



## **Greater Manchester Panathlon Xtend– Friday 14 February 2020**

### **Key Stage 3 and KS4**

Dear All,

We [www.panathlon.com](http://www.panathlon.com) are working with Paul Schofield , Manchester PE Association Partnership Development Manager and we are holding a ***Panathlon Xtend day*** for key stage 3 and 4 (Secondary age) on the 14<sup>th</sup> February 2020.

Re the day - see Risk Assessment provided and an overview of the day as you scroll down this document

1. Please read overview, the rules so you are aware of the kind of activities you will do.
2. Parents can attend
3. Please confirm attendance by emailing Rebecca Robinson [Rebecca.Robinson@salfordcity-academy.org](mailto:Rebecca.Robinson@salfordcity-academy.org) and Tony Waymouth, [tony@panathlon.com](mailto:tony@panathlon.com)
4. Entries will be one a first received basis until we are full
5. 8 teams is the maximum

**Venue** – Sports City

**Address:** Eastlands Athletics Stadium, Gate 13, Rowsley Street, Manchester, M11 3FF

### **Overview**

*Panathlon Xtend* will feature a maximum of 8 teams competing across the kind of activities described below. All activity is inside the Sports Hall at Sportcity.

### **Teams**

Eligibility – any child on the SEN register (other than Emotional and Behavioural children who would disrupt an event and PMLD children).

So, teams can include MLD, SLD, Deaf, Hearing Impaired, Physically Impaired and Autistic children. All children will receive a medal, certificate and the winning team a trophy.

Panathlon will also supply shirts for the teams on the day.

### **Structure**

Teams should consist of 5-8 young people (KS3 and KS4 ) of Secondary age.

School teams will stay together throughout all the activity rotations and collect team points.

**We would aim to start as close to 11am depending on teams arriving (arrival around 10.30am please) and aim to finish by 1.30pm**

Due to the time restrictions on the day - once the rotations have been complete a short break will occur followed by team presentations.

**Results:** All students (regardless of final placings) will receive a Panathlon medal.

**Other info:** Please ensure one member of staff who attends with the team is first aid trained, but please note the hosting venue will also have first aid personnel on site.

### ***Panathlon Xtend Rules***

*Panathlon Xtend* runs on a rotational system whereby students get to take part in each of the 8 activities for 7 minutes. \*After 4 rotations there is a short break, followed by another 4 rotations and then a short break before the medal ceremony. Every student will receive a medal.

\* dependent upon number of activities / Activities may vary on the day

#### **Field Athletics**

The team will do two activities:

- Standing Long Jump
- Speed bounce

1<sup>st</sup> team member does 3 jumps scores recorded and then moves to speed-bounce to start this activity. Team member starts long jump and so on

#### **Standing Long Jump**

Two footed take off from a standing position with both feet behind the take off line  
Measurement is taken from the take off line to the closest heel to the take off line upon landing

The participant may step forward after the jump however any step back or touching of the mat or floor behind the feet is a no jump (x)

A valid jump is recorded if both the athlete's feet land on any part of the mat

The two highest jumps and two lowest scores added together to give a team score

#### **Speed bounce**

Each competitor has 20 seconds to record as many valid bounces as possible. The competitor starts on the mat with both feet together on one side of the mat

Both feet must touch the mat on each side of the wedge at the same time for the bounce to count

The bounce is not counted if the wedge is jumped on

If the wedge is touched but both the competitor's feet cross to the other side then the bounce is counted

The two highest scores and lowest scores are added together to give a team score

**The two overall scores for the Standing Long Jump (cm) and Speed bounce (no)** are then combined to give an overall ranking score for this station

### **Volley bat**

- Students rally up and down the table tennis table.
- The ball must stay on the surface of the table.
- The ball may hit the side of the table but if it hits the barrier in the middle of the table, the rally breaks down.
- Rotate children after each rally
- The highest rally for the team is recorded.
- If the rally reaches 35, then the rally should be stopped and children rotate. Max score is 35.



### **Boccia Blast**

- All students must be sat on chairs in a line.
- Students take it in turns to throw a boccia ball at a ball/target area/skittle to score – the ball being knocked out of a hoop for 1 point, a Boccia ball remaining in a smaller hoop for 2 points (of which there are two) and the skittle being knocked over for 3 points (of which there are two)
- Targets in the shape of an inverted triangle i.e. hoop at the front, skittles at the back, smaller hoops in the middle
- The referee must indicate with the paddle when (s)he is ready for the ball to be delivered
- The team's score is their highest round



### **New Age Kurling**

- 1 person at a time



- 3 shots each then rotate students (continue for X mins)
- Students slide curling stones on to the scoring target
- Students slide from a marked area which is 2m away from the target area. This can be varied, depending upon floor surface.
- Bonus points can be scored by promoting a different coloured stone on to the target – this tests different skills
- Calculate the average (total score divided by number of attempts) score

### **Floor Tennis**

- Students rally on a small court taped out – there is no net
- The ball must stay on the floor.
- Players push the ball
- The rally ends when:
  - The ball goes past the end line
  - The ball hits a player's body, including hand
  - The ball does not pass between the cones
  - The ball is hit inside the minimum hit line
  - The ball stops within the minimum hit line
  - The ball is lifted
- Rotate children after each rally
- The highest rally for the team is recorded.



### **Precision Beanbag**

Player aims for a pair for allow to shoot for a Full-house

A pair allows the child to move onto a Full-house

The player has 2 bean bags , and seeks to secure a pair

- A) Pairs are ( 2 x 1)/ 2x 2 , 2 x 4 , 2 x 6 etc – if a pair is secured they then move onto Full House, if they don't get a pair , they rotate out

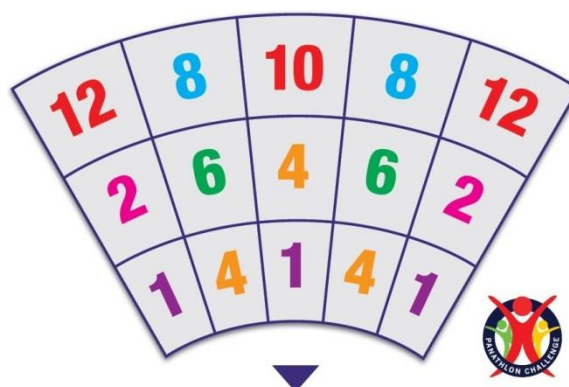
The player with a pair then has 5 bean bags , and try to secure a FULL-HOUSE OF THEIR CHOICE

- B) Full House sequence 12,8,10,8,12 (worth 5 pts) or 2,6,4,6,2 (worth 3 pts) or 1,4,1,4,1 (worth 1pt), this is added to their pair score

## Players remain in the same order and the two challenges rotate

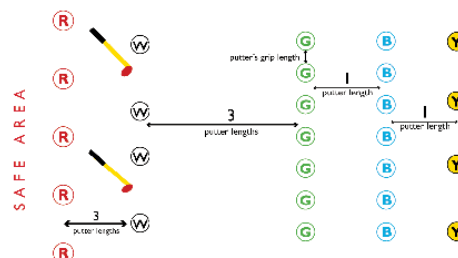
Player is seated at the edge of the mat

- Calculate the average score for the team across Pairs/Full-House



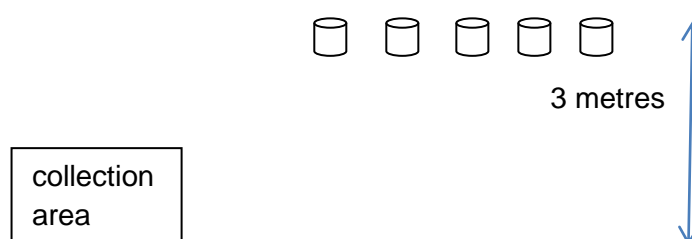
## Finders Keepers

- 2 players at a time if possible (rotate students)
- Putt the ball towards the cones. The first cone the ball hits is collected by the player and placed in a scoring stack. Pick up only 1 cone at a time and once all cones have been collected the game can be set out again if time allows.
- Points Yellow = 10 blue = 5 green = 1
- Total the points accumulated



## Ten Pin Topple

- To collect as many cones/pins as possible in the time period
- Place the cones/pins in a line formation parallel to the delivery line (ensure that if using pins that they are far enough apart not to fall in a formation/domino effect)



## Structure

- Place players in a single line. Player 1 bowls the ball underarm. If one of the pins/cones is hit (identify the pin/cone first hit – only one can be picked up per go)

(s)he collects it and places it in the pin/cone collection area before returning to the back of the queue.

- Once all have been knocked down replace the formation ensuring they are placed in the same place
- The team score is the number of cones and pins in the collection area at the end of the time period.

### **Harlem Hoops**

- Each player will have 3 shots except the player who successfully scores all three attempts in which case a bonus shot will be awarded from the free throw box. A player will start from the nearest line from the basket and if successful move back to the next line...if unsuccessful the player remains at the line

#### **Scoring**

A basket scored from the first line scores 1 point

A basket scored from the second line scores 2 points

A basket scored from the third line scores 3 points

A basket scored from the free throw box scores 5 points



The team's total score is the number of points scored after 7 minutes. In the event of a tie at the end of the competition the deciding factor will be the number of 5 points scored, followed by the number of 3 points if required.