

# PRIMARY

# ATHLETICS

## Virtual Competition Time!

Follow the steps below to get involved:

1. Familiarise yourself with the 4 challenges below
2. Take some time to practice and improve before recording your scores
3. Once you feel confident, record your score using the guidance below
4. Send your results to your teacher to support and represent your school



Get Involved!  
Get Active!  
Get competing!



Follow us  
@northfieldssp

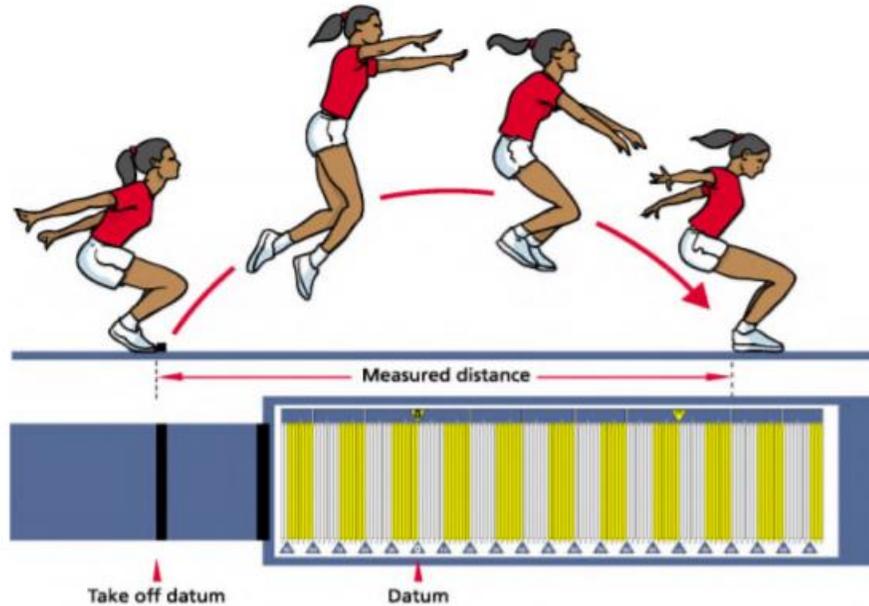
Stockton Schools Sport  
Partnership



Our School Games Value focus is honesty. Be honest with others and yourself. Have the courage to do the right thing and what you know is right.

# Challenge 1

# ATHLETICS - STANDING LONG JUMP



## Equipment

A tape measure

## Health and safety

- Keep the landing area away from obstructions such as walls.
- Use a flat dry surface.

## Rules

- Always start from a balanced standing position in line with the zero on the tape measure.
- Start on 2 feet and land on 2 feet.
- You don't have to hold the landing but if you fall or step back, don't record that score, have another go!
- Measure from the take off line to the back of the closest heel.
- Measure in cm e.g. 150cm

# Challenge 2

## ATHLETICS - THROW

### Equipment

A tape measure  
Tennis ball

### Health and safety

Ensure that the challenge is set in plenty of space where other athletes or spectators will not walk into the throwing area.



SCHOOL  
GAMES

### Rules

- The tennis ball is thrown from a standing position with both feet behind the throwing line and in contact with the floor.
- Use an overarm throw.
- Measure from the start line to where the ball first hits the floor and not where it rolls to.
- Put a cone or marker on the floor where it landed so when you have another go you can try to beat your first attempt and get a better score.
- Measure in metres e.g. 10.8m

# Challenge 3

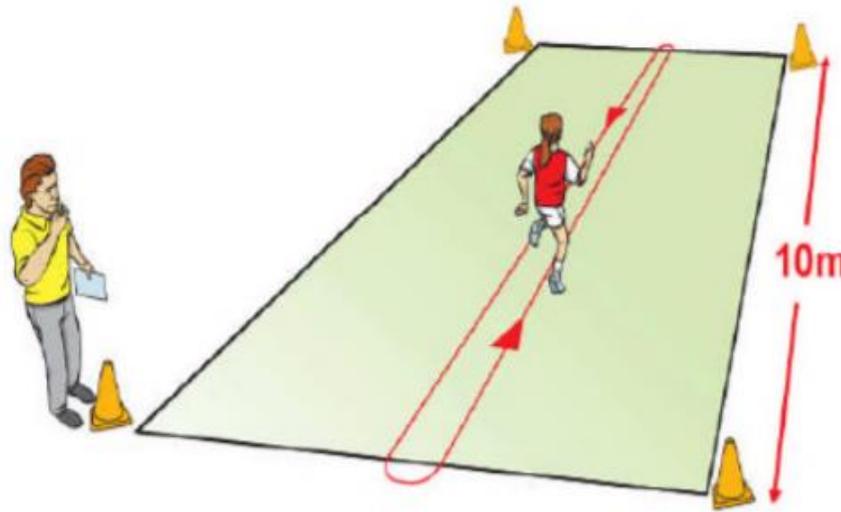
## ATHLETICS - RUN

### Equipment

- Stopwatch/timer
- markers 10m apart
- Tape measure

### Health and safety

- Make sure the running area is flat, dry and clear of any obstacles.
- Wear sturdy trainers.



SCHOOL  
GAMES

### Rules

- Each participant runs the 10m distance 5 times to complete a 50m run in the fastest time possible.
- Get help to time your 50m run.
- Record your score in seconds.

# Challenge 4

## ATHLETICS - JUMP

### Equipment

- Speed Bounce mat or rolled up towel/soft low barrier to jump over.
- Stopwatch/timer

### Health and safety

- Make sure you jump over something non-rigid so that if you land on it, it won't hurt you.
- Use a flat dry surface.



### Rules

- Start with 2 feet on one side of the barrier.
- Jump sideways from 2 feet and land on 2 feet as many times as possible in 20 seconds. (someone to count for you is useful so you can concentrate on your jumping)
- If you land on one foot before the other, the jump does not count.