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|  | Athletics  |
|  | Primary – Year 3 to Year 6 Secondary – Year 7 & 8 |
|  | This competition is ideal for a whole class as each student can compete to improve their **personal best** as well as an **intra school competition** and **inter school competition** in your SGO area. You can run this as an after school club with an minimum of 8 girls and 8 boys. The scores for the team are taken from the top 25 scoring events girls and boys.  |
|  | There are 5 events – every student must take part and record a score in each event. 1. Standing Long Jump
2. Speed Bounce
3. Chest Push
4. Vertical Jump
5. Shuttle Run
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|  | 1. Each student has a score card which they put their results on. This doesn’t have to be completed all in one lesson you can complete each event over a number of weeks as well as coming back to an event to try and beat the students personal best. – **see 3) individual / class score card** to see which would work best for you and your school.
2. These 5 scores for each student are then recorded onto a class spreadsheet by a teacher or a Sports Leader –**. See 4) class scoring spreadsheet.** This spreadsheet will allow the class teacher to see the score each student has achieved in the Sporthall Pentathlon event. (See below for further information on ordering badges)
3. The PE co-ordinator / HOD then takes all of the classes spreadsheets and fills in the School Athletics Results Spreadsheet and returns this to their School Games Organiser (SGO) – **see 5) School Score Sheet Primary / Secondary spreadsheet.**

This spreadsheet will allow you as the PE co-ordinator / HOD to compare the results from each class across your school for an intra school competition in each year group. You rank from highest class score total to the lower score total. It will also allow the SGO to have an area competition between each class, year group and school. It will then progress to a Sussex wide competition. 1. Your schools results can also be inputted into a national competition. For this would you need to export each classes results onto the **6) SGO Hub School spreadsheet.**

Following the instructions on the export tab on the 4) scoring spreadsheet for each class cut and paste this data into the 6) SGO Hub School Spreadsheet for your school. You will need to do this for each class in each year group, it all goes onto this one spreadsheet. Rename this as your school, save and then send over to your SGO. **Email to Sean:** **soconnor3@theregisschool.co.uk** **Deadline: 23rd October** |
|  | As this competition is part of the National Sportshall Athletics programme – you will see on the spreadsheet you students may have achieved a Pentathlon award. You can buy certificates & badges by going online here <https://www.eveque.co.uk/athletics/awards/sportshall-awards/primary-sportshall-awards>Please do save and keep hold of your schools spreadsheets so if needed scores can be verified. Further information about the national event can be found here: <https://www.sportshall.org/virtual/school-games-pentathlon> *Please note all of the data being shared outside of your school meets GDPR guidance as no personal sensitive information (eg students full names and school) is being shared with either your SGO or Sportshall UK. It’s just results and your school name.*  |
|  | Sports Leaders can be used in a number of ways to assist with this competition. 1. You could use your schools Sports Leaders to video practical demonstrations of the activities and then use this as a school resource for teachers to show all the other classes in the school.
2. In each class teachers could designate Sports leaders during the lessons to set up the activities and then record their classmates scores.
3. You could use year 6 / secondary sports leaders to record the rest of the schools scores onto the spreadsheets.
4. Your sports leaders could have a newsletter or noticeboard in the school to update the rest of the school on the scores / house group scores from the virtual competitions.
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|  | **Numeracy:** Using a tape measuring for standing long jump, chest push and setting out the shuttle run. Rounding numbers up and down to the nearest whole centimetre. Counting for speed bounce. Using a stop watch for the speed bounce, balance test and shuttle runs. **Health & Wellbeing:** Understanding how your body feels when you are exercising. **Personal development:** Working independently setting a personal challenge to then beat. Working with others, co-operation in counting and measuring partner or others in group.  |