team scores for the event

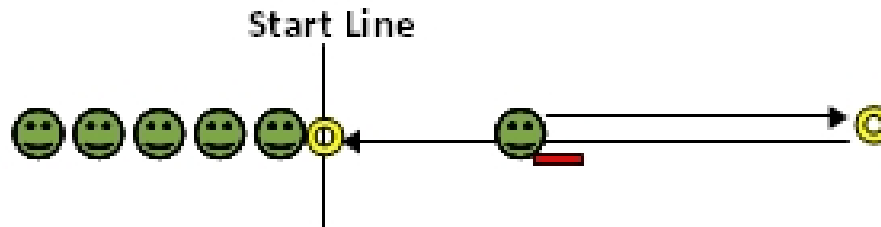


Sprint Race

(Foundation, KS1, Lower and Upper KS2)

How to set up:

- Set out 2 marker cones for each team to race between.
Suggested race distances:
 - Foundation and KS1 – 10m
 - Lower KS2 – 20m
 - Upper KS2 – 30m
- The team will line up behind the marker cone
- The first athlete in each team has the relay baton



Equipment:

- 1 Relay baton per team
- 2 Marker Cones per team
- Scorecard
- Pencil

How to play:

- The first team member must run out, around the end cone and back with the relay baton
- The baton will then be passed to the next athlete to complete their leg
- If the baton is dropped the athlete must stop and pick it up before continuing
- Each team member runs 1 leg
- Sit down in your team when finished

How to Score:

- Record the positions each team finish in and award them the appropriate number of points



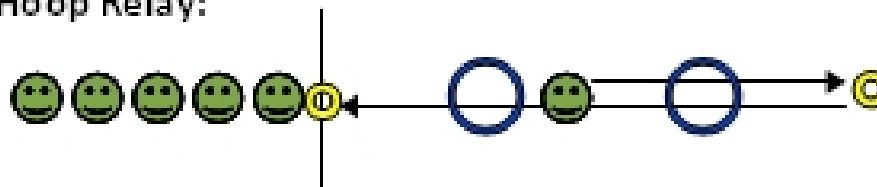
Hoop Race

(Foundation, KS1)

How to set up:

- Set out 2 marker cones for each team to race between. Suggested race distance:
 - 10m
- Set out two hoops for each team as shown in the diagram
- The team will line up behind the marker cone

Hoop Relay:



Equipment:

- 2 Hoops per team
- 2 Marker Cones per team
- Scorecard
- Pencil

How to play:

- The first team member must run out, through the hoops (step in them, lift them over their head and place back on the ground) around the end cone, back through the hoops to their team
- On completing their leg the next athlete in the team sets off
- Each team member runs 1 leg

How to Score:

- Record the positions each team finish in and award them the appropriate number of points



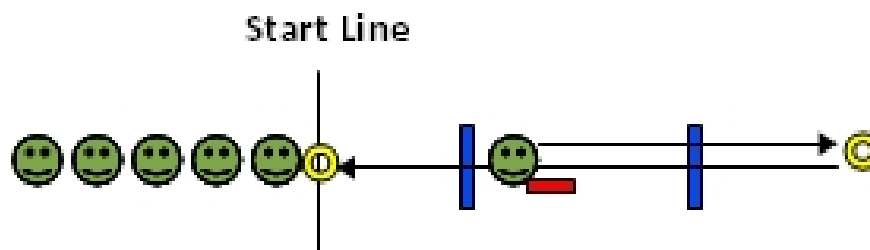
Hurdle Race

(Lower and Upper KS2)

How to set up:

- Set out 2 marker cones for each team to race between. Suggested race distances:
 - Lower KS2 - 20m
 - Upper KS2 - 30m
- Set out two hurdles for each team as shown in the diagram
- The team will line up behind the marker cone
- The first athlete in each team has the relay baton

Hurdle Relay:



Equipment:

- 2 Hurdles per team
- 2 Marker Cones per team
- 1 Relay baton per team
- Scorecard
- Pencil

How to play:

- The first team member must run out, over the hurdles, round the end cone and back over the hurdles with the relay baton
- The baton will then be passed to the next athlete to complete their leg
- If the baton is dropped the athlete must stop and pick it up before continuing
- Each team member runs 1 leg

How to Score:

- Record the positions each team finish in and award them the appropriate number of points

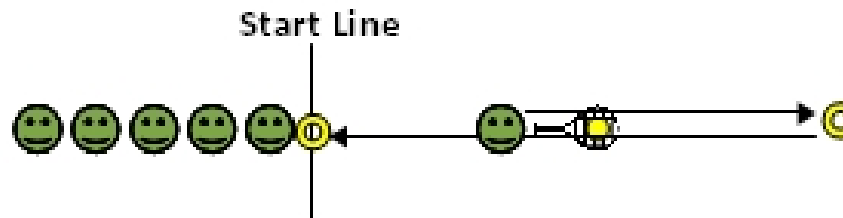


Egg and Spoon Race

(Foundation, KS1, Lower and Upper KS2)

How to set up:

- Set out 2 marker cones for each team to race between. Suggested race distances:
 - Foundation and KS1 – 10m
 - Lower KS2 – 20m
 - Upper KS2 – 30m
- The team will line up behind the marker cone
- The first athlete will have a tennis racket with a tennis ball/beanbag balanced on top



Equipment:

- 1 Tennis racket per team
- 1 tennis ball/beanbag per team
- 2 Marker Cones per team
- Scorecard
- Pencil

How to play:

- The first team member must run out, around the end cone and back with the tennis ball balanced on the racket
 - Foundation and KS1 balance beanbag & KS2 balance tennis ball
- The racket will then be passed to the next athlete to complete their leg
- If the tennis ball is dropped the athlete must stop and place it back on the racket before continuing
- The tennis ball is not allowed to be held on the racket
- Each team member runs 1 leg

How to Score:

- Record the positions each team finish in and award them the appropriate number of points

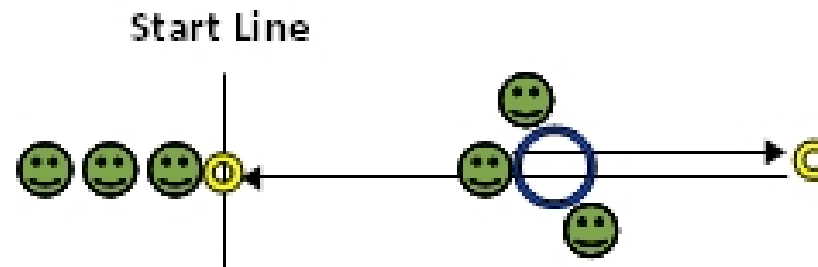


Team Hoop Race

(Foundation, KS1, Lower and Upper KS2)

How to set up:

- Set out 2 marker cones for each team to race between. Suggested race distance:
 - 10m
- The team will line up behind the marker cone in year group order 6 to reception
- The first athlete will have a hoop



Equipment:

- 1 Hoop per team
- 2 Marker Cones per team
- 1 Relay baton per team
- Scorecard
- Pencil

How to play:

- The pupil from year 6 will run out, around the end cone and back carrying the hoop
- When they get back, the pupil from year 5 will join them holding onto the hoop, running to the cone and back at the same time
- Pupils will continue running back and forth collecting the next pupil in year group order until all the team have run
- Pupils must always be holding the team hoop, if a pupil lets go the team must wait for them to rejoin before continuing the leg
- Once finished the team must sit down behind the start line

How to Score:

- Record the positions each team finish in and award them the appropriate number of points