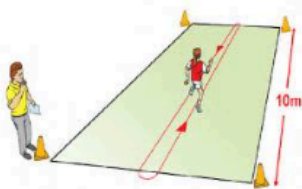


Athletics Intra School Festival

1. You have been identified to be part of an Intra School team to take part in the Home Athletics Intra School Festival, you and five other children in your school will make up your team.
2. Each person will have a couple of days to practise the skill stations below and then you will be asked to submit your best score back to the school.
3. Your score will then be added to the other five members of your team and you will then be sent the results.
4. The schools best team score will be sent to Harrogate School Sports Partnership to see which school team is the Harrogate area School Games Champion.

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

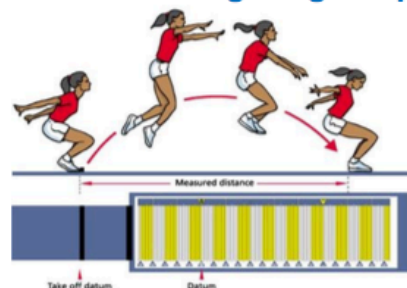
PLEASE USE A FLAT / DRY SURFACE

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.

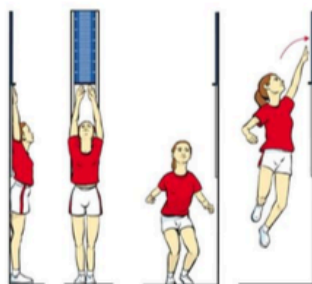
The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

PLEASE USE A FLAT / DRY SURFACE

Standing Long Jump



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.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person / team win not the best cheat.
Take a photo / video and show us how you are doing via twitter @HarrogateSSP

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.

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.

Score card

Child:

Please return to your school by: Friday 15th May

Station	Skill	Time / Points
1	Shuttle Run	
2	Standing Long Jump	
3	Vertical Jump	
4	Speed Bounce	
5	Target Throw	
Total Score of each station		



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