

Athletics Festival

Equipment per child

10 cones

1 foam javelin

5 Hurdles/ sets of 3 cones to make one hurdle

3 hoops

3 bean bags/shuttlecocks

* Each pupil to keep the same set of equipment to themselves and find their own space in the playground/hall.
* Each pupil sets up their own equipment as per the stations and keeps their own score on their own scorecard
* Teacher to supervise and time the 2 minutes for the children when they are attempting the timed part of the challenge. Prior to this give them time to practice the challenge first.
* At the end of the session, each child to wipe their own equipment with antiseptic wipes before putting it away and then wash their hands





**Station 1 – Shuttle Sprint**

**Setting up**

* **Place 2 cones about 20m away from each other/20 large strides or between 2 lines on the playground.**
* **Keep your cones 2m away from other people’s cones.**

**Activity**

* **Stand behind a cone facing the other cone.**
* **Run to the cone, around it and then back to the cone you started at.**
* **How many times can you do this in 2 minutes?**
* **Write your score on your card – there and back is 1 point**



 

**Station 2 – Standing long Jump**

**Setting up**

* **Place a cone 1m/1 big stride away from a line on the playground.**
* **Then place another 9 cones in a line going away from the line on the playground.**
* **Keep your equipment 2m away from other people’s.**

**Activity**

* **Place your feet up to the line, bend your knees and swing your arms to jump as far as you can.**
* **Points are scored depending on which number cone your heels land next to. For example, the 6th cone = 6 points. Have 3 jumps.**
* **To challenge yourself to try to jump further each time.**
* **Write your total score after 3 jumps on your card.**

**9**

**8**

**7**

**6**

**5**

**4**

**3**

**1**

**2**

Jump line **X =** 6 POINTS



**Station 3 – Foam Javelin**

**Setting up**

* **Place a cone 1m/1 big stride away from a line on the playground.**
* **Then place another 9cones 2m/2 big strides apart in a line going away from the line on the playground.**
* **Keep your equipment 2m away from other people’s.**

**Activity**

* **Stand sideways on with the javelin/beanbag in one hand held straight out behind you.**
* **Throw the javelin/beanbag as far as you can.**
* **Points are scored depending on which number cone your javelin lands next to. For example, the 4th cone = 4 points. Have 3 throws.**
* **Write your total score after 3 throws on your card.**

**5**

**6**

**4**

**3**

**2**

**1**



 **X =** 4 POINTS

 

**Station 4 – Hurdle Sprint**

**Setting up**

* **Set 5 hurdles/ 3 cones next to each other to make one hurdle (15 cones makes 5 hurdles) out within a 10-metre space.**
* **Keep your hurdles 2m away from other people’s.**

**Activity**

* **Run over all of the hurdles and then sprint back to the start down the side of the hurdles.**
* **You must only run one way over the hurdles.**
* **How many times can you do this in 2 minutes**
* **Write your score on your card. Running over the hurdles and then running back is 1 point.**



 **10 Metres**

 

**Station 5 – Bean Bag Target Throw**

**Setting up**

* **Place 3 hoops in a line 5 metres away from a line on the playground.**
* **Keep your hoops 2m away from other people’s.**

**Activity**

* **Stand at the line with the first bean bag.**
* **Throw the bean bag underarm, aiming to get it to land in the hoops.**
* **If the bean bag lands in 1st hoop = 1 pt, 2nd hoop = 2 pts, 3rd hoop = 3pts**
* **Repeat for two more bean bags.**
* **Write your score for all 3 bean bags on your card.**
* **To make it easier, make your throwing line closer to the hoops/to make it more challenging make your throwing line further away from your hoops. In the absence of hoops use a line of cones to throw past.**

Throw line

 

**Station 6 – Stamina Run**

**Setting up**

* **Set up a course around an area of the playground with your 10 cones that measures around 50 metres/50 large strides altogether.**
* **Keep your course at least 2m away from other people’s stations.**

**Activity**

* **Run around the outside of the course. Every time you complete a lap you get 1 point.**
* **How many laps can you do in 2 minutes?**
* **Write your score on your card.**

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**Name ……………………………………………Class ……………………..**

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| **Activity** | **Score 1** | **Score 2** | **Score 3** |
| **Shuttle sprint** |  |  |  |
| **Standing long jump** |  |  |  |
| **Javelin (throwing for distance)** |  |  |  |
| **Hurdle Sprint**  |  |  |  |
| **Bean Bag target throw (throwing for accuracy)** |  |  |  |
| **Stamina Run** |  |  |  |
| **TOTAL** |  |  |  |

