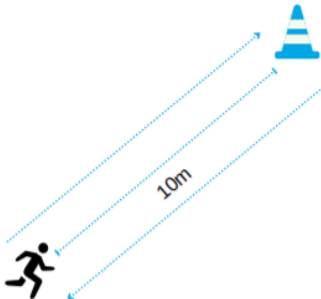
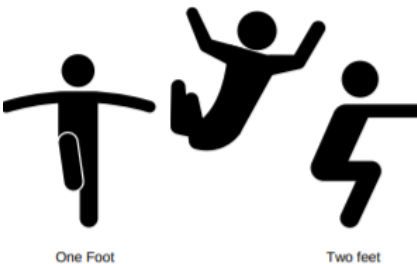





VIRTUAL RUN, JUMP, THROW COMPETITION

KEY STAGE 1

Competition Intention: To choose healthy behaviours and attitudes

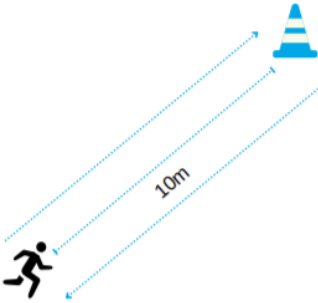


ACTIVITY	DESCRIPTION / RULES
<p>Sprint Shuttle Run</p> 	<ul style="list-style-type: none"> • Create a running track 10m long with spots or cones. • On the teacher's command pupil must sprint 10m and run AROUND the cone or spot before returning back to the start. • Keep sprinting for 20 seconds • How many completed laps did you cover? <p style="text-align: center;">If working in pairs, the partner can count how many laps they have done!</p> <p style="text-align: center;">HAVE A FEW GOES AND RECORD YOUR BEST SCORE</p>
<p>Triple Jump</p> 	<ul style="list-style-type: none"> • Mark out a starting line with chalk or lines on the playground or throw down line. Pupils should start behind this line. • Measure the distance pupils cover when they do THREE back to back Standing Long Jumps. • Make sure they are taking off and landing with two feet each time. <p style="text-align: center;">Mark where the third jump reached, to the heel of the foot closest to the start line. Record to the nearest 5cm (e.g. 375cm)</p> <p style="text-align: center;">HAVE A COUPLE OF GOES EACH AND RECORD THE LONGEST JUMP</p>
<p>Chest Push</p> 	<ul style="list-style-type: none"> • Pupil should stand behind a start line with one foot behind the other and the weight on the back foot. • Use a size 3 football • Have two hands behind the ball, transfer weight onto the front foot whilst pushing the ball from your chest as far as possible. • Do not collect the ball until your teacher tells you it is safe to. <p style="text-align: center;">Measure the throw to the nearest 10cm and record in cm(e.g. 550cm)</p> <p style="text-align: center;">HAVE A FEW GOES AND RECORD THE HIGHEST SCORE.</p>



VIRTUAL RUN, JUMP, THROW COMPETITION

KEY STAGE 2

Competition Intention: To choose healthy behaviours and attitudes

ACTIVITY	DESCRIPTION / RULES
<p>Sprint Shuttle Run</p> 	<ul style="list-style-type: none"> • Create a running track 10m long with spots or cones. • On the teacher's command pupil must sprint 10m and run AROUND the cone or spot before returning back to the start. • Keep sprinting for 25 seconds (Year 3/4) or 30 seconds (Year 5/6) and see how many laps have been completed • If working in pairs, the partner can count how many laps they have done! <p style="text-align: center;">Record your score; only count the completed laps!</p> <p style="text-align: center;">HAVE A FEW GOES AND RECORD THE FASTEST TIME</p>
<p>Triple Jump</p> 	<ul style="list-style-type: none"> • Mark out a starting line with chalk or lines on the playground or throw down line. Pupils should start behind this line. • Measure the distance pupils cover when they do a Step, Step, Jump (Year 3/4) or a Hop, Step, Jump (Year 5/6) • Make sure they are taking off and landing correctly each time. <p style="text-align: center;">Mark where the third jump reached, to the heel of the foot closest to the start line. Record the nearest 5cm (e.g.425cm)</p> <p style="text-align: center;">HAVE A COUPLE OF GOES EACH AND RECORD THE LONGEST JUMP</p>
<p>Overhead Throw</p> 	<ul style="list-style-type: none"> • Pupil should stand behind a start line with one foot behind the other and the weight on the back foot. • Use a size 4 football or netball • Have two hands behind the ball and drop it behind your head with arms slightly bent. Transfer your weight onto the front foot whilst pushing the ball above your head as far as possible. • Do not collect the ball until your teacher tells you it is safe to. <p style="text-align: center;">Measure the throw to the nearest 10cm and record in metres (e.g. 8.50m)</p> <p style="text-align: center;">HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p>