

ATHLETICS - CONTINUOUS RELAY

Quick introduction

You can include as many as eight runners in this exciting relay, by offering different distances to run.

Getting started

- Teams are set out where they expect to pick up the baton for the first time with starters on the start line waiting for the whistle to start.
- The first "leg" runners carry the baton for the specified distance and transfer the baton over to their team-mate to carry on the battle.
- This continues in succession to complete the distance/ number of laps until the race is finished.
- The officials will ring the bell to notify all that the final runner has passed the final lap mark.
- Runners must stay in their respective lanes during the race – especially important if there are eight relay teams using an eight lane track.

Think tactics

Discuss what runners are best suited to the different distances.



ATHLETICS – CONTINUOUS RELAY



Organising the activity

- Rather than asking one student to run an entire 400m lap in one go, the team is split into teams who take it in turn to run a specific distance before handing the baton to their team-mate who continues the race.
- Teams can be as many as eight in number if using an eight lane track and can be adjusted accordingly.
- Continuous relays can be competed over different distances in total (using temporary or permanent RIE 3-2-1 courses) – 400m, 800m, 1500m, 5k etc. Competitions can be made more interesting by mixing teams (boys/girls) or by racing to beat, as teams, famous athletic landmark achievements set by athletics legends such as Paula Radcliffe, Steve Cram, Kelly Holmes etc.

Equipment

- Cones, metre wheel, line marking. If using field, coloured bibs, batons or beanbags (depending upon resources available). All items are available for purchase at www.eveque.co.uk

Officiating

- Take it in turns between students for them to participate and officiate.
- Evenly spread officials across the course to ensure consistent coverage.
- Appoint one official to read out the purpose of the activity and to marshal the other officials.
- Use whistles to keep control – it could get noisy in sports or school halls or be difficult to hear outside in inclement weather.

Keeping it enjoyable

- Mini Hurdles can be introduced throughout the course to make it more challenging.
- Good baton exchange makes a huge difference – timing the exchange is key.
- Encouragement of team-mates over longer distances can prove a morale booster.
- Increasing team numbers and shortening distances can make it more enjoyable and less challenging for individuals, particularly younger students.
- Reducing the size of the track (and distance of race) if possible and increasing numbers of team members can be more enjoyable as team-mates “touch the baton” more regularly.

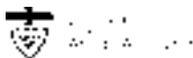
Spirit of the Games: *Excellence through Competition*



Practise baton changes as many times as possible before beginning the race.

Think inclusively

- This short form competition activity can be provided for students from key stages 2-5 with the relay area size increased in accordance with age or ability. The circuit layout can also be adapted to accommodate disabled students needs.



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ATHLETICS - SPORTS HALL

Quick introduction

An individual and team-based event that can be designed to include all children. Forty athletes in five teams could do five events in an hour.

Getting started

- Agree on a circuit of events selected from the following list
 - Balance Test / Standing Long Jump / Speed
 - Bounce / Target Throw / Hi-Stepper / Chest
 - Push / Vertical Jump / Shuttle Run / Bull Nose
 - Javelin / Standing Triple Jump.
- Try and choose a mix of events, i.e. at least one run, jump and throw.
- Athletes may either compete on an individual basis with a view to improving their personal best or as part of a small team.
- Where teams are competing, restrict a team to a maximum of eight athletes.
- Groups of athletes or the teams rotate around the events with each athlete contesting each event.
- Allow 10 - 12 minutes at each event to enable each athlete to complete the event.



Think tactics

Discuss how members of the team can pace themselves so they do well at **all** events.

ATHLETICS – SPORTS HALL



Organising the activity

- Encourage participation in a warm-up activity prior to starting the sports halls circuit.
- Agree on the events to be staged, ideally ensuring that there are sufficient events for the entire group to be accommodated.
- For example, a group of 40 athletes divided into five teams / groups might rotate around five events in 60 minutes.
- Allow athletes the opportunity to have a practice before completing three trials at each event with the exception of Hi-Stepper, Shuttle Run and Speed Bounce where one trial is recommended.
- Individuals' performances can be monitored by maintaining personal best records or alternatively calculating an Aviva UKA Academy Awards score.
- Team scores can be calculated either by the summation of each performance to create a team time or distance or again by reference to and use of Aviva UKA Academy Awards.
- Where time permits, close the session with a simple relay or team challenge.
- For further information, support with scoring and detailed rules, visit www.sportshall.org

Officiating

- Appoint one official to read out the purpose of the activity and to lead the other officials.
- Take it in turns to participate and officiate.

Keeping it enjoyable

- Give a clear briefing at the start of the competition explaining how it works and what is required.
- Keep a record of the leading individual and team performances and look to improve on these.
- Each event can also be used as a mini team challenge. For example, time how long a team of eight take to complete 80 speed bounces with each team member completing 10 bounces.
- Encourage athletes to design their own circuit of events including additional relays and team challenges.

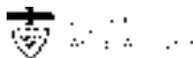
Think inclusively

- This short form competition activity can be provided for students from Key Stages 2-5. The events can also be adapted to accommodate disabled students needs.

Spirit of the Games: Excellence through Competition



Work really hard at your best event and believe passionately that you can succeed.



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ATHLETICS - QUADS

Quick introduction

Eight teams and 64 athletes can complete this team-based athletics event with four boys and four girls doing four events.

Getting started

- Quackids is a team-based game with four boys and four girls doing all four events.
- Athletes acquire points per event.
- It's about fun, participation and friendly competition.
- Team score is aggregate of eight athletes' scores.
- Events
 - 100m, 800m
 - mini-vortex howler
 - standing long jump or long jump
 - optional relay 8 x 50m.

Think tactics

Ensure you do really well in your best event.



ATHLETICS - QUADS



Organising the activity

- Athletes from teams are allocated to designated groups.
- Each group cycles through their four events (e.g. Group A, 100m – SLJ – Vortex – 800m).
- At any one stage there will be groups doing field and track events.
- Eight teams and 64 athletes can be completed in one hour.

Officiating

- Events need a timekeeper, starter, track judge, spotter with some experience.

Keeping it enjoyable

- Give a clear briefing at the start of the competition explaining how it works and what people have to do.
- Give a clear explanation of track and field behaviour.
- Quadkids is a team event and every point from every athlete is of equal value.

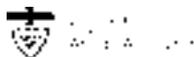
Think inclusively

- Some athletes could do alternative events for which they are more suited (e.g. throwing the vortex holder backwards overhead rather than forwards).

Spirit of the Games: Excellence through Competition



Show respect to all athletes by praising all performances, as some may be trying events at which they have to work really hard.



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