

Amber Valley School Sport Partnership

Level 1 Competition Programme

Before you start:

These competitions are a fun and simple way to engage young people in competition. They can be used at lunch time or during the curriculum to enhance current delivery. These have been broken down so that mini leaders could run these events.

I would encourage your school to celebrate the results of these by having a 'Standing Long Jump' award for the best jumper in your school. Placing this value on reward and recognition will ensure that more young people participate. I will ensure that the best boy and girl in your school at KS1 and 2 are sent a certificate for their achievements for you to award in assembly.

Have you thought of?

Using the AVSSP Achievement Cards sent in the post to your school with children accessing a sticker per competition they enter?

Using this towards house points or wider school systems?

Results:

We will publish where schools can input their results and run a virtual competition across all schools in Amber Valley. The results will have to be inputted via our online survey and will be sent via email.

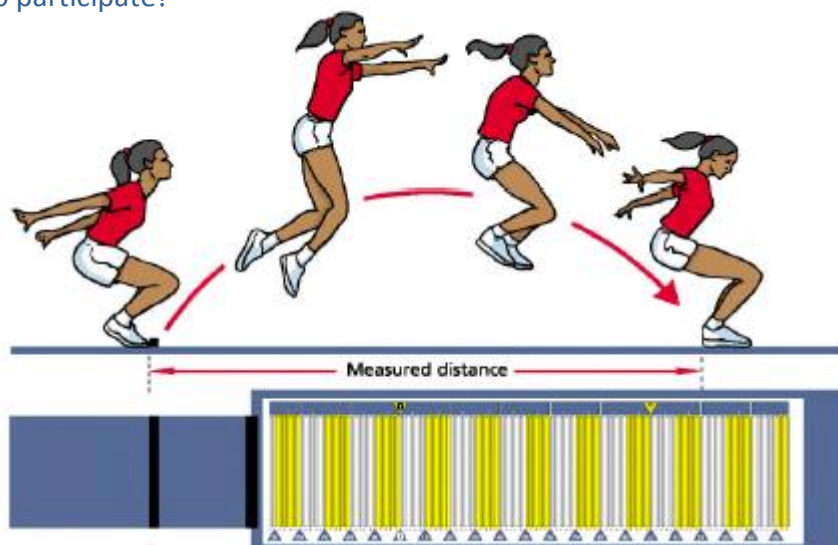
Please note that we will ask for top KS1 boy and girl name and score, similarly for KS2.

In order for us to compete school vs school we need to know your average score. Please ensure you fill this in correctly or your score will be invalid.

Good luck and have fun!

Challenge 1: Standing Long Jump (November – December 2014)

Equipment: Long Jump Mat or tape measure, Score sheet and pen, someone to score, Kids to participate!



Rules

- ◆ The athlete must stand on the mat/start line with both feet behind the take off line.
- ◆ No part of the athlete must touch the start line prior to take off.
- ◆ The athlete should jump as far as possible from a standing position, with a two footed take off. One footed takeoffs are not permitted.
- ◆ The athlete must land on both feet for a score to count
- ◆ The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete
- ◆ Step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- ◆ Measurement is taken from the take off line to the back of the closest heel on landing.
- ◆ No mat? Just use the floor with the tape measure

Class Score Sheet for Challenge 1 – Standing Long Jump

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CLASS NAME.....

[illegible]

Now to do some maths!

Total Score (please add all children's best scores together)	Insert your score here	Divided by number of children participating	Insert the number here	Gives you an average score of	Insert the number here
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Overall School Score collection (FILL THIS SECTION IN FOR EVERY CHALLENGE – only one sheet provided)

NB Links to submit your scores will be sent via email

Key Stage 1 Average Scores		
	Average Score	Young People involved
Class 1 Results		
	+	+
Class 2 Results		
	+	+
Class 3 Results		
	+	+
Class 4 Results		
	+	+
Class 5 Results		
	+	+
Class 6 Results		
	=	=
Your KS1 total score is.....		
Ensure you input these totals online!		

Key Stage 2 Average Scores		
	Average Score	Young People involved
Class 1 Results		
	+	+
Class 2 Results		
	+	+
Class 3 Results		
	+	+
Class 4 Results		
	+	+
Class 5 Results		
	+	+
Class 6 Results		
	+	+
Class 7 Results		
	+	+
Class 8 Results		
	=	=
Your KS2 total score is.....		
Ensure you input these totals online!		

Challenge 2: Speed Bounce (January – February 2014)

Equipment: Speed Bounce mat or gym mat and obstacle (cardboard triangle for example)



Rules

- ◆ Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- ◆ Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- ◆ The athlete should cross the wedge as many times as possible within 20 seconds
- ◆ The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.
- ◆ Schools can have 1 attempt or more than 3 if completed over a series of days or weeks
- ◆ No speed bounce mat? Use a gym mat and some cardboard, bean bags, jumper etc to form a hurdle – alternatively purchase online

Score Sheet for Challenge 2 – Speed Bounce

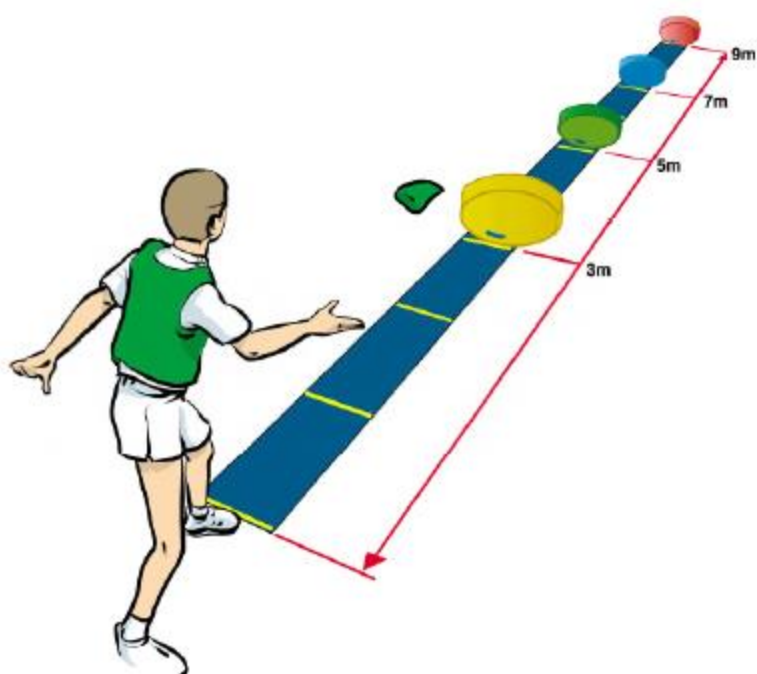
Name	Attempt 1	Attempt 2	Attempt 3	Best

Now to do some maths!

Total Score (please add all children's scores together)	Insert your score here	Divided by number of children participating	Insert the number here	Gives you an average score of	Insert the number here
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Challenge 3: Target Throw (February – April 2015)

Equipment: Coloured hoops, and 3 beans bags per hoop



Rules

- ✦ The targets are to be placed at a distance of 1m, 2m, 3m, 5m for KS1 and 3m, 5m, 7m and 9m from the throwing line for KS2.
- ✦ The athlete stands behind the throwing line and throws three matching bean bags into the nearest target.
- ✦ They continue this for each of the targets.
- ✦ 2 points are scored if the bean bag lands directly in the same coloured target or if the bean bag lands in the target but then bounces out.
- ✦ 1 point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partially in the target.
- ✦ No points are scored if a bean bag lands in a different coloured target.
- ✦ The maximum points an athlete can score is 24 (6 points per target).
- ✦ An athlete can throw the bean bags under arm or over arm.
- ✦ No mat? Just use a tape measure and hoops on the floor

Score Sheet for Challenge 3 – Target Throw

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Name	Target 1 Score	Target 2 Score	Target 3 Score	Total

Now to do some maths!

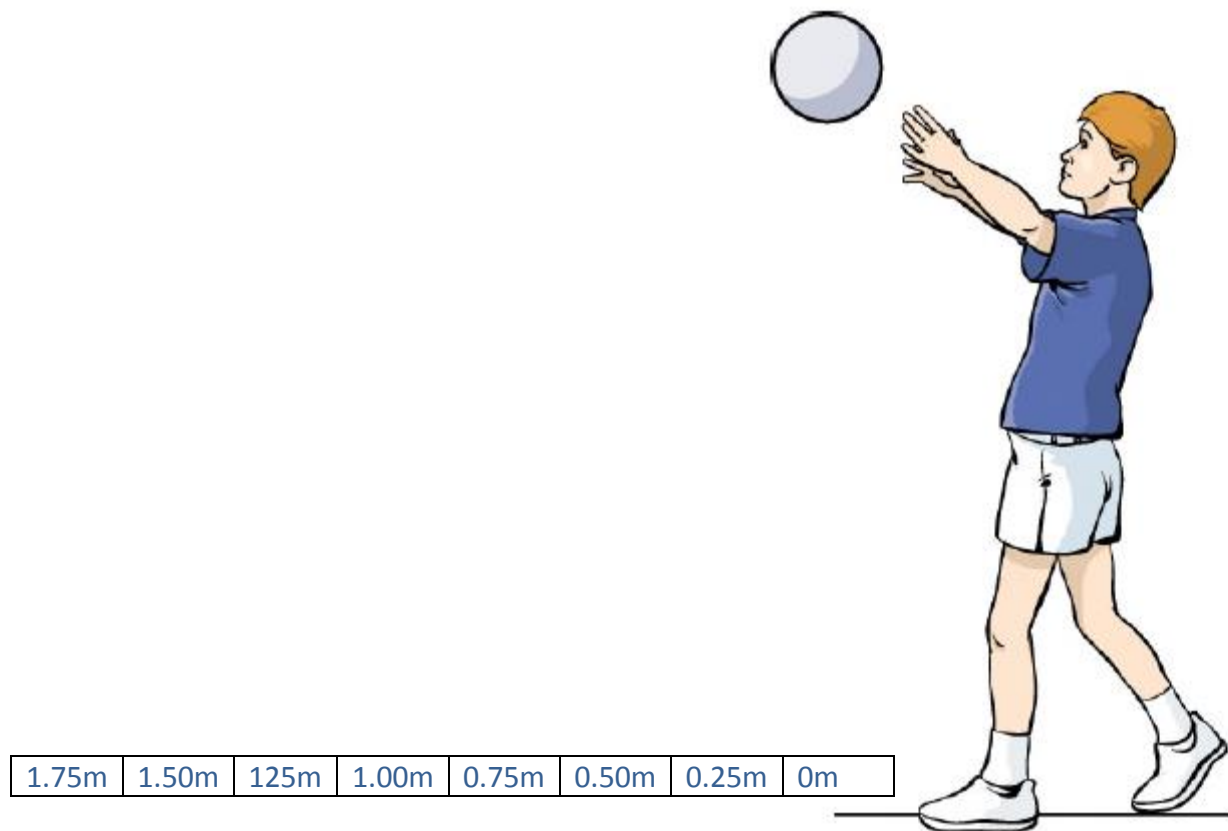
Total Score (please add all children's scores together)	Insert your score here	Divided by number of children participating	Insert the number here	Gives you an average score of	Insert the number here
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Challenge 4: Chest Push (April – May 2015)

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Equipment: Size 4 Football or Size 5 Basketball and tape measure



Rules

- ◆ The athlete holds the ball against their chest and pushes with both hands.
- ◆ The athlete's chest must face forward and there must be no rotation in the trunk.
- ◆ Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- ◆ The athlete must not pass the throwing line during their throw.
- ◆ The distance thrown is measured from the throwing line to the point where the ball first lands. Always mark down to the nearest 25cm.

Score Sheet for Challenge 4 – Chest Push

Name	Attempt 1	Attempt 2	Attempt 3	Total
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Now to do some maths!

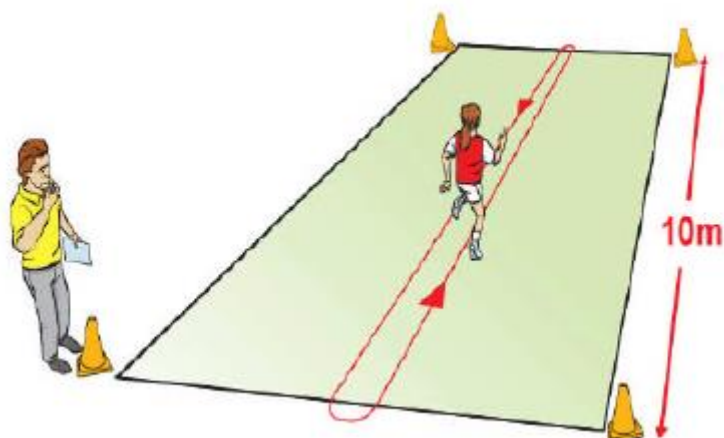
Total Score (please add all children's scores together)	Insert your score here	Divided by number of children participating	Insert the number here	Gives you an average score of	Insert the number here
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Challenge 5: Shuttle Run (June – July 2015)

Equipment: Stopwatch, tape measure, score sheets and cones

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Rules

- ◆ The athlete begins from a standing position behind the start line.
- ◆ On the whistle the athlete runs 10 metres to the set of cones opposite.
- ◆ The athlete must place one foot over the return line before turning and running in the opposite direction.
- ◆ After completing the 10 metre distance 10 times the clock is stopped when they re-cross the start line.
- ◆ The time is taken to the tenth of a second.
- ◆ 0.2 second must be added if the athlete turns short of the line.
- ◆ Schools can opt to have 1 attempt or 3, or more over a series of weeks.

Score Sheet for Challenge 5 – Shuttle Run

Name	Attempt 1	Attempt 2	Attempt 3	Best
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