**Y6 Quadkids - Virtual Intra-school Competition Autumn 2020**

Welcome to the Y6 Virtual Quadkids Competition, we hope ALL Y6s will get involved with this intra school competition. When everyone has completed the four events please complete the score sheet with the best times and distances and return to your SGO by Friday 4th December 2020. We will then compile the results for each of our areas.

Please make sure you allow for plenty of practice, to enable your results to be the best they can be.

**Competition Format:**

1. Shuttlecock Throw - Standing throw no run up
2. Standing Long Jump - Start with standing with two feet together and measure to where furthest back heel lands
3. 75m Sprint - 3 X 25m shuttle run
4. 600m Extended Run - Laps of playground, gym or school field to make up the distance

**Getting Started:**

1. Set up one activity so that all of the class can record a score for each event and record their best scores on the results sheet. We suggest for you to set up one measure station and multiple practice stations to ensure whole class is engaged
2. The 75m sprint must be 3 shuttles of 25m
3. For extended run mark out a circuit with cones and work out how many times it needs to be completed to achieve 600m
4. Standing Long Jump this is a two footed jump from a standing position. The jump is measured from the point of contact closest to the designated start point, this is normally the heel of the back foot
5. The shuttlecock should be thrown overarm in a ball throw/javelin action. The athlete throws from behind a marked throwing line. The throw is from a standing position with both feet behind the throwing line and in contact with the floor

**School Games Values:** Can you match the School Games Value to the correct sentence? Can you apply these values to your performance?

* *My score will be a true representation of what I achieve.*
* *I can work with a partner to coach and/ or count their score.*
* *I know I can do this.*
* *I am enthusiastic about what I am going to do* 
* *My coaching comments will be positive and I will celebrate everyone's score.*
* *I will not give up*

**Y6 Quad Kids Results**

We aim to ensure fair results and hope that you will support our cause during these unprecedented times

**School :**

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| --- | --- | --- | --- | --- | --- |
| **Athlete** | **Girl/Boy** | **Throw** | **Jump** | **Sprint** | **600m** |
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| --- | --- | --- | --- | --- | --- |
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