



Moving Matters Year 1 Athletics

General Information

Aim: Get active, have fun, be competitive and learn !

When : Thursday 9th May 2024

Where: TBC

Time: Arrival by 9:30, Slot 1: 10AM - 12PM, Slot 2: 12.30PM - 2:30 PM

Who : 30 Year 2 children/Whole class event

What: 8 activity stations and one rest station. Each will run for 10 minutes

What you need:

- To organise your class into 6 groups of 5 of mixed ability prior to comp.
- 1 set of coloured bibs for all children.
- Water bottles.
- Appropriate clothing and footwear. (Staff & Children)
- A copy of this document.

Schedule

We will do a whole group warm up at the start of the session and then each school will be placed at a station. The stations will be numbered and after the whistle (10 minutes) everyone will rotate to the next station. All adults must accompany children from station to station.

Other notes

Only staff that are pre authorised to travel with the school will be permitted to enter the hall. Moving Matters will be taking photos at the event, please let us know in advance if there are children who cannot be photographed. If a school wishes to take photos they can do so but only of their own school.

Rewards

The majority of stations will be competitive. For example in the sprint race, 5 children will race each other, the winning child will be awarded a sticker. All 5 children with stickers will compete in a final race to determine an overall winner, who will then be awarded a medal.

- 1 medal for the overall winner per station.
- Superstar/gold star stickers for winners of each heat per station nominated by sports leaders supervising the station.

- Leaders may also award certificates for participation, skills, teamwork and effort of staff and children at each station.

Athletics Stations:

1 Long Distance Race

2 Javelin

3 Sprint Race

4 Bean Bag Throw

5 Relay Station

6 Speed Bounce

7 Hurdles Race

8 Standing Long jump

9. Rest/Water Station