



VIRTUAL SCHOOL GAMES INTRA SCHOOL COMPETITION PROGRAMME

ATHLETICS

@MCRSCHOOLSPE

#MANCHESTERVIRTUALSCHOOLGAMES





STATION 1: SHUTTLE RUNS



Equipment & Set Up

- ⌚ Team Challenge (5 Boys & 5 Girls)
- ⌚ Individual Challenge
- ⌚ Marker cones & Stopwatch
- ⌚ Place the marker cones in a straight line 10m apart
- ⌚ Sports Leader, teacher or TA to time and record



How to Organise

- From a standing start athletes have 1 minute to complete as many shuttles as possible
- Start Procedure: Get Set – Go or blow whistle
- There and Back = 2 shuttles
- Only fully completed shuttles count



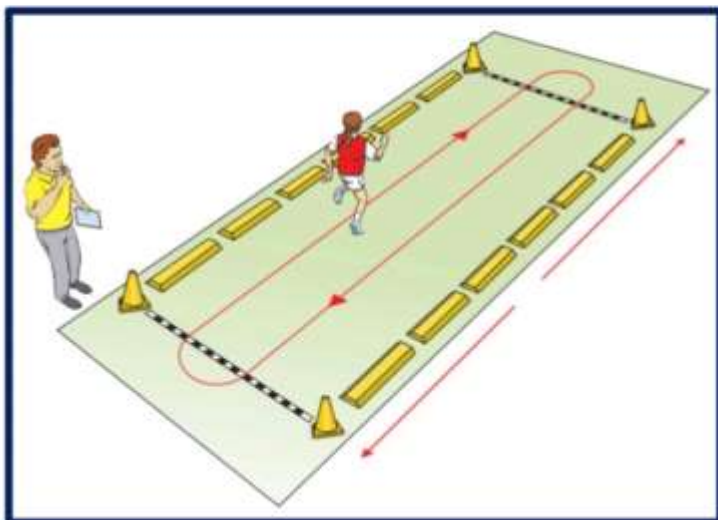
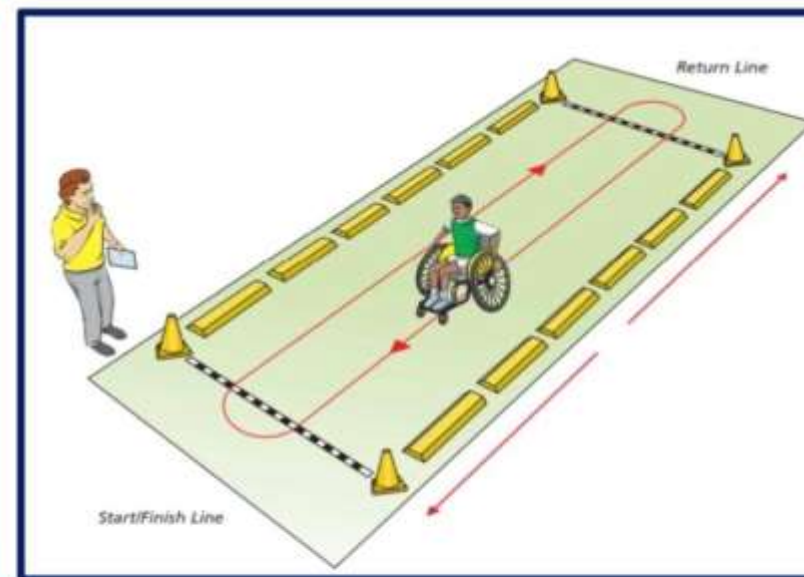
Scoring: Team - total number of shuttles completed by all athletes. Individual - total number completed by individual athletes.

- ⌚ Test of speed & stamina
- ⌚ Plant foot on / over line & turn
- ⌚ Keep going even when tired

SHUTTLE RUN - ADAPTIONS

Wheelchair Users

- Create a starting position with a marker
- Measure 5m away from the start marker and place a marker
- If you have enough space, you can increase the distance to 10m
- Position your chair behind the start line
- The aim of the activity is to travel from one marker to the other as faster as you can either 10 times (5m) or 5 times (10m)
- Make sure you go around the marker at both ends
- Ask someone to start and time the activity for you
- Record your time in seconds (s)



Learning Disability

- Watch the activity video
- Ask someone else to demonstrate the activity for you
- Shorten the overall distance if you need to.

Physical Disability

- You can use a stabilising frame or ask someone to physically assist you
- You can shorten the overall course distance
- You can use a line instead of a marker to run around, just make sure you run over the line at each end

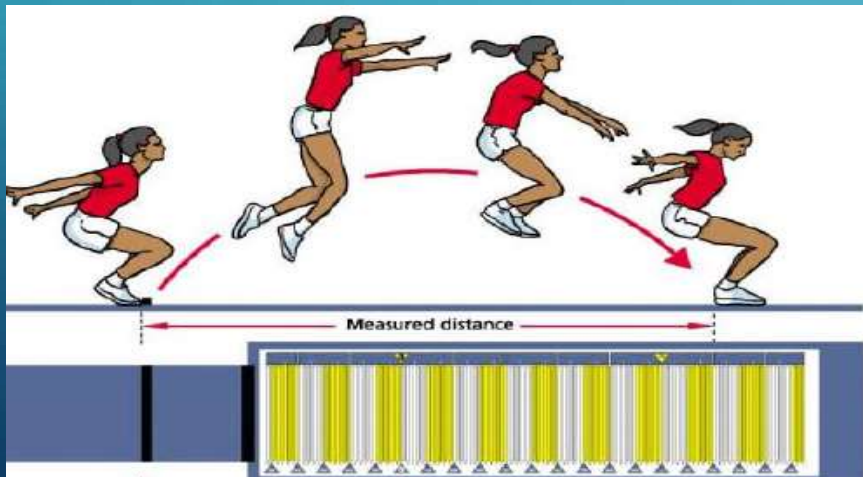


STATION 2: STANDING LONG JUMP



Equipment & Set Up

- ⌚ Team Challenge (5 Boys & 5 Girls)
- ⌚ Individual Challenge
- ⌚ Standing Long Jump mat or Floor measure markers
- ⌚ Sports Leader, teacher or TA to record distances jumped



How to Organise

- A two footed jump from a standing position
- Athletes start from behind the jump line and must land on both feet
- Athletes to have 2 jumps each
- Jump distance measured from the jump line to heels of the athlete



Scoring: Team - total distance jumped by all 10 athletes. Individual – best distance jumped by individual athletes.

- ⌚ Test of co-ordination & leg strength
- ⌚ Bend knees & use arms to propel up and forwards
- ⌚ Rocking motion before take off may help

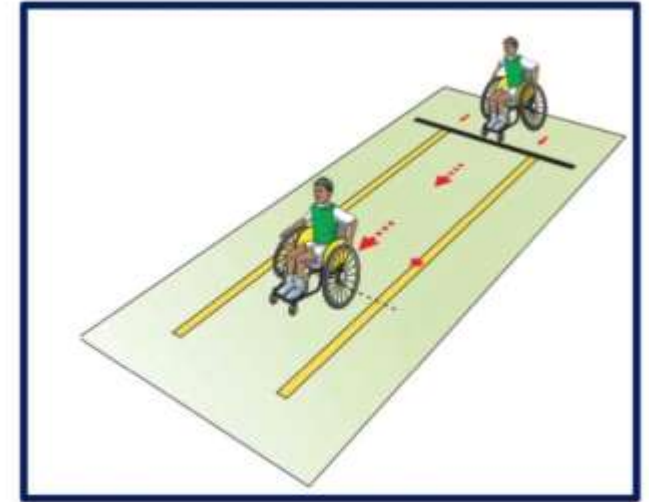


STANDING LONG JUMP - ADAPTIONS



Wheelchair Users

- Create a start line with tape and create two parallel lines
- Make sure the distance between the lines is big enough for your chair to comfortably move through
- On the command go perform two double pushes and ask someone to measure the distance from the back of your chair to the start line
- If you use a powerchair, on the command 'go' you have 3 seconds to travel as far forward as you can
- As a family member to measure the distance from the back of your chair to the start line



Learning Disability

- Ask an adult to break the jump down for you
- Watch the video and pause when necessary to practice the activity
- If you need to you can start with a one footed take off and build up to a two footed take off.

Physical Disability

- You can use a stabilising frame or ask someone to physically assist you
- You can use a one footed take off
- If you are unable to jump you can step as far forward as you can and ask a family member to measure the distance from your foot to the start line.



SCAN ME



STATION 3: SPEED BOUNCE



Equipment & Set Up

- ⌚ Team Challenge (5 Boys & 5 Girls)
- ⌚ Individual Challenge
- ⌚ Speed bounce mat or suitable jump obstacle
- ⌚ Sports Leader, teacher or TA to record distances jumped



How to Organise

- A two footed side to side jump where athletes must take off and land on both feet
- Athletes should clear the wedge or jump obstacle.
- Jumps which land on the wedge or jump obstacle will not be counted
- Aim – to complete as many jumps as possible in 20 seconds



Scoring: Team - total number of jumps by all 10 athletes. Individual – total number of jumps by individual athletes.



Test of speed, agility & co-ordination

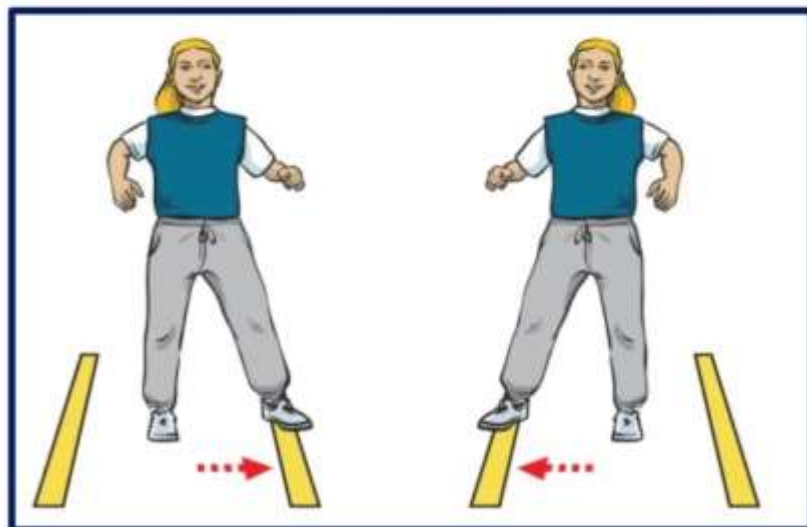
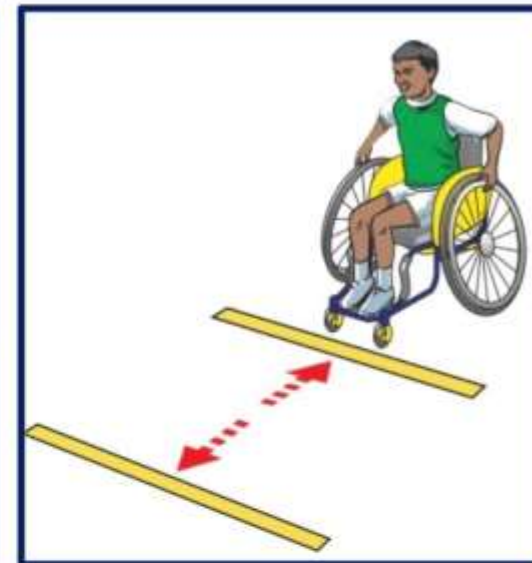


Focus and get into a good rhythm

SPEED BOUNCE - ADAPTIONS

Wheelchair Users

- If you are a wheelchair user set up two parallel lines 2.5m apart
- Move and touch the two lines with both the front wheels of your chair.
- This activity can be performed either side to-side or front-to-back.
- The distance between the lines can be altered for each participant's ability.
- Ensure your legs are supported and cannot leave the footplates if the movement is quick.



Learning Disability

- You can use a stepping technique to perform the activity and build up to two footed jumping if you feel confident

Physical Disability

- Set up two parallel lines 2.5m apart on the floor
- Step from side to side or front to back by placing both feet, or one foot onto each line.
- Adapt the lines to meet your ability needs



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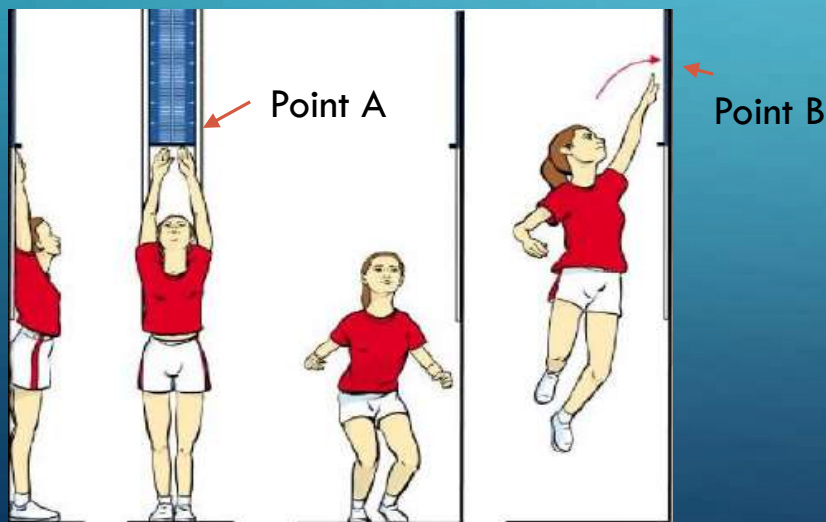


STATION 4: VERTICAL JUMP



Equipment & Set Up

- ⌚ Team Challenge (5 Boys & 5 Girls)
- ⌚ Individual Challenge
- ⌚ Vertical Jump board or means of measuring e.g. tape measure. Chalk or sticky tape.
- ⌚ Sports Leader, teacher or TA to record distances jumped



How to Organise

- To start athletes should stand with their back to the wall and fully extend their arms to set the 'VJ board slide' or establish Point A
- Athletes then stand sideways to the wall and jump upwards to touch the wall at their highest point (Point B)
- Chalk or sticky tape can be used to mark Point B
- The distance jumped is the distance between Point A and Point B in cm.



Scoring: Team - total distance jumped by all 10 athletes. Individual – highest distance jumped by individual athletes.



Test of jumping against your own height & weight



Bend your legs to help propel yourself upwards

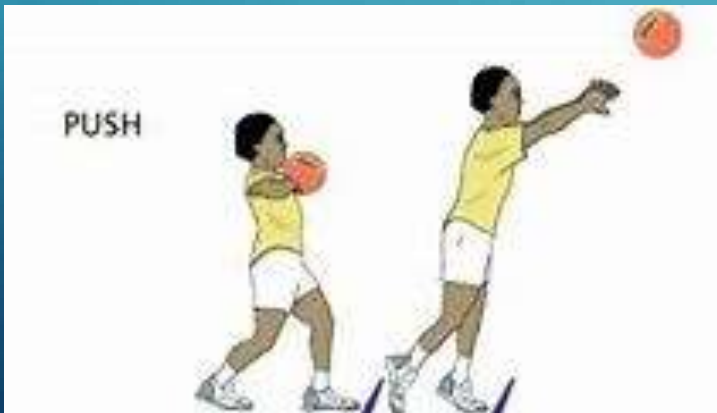


STATION 5: CHEST PUSH



Equipment & Set Up

- ⌚ Team Challenge (5 Boys & 5 Girls)
- ⌚ Individual Challenge
- ⌚ Measuring mat or means of distance measuring (e.g. tape measure). Weighted ball (e.g. Basketball)
- ⌚ Sports Leader, teacher or TA to record distances jumped



How to Organise

- Facing forward the athlete must hold the ball against their chest and push forward with both hands
- Both feet must be behind the throw line and remain in contact with the floor at all times
- Feet may be positioned side by side or one in front of the other
- Throw is measured from the throw line to where the ball first lands in m:cm to the nearest 25cm e.g. 4m / 4.25m / 4.5m / 4.75m / 5m)



Scoring: Team - total distance thrown by all 10 athletes. Individual – best distance thrown by individual athletes.



Test of explosive power



Push forward hard and fully extend arms



THROW - ADAPTIONS



Wheelchair Users

- If you are a wheelchair user with full movement of your arms you can participate in the activity as above. You can adapt the start mark distance to suit your ability and can choose to just use your dominant hand.
- If you have severe mobility problems, you can choose to take this activity by doing the Target Drop
- Position your chair next to the square and drop the bean bag into the hoop.
- After each successful drop, move back slightly each time.
- If you are unable to drop from a height you can push the socks from the knees or the side of the wheelchair to drop into the square.



Learning Disability

- Watch the video and pause where necessary to practice
- You can choose to use your dominate arm to throw the socks.
- You can adjust the throwing distance

Physical Disability

- You can sit on a chair, kneel, or use a frame if you find it hard to stand for long periods of time
- You can choose to use your dominate arm to throw
- You can adjust the throwing distance








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STATION 6: DISTANCE RUN



Equipment & Set Up

-  Team Challenge (5 Boys & 5 Girls)
-  Individual Challenge
-  Marker cones & Stopwatch
-  Mark out a 200m circuit on the school field. Use the school football pitch as a guide. Alternatively mark out a 50m shuttle on the playground
-  Sports Leader, teacher or TA to time and record

How to Organise

- Each runner to complete 1 circuit. 2nd runner sets off when the 1st runner completes their lap and so on.
- If using 50m shuttle version each runner to complete 4 shuttles
- Start procedure: Get Set – Go or blow whistle
- Don't set off until runner before finishes their lap



Scoring: Team - total time taken for all 6 runners to complete 1 lap. Individual – time taken to complete 1 lap.



Test of stamina & endurance



Pace yourself, keep going even when tired





TEAM SCORE SHEET

School:

Year Group:

Activity Station	Total Team Score / Distance or Time
1. Shuttle Run	
2. Standing Long Jump	
3. Speed Bounce	
4. Vertical Jump	
5. Chest Push	
6. Distance Run	



Year Group:

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