

Dear Parent/Carer,

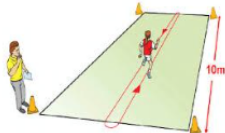
Due to the North Yorkshire School Games being cancelled, we are going to take part in some running virtual competitions to give our school the chance to become County winners. The first of the 2 competitions is Athletics. The winning school will be put forward as the York entry with a chance to win medals and t-shirts. Below is the information on the 5 athletics challenges. These can be done in school or can be done at home. All pupils who enter will need to do all 5 challenges and **submit their result by using the link below**. Teams will be made up of 3 boys and 3 girls. There are 2 age groups – 3/4 and 5/6.

We are inviting all children from our school in KS2 to have a go and then Kevin Davies (Partnership Manager) will look at our results and choose the top 3 boys and top 3 girls in each age group. **You will need to send your results through the link below**.

<http://www.koboca.co.uk/athletics-virtual-competition-york-east/?q=RB1KKF70>

The guidance for each event is below:

#### 20 x 5m Shuttle Run

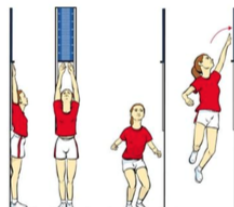


Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

**PLEASE USE A FLAT / DRY SURFACE**

#### Vertical Jump

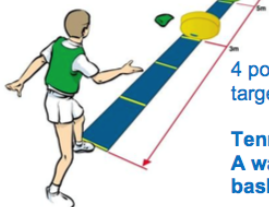


The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.

#### Target Throw



The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated.

4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target

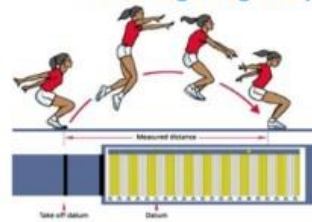
**Tennis Balls, Rolled up socks or small soft toys can be used.**  
**A washing basket, paper bin, cardboard box or dog basket are example target items.**

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**PLEASE USE A FLAT / DRY SURFACE**

### Standing Long Jump



### Speed Bounce



The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

**All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.**

Please read through the guidance booklet attached and either print off the vertical jump scale or use a tape measure.

Let's get as many children involved in this as possible. It's a fun event and great for an added bit of competition.

Stay safe!

Mrs Rowntree