

# YEAR 7 & 8 QUADKIDS

## KEY INFORMATION

<b>AGE GROUP:</b>	Year 7 - 8
<b>GENDER SPECIFICATIONS:</b>	Male and Female teams
<b>NUMBER IN A TEAM:</b>	5 for each gender group



## DESCRIPTION

There will be 4 tasks / skills to complete as part of this challenge.

Please record the best performing 5 girls and 5 boys scores (who meet the age and gender specifications) across all four events on the attached score sheet at the back of this document. These scores will be submitted to the event organiser who will input them into the Quadkids spreadsheet to gain a team result for your school. School team results will be published by the event organiser, so please speak to your organiser to find out your school score.

Please remember to complete the monitoring sheet and include all pupils who have taken part in this event even if their scores have not been submitted.

Submit your monitoring sheet in the required way indicated by your School Games Organiser.



# TASK #1: 100M SPRINT

## HOW TO PLAY:

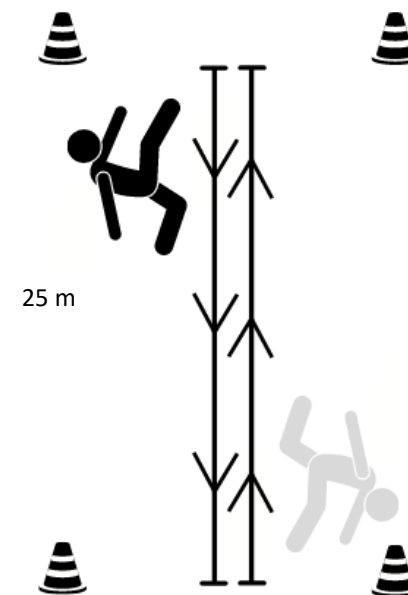
On your school field measure a straight 100m running track using some cones as a starting point and finishing line. Make sure you utilise the space provided and try to have a minimum of 5 lanes set up.

If you find the distance too long for your facility, can you create a 25m running track and ask your pupils to run 4 lengths of the running track to cover the 100m distance.

**Please try and use a flat and dry surface**

Each participant must run the 100m distance as quickly as possible whilst a teacher or leader is timing each run.

A handheld stopwatch, smart phone, tablet etc can be used to record the time.



## SCORING:

Please input time recorded into score sheet in the following format (ss.s)

## EQUIPMENT:

Cones /throw down lines

Stop Watch / smart phone / tablet

Whistle



# TASK #2: STANDING LONG JUMP

## HOW TO PLAY:

This activity can be completed indoors and or outdoors on a flat even surface. If you have a Sportshall Athletics Long Jump mat then this would be ideal, however all you need is a straight line and a tape measure.

The participant should start from a standing position with both feet behind the line (touching the line indicates a foul jump) and jump as far as possible landing on two feet.

You are not required to hold the landing but if you fall back or step back the measurement will be recorded from the body part that is nearest to the take off line.

When taking the measurement please ensure you take it from back of the foot

Each participant has 3 attempts and the best score is recorded



## EQUIPMENT:

Cones, throw down lines, straight lines on your playground, indoor long jump mat to mark out your take off line.

Tape Measure

## SCORING:

Please input distance jumped into score sheet in the following format (m.mm)



# TASK #3: 800M RUN

## HOW TO PLAY:

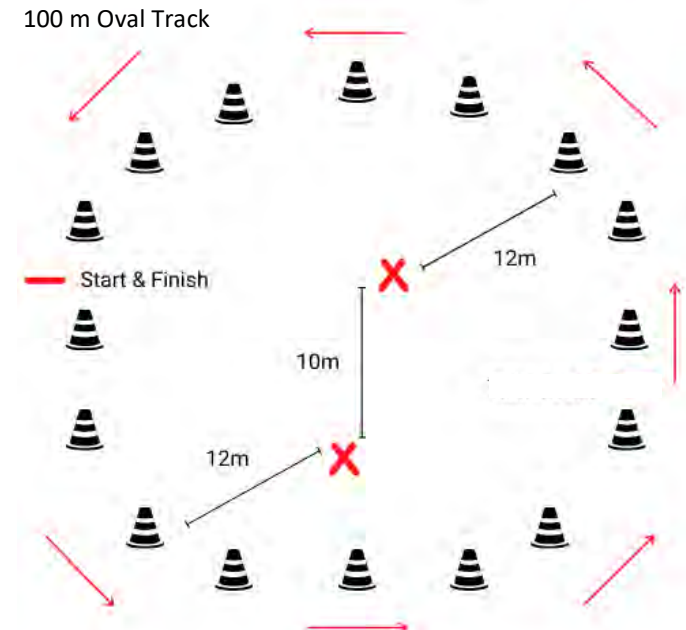
On your school field measure a 100m, 200m or 400m running track preferably in an oval shape with no sharp corners.

Mark this track out using cones, or if you are lucky enough to have the track marked out in chalk fantastic. Can you try and utilise the space effectively and provided a minimum of 5 lanes.

**Please ensure you use a flat and dry surface**

Each participant must run the 800m distance as quickly as possible whilst a teacher or leader is timing each run.

A handheld stopwatch, smart phone, tablet etc can be used to record the time.



## SCORING:

Please input the time recorded into score sheet in the following format (m.ss)

## EQUIPMENT:

Cones /throw down lines / Chalk marked track

Stop Watch / smart phone / tablet

Whistle



# TASK #4: MINI VORTEX HOWLER THROW

## HOW TO PLAY

Mark a throwing area out on a field or playground approximately 15 metres wide and at 55 metres in length.

On either side of the throwing area, mark out from the throwing line at 5 metre intervals.

The participants can either stand behind or run up to the throwing line.

Participants must throw the vortex howler in an over-arm throwing motion (like throwing a ball or javelin).

Once the vortex howler has been thrown, participants must stay behind the throwing line until the teacher/leader tells them to collect their vortex howler.

When measuring the distance thrown round the distance up to the nearest 5 metre interval marker.

Participants have 3 attempts and the best score is recorded.



## SCORING:

Please input the distance thrown into score sheet in the following format (m.mm)

## EQUIPMENT:

Cones

Vortex Howlers / Indoor Javelins / Nerf Vortex Howlers



## INCLUSIVE:

### 100m Sprint & 800m Race

- If you have multiple manual wheel chair users, ask them to compete against each other in the race formats.
- Visually impaired participants can still race in the events. Allow a guide to help by running alongside the runner in the lane next to the visually impaired runner.
- Deaf or hearing impaired participants may require a visual aid to signal the start of a race, maybe think about using a flag to start the race.

### Mini Vortex Howler throw

- Throwers can throw from their wheelchairs as long as the brakes are on and participants are seated securely in their wheelchairs.
- Participants using frames need to be in a stable position to throw the howler or sat down on a chair.
- For visually impaired participants please allow extra time and a few more practice throws to orientate themselves in the event.

### Standing Long Jump

- Visually impaired participants may need a caller and additional practice jumps to orientate themselves.
- Wheelchair users can compete in this event by doing a 'wheelchair push'. Participants are allowed to sit behind a line in their wheelchair. Utilising both hands, they are allowed one push of the wheels forwards and once they have stopped the distance is measured from the take off line to the back of the wheels of the participants chair.

### Risk ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

## SPIRIT OF THE GAMES VALUES

### HONESTY

Remember to score yourselves honestly when taking part in the challenges.



### DETERMINATION

If you struggle to complete the tasks, don't give up, keep going until you complete them.



# SCORE SHEET

Pupil Name	Task #1: 100m Sprint	Task #2: Standing Long Jump	Task #3: 800m Run	Task #4: Mini Vortex Howler Throw

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# DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of ethnic minority pupils	Number of SEND pupils	Number of leaders helping out	Number of Young Team Managers helping out	Number of teachers involved

