



Moving Matters Mini Athletics (Ks1)

Where: Kennington Park Astro

When: 5th June 2019

Who: A year 2/1 class. The maximum number of children permitted to attend is 30. Please divide up your class into groups of 5 before you arrive. Rows of cones (1-6) will be laid at each station to help organise those groups for each event.

Event Information

Pre - Event Prep :

- Please confirm and name a list of all adults travelling with the school.
- Ensure all children have lunch, water, sunscreen, jackets if rain is due.
- Read through the competition schedule/layout.
- Ensure all children know what's happening throughout the day.

Please pack - lots of smiles, clapping hands and cheering voices!

Event Day :

- Please arrive on time.
- Please use the correct entrance (side entrance for out of hours) to the school and have all adults with you at the time of arrival . **No adult will be permitted on site after you arrive.**
- Locate where your school will place all belongings for the duration of the competition.
- Please register with a member of moving matters staff so that you can find your starting point in the competition.
- Unpack and use all of the smiles, clapping hands and cheering voices you brought with you.

Competition Running Order

Morning

9.30 - All schools arrive and register.

9.45 - Competition Starts - Each school are given a starting point

11.30 - Carousel complete - please see below for details

11.45 - Finals & Presentations

12.15 - Finished

Afternoon

12.15 - All schools arrive and register.

12.30 - Competition Starts - Each school are given a starting point

14.00 - Carousel complete - please see below for details

14.15 - Finals

14.30 – Finished

Carousel Events :

Each event will be clearly labelled 1 – 10

1. Long Distance Run - ***Follow correct path***
2. Sprinting - ***Stay in your own lane***
3. Javelin Throw - ***Inside marked area***
4. High Jump - ***Leap over a rope onto crash mat***
5. Bean Bag Throw - ***Throw the bean bag as far as possible***
6. Obstacle - ***Complete all stages & have fun***
7. Hurdle Spring - ***Stay in correct lane***
8. Speed Bounce - ***Jump over and back as many time as possible***
9. Standing Long Jump - ***Correct landing***
10. Rest / Practice Station - ***Warm Up or Cool Down at this station***

Each school will earn points at each event for:

Skills
Teamwork
Class Participation

Top athletes decided by leaders will receive a finals sticker after each event. This will be their ticket to the final stages. ***Teachers should also keep a note of the children who receive these for the finals (pack provided to all teachers to record).***

Your class/group can go to your break station at any stage but please note if you do not complete all the stations by the allocated time you may miss out on a position in the final.

Finals :

This will be a sequence of events that include the top stickered athletes from each event. 1 boys and 1 girls will be rewarded a sticker where possible at each station.

Finals Events :

1. Javelin Girls
2. Javelin Boys
3. Sprint Girls
4. Sprint Boys
5. Standing Long Jump Girls
6. Standing Long Jump Boys
7. Distance Girls
8. Distance Boys

Winners of each event will receive a certificate of achievement. Every school will receive a certificate of participation. Overall winners will receive a trophy.

Open Events - Time permitting - Teachers Race - Stretch those hamstrings and step up to represent your school !!!