

Dear Year 4 Teachers, April 2021

We hope you are all keeping well in these challenging times.

We would like your children to participate in **Year 4 Superstars Event,** this term.

Run this event on your school site, at some point, in this Summer term. The timings are up to you, to fit in with your school plans. Our intent is to make sure the children have fun, move their bodies, and are rewarded for taking part. You can deliver the events in your PE lessons and collect the results over a few weeks, or you could have an afternoon of Superstars in National School Sports Week (19th – 25th June) or in your sports day week to make it a little more special. It is totally up to you.

Thank you in advance to all of you that will give it a go, as we know how much organisation goes into these events. We have everything you need to run the competition in the documents below: rules, score sheets, conversion sheets, and a video of each activity <https://youtu.be/ijXlc3zYwCo> You can also find the resources on our partnership website ([www.nwessp.co.uk](http://www.nwessp.co.uk)) We have used equipment that you should have in school and we have kept the activities simple and achievable for all.

If you are taking part, please email me/get your PE coordinator to email me and let me know the number of children taking part, (no names are needed just numbers please), so we know how many certificates/rewards to deliver.

If you want to make it into a bigger event you could have an opening ceremony to add a cultural element to the competition. Get the children to make flags and write sporting pledges. The pledge can say anything that the children have discussed in terms of sportsmanship, competition values, how the children are going to try hard or wishing the other team members well, or including values that the children think they will need or a poem about the values. They can read these out at the start of the competition. Please enter your winning pledges into our competition (see below), we shall have prizes for the winners.

We shall also deliver sporting value stickers for you to give out to selected children who have done well and showed the values of honesty, determination, self-belief, teamwork, respect, or passion. Part of our continued aim to “Reframe Competition”, so that it is enjoyable and achievable for all.

If you need any clarification on the activities, have any questions, or would like any help in running the activities, then please get in touch.

Thank you for your support and we are looking forward to seeing pictures or videos and hearing how it went.

Yours sincerely

***Samantha Patching***

School Games Organiser

**VIRTUAL SUPERSTARS EVENT 2021**

**Video link for all activities:** <https://youtu.be/ijXlc3zYwCo>

**1.Speed stacks: (10m track ,9 speed stack cups, start line, stopwatch)**

On 10 m track place 3 sets of 3 cups evenly spaced down track.

Up stack 3 lots of 3 cups run back to touch start line. Turn around and down stack each set of cups and run back to the start.

Record time and convert into points and add up running total.

**2.Rolling: (Start line 5 cones,5 spots, 1 tennis ball)**

Place 1st spot 2m away from start line. Place the other 4 spots behind it, so they are all touching, in a straight line. Place one cone on each of the spots. You have five attempts to roll the ball to hit the cones. Stand behind the start line and roll the ball to try and hit the first cone. If successful, move the cone to the side and proceed to try and hit the second cone. If you miss, you simply have another go, until you have used up all 5 goes.

2 points awarded for every cone hit.

Replace cones to the spots. Record the points and add up the running total.

**3.Tennis Taps:(10m track, start line, cone, tennis racket, bean bag, stopwatch)**

Have a bean bag on tennis racket and stand on starting line. Place the cone at end of the 10m track. Do 5 taps with the racket to send the bean bag gently in the air 5 times, sidestep down the track, keeping the bean bag on the racket. Touch the cone with your hand. Sidestep back. Do 5 more tennis taps with bean bag on the racket.

Record time and convert to points. Add to running total.

**4. Basketball dribble:(10 m track, basketball, stopwatch)**

Take ball around the waist once. Bounce ball in one hand 5 times, bounce in the other hand 5 times. Dribble the ball down 10m down track. At the end, bounce and catch the ball three times. Dribble back to start. Record time and convert into points and add up running total.

**5.Jumps :(Start line, 5 cones and a marker)**

Place cones at 1m, 2m ,3m, 4m and 4. 50cm.From start line, hop forwards on one leg, then hop on the other leg and then finish by putting both feet together and doing a two footed jump. Place a marker down where you finished. Three attempts to get longest hop, hop, jump. Two points for every cone passed. If you were beyond the first cone 2 points, beyond the second cone 4 points etc. Record points and add up the running total.

**6.Throw and Catch tennis ball: (Tennis ball, 5 spots)**

Place the spots in a straight line 1m apart. You have five attempts to see how many skills you can complete successfully; each time you are successful you move to the next spot. If not successful, you stay on the spot and try again until you have had your 5 goes.

First spot= bounce and catch the tennis ball. Second spot =throw the ball above your head and catch the ball with two hands. Third spot = throw the ball in the air with your dominant hand and catch with your dominant hand. Fourth spot= throw the ball in the air, above your head, with your dominant hand and catch with your non dominant hand. Fifth Spot throw ball up in the air, above your head, with your non dominant hand and catch with your non dominant hand. If you are successful on your final attempt, you move up to the next spot. This is your final score. Two points for each spot. So, if you finish on the third spot you get 6 points. Record points and add up the running total.

**7.Pick up: 10 m track ,3 quoits or 3 bean bags, start marker and end marker,**

Collect first quoit or bean bag and run to end line and put down. Collect 2nd quoit/bean bag run to end line and put down. Collect 3rd quoit/bean bag and run and put down and run back. Record time and convert into points and add up running total.

**8.Speed bounces (4 cones, stopwatch)**

Lay 4 cones in a straight line to act as the speed bounce. How many two footed speed bounces can you do in 20 seconds. Record number and convert into points. Add up running total.



**SUPERSTARS CONVERSION SCORE SHEET**

**Timed events: Speed stacks, Basketball, Pick up, Tennis Taps.**

**1 2 3 4 5 6 7 8 9 10 11 seconds ………………. 10 points**

**12 13 seconds …………………………………………… 9 points**

**14 15 seconds …………………………………………… 8 points**

**16 17 seconds …………………………………………… 7 points**

**18 19 seconds...………………………………………….. 6 points**

**20 21 seconds.………………………………………….... 5 points**

**22 23 seconds ……………………………………………. 4 points**

**24 25 seconds ……………………………………………. 3 points**

**26 27 seconds ……………………………………………. 2 points**

**28 29 30 31 32 33 34 35 36 and so on …………….. 1 point**

**--------------------------------------------------------------------------------**

**Throw and catch – 5 attempts Rolling:**

**Record the line reached 1 cone collected = 2 points**

**5m line and above = 10 points 2 cones collected = 4 points**

**4m line = 8 points 3 cones collected = 6 points**

**3m line = 6 points 4 cones collected = 8 points**

**2m line = 4 points 5 cones collected = 10 points**

**1m line = 2 points**

**----------------------------------------------------------------------------------**

**Speed Bounces:**

**How many in 20 secs:**

**40 or more = 10 points**

**35 or more = 9 points**

**30 or more = 8 points**

**Jumps: 25 or more = 7 points**

**Above 4.5 m = 10 points 20 or more = 6 points**

**Up to 4m = 8 points 15 or more = 5 points**

**Up to 3m = 6 points 10 or more = 4 points**

**Up to 2m = 4 points 5 or more = 3 points**

**Up to 1m = 2 points 0 or more = 2 points**

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**Please circle:**

**Boy**

**Girl**

SUPERSTARS

|  |  |  |  |
| --- | --- | --- | --- |
| School  Child’s name | | | |
| Event | Time/distance | Points scored | Running Total |
| One |  |  | |
| Two |  |  |  |
| Three |  |  |  |
| Four |  |  |  |
| Five |  |  |  |
| Six |  |  |  |
| Seven |  |  |  |
| Eight |  |  |  |

**Please circle:**

**Boy**

**Girl**

SUPERSTARS

|  |  |  |  |
| --- | --- | --- | --- |
| School  Child’s name | | | |
| Event | Time/distance | Points scored | Running Total |
| One |  |  | |
| Two |  |  |  |
| Three |  |  |  |
| Four |  |  |  |
| Five |  |  |  |
| Six |  |  |  |
| Seven |  |  |  |
| Eight |  |  |  |

**Sporting Pledge** Competition

*PE and sport involve teamwork, competition, communication skills, problem solving, personal achievements. When we take part in sporting activities, we need to be mindful to show good sporting manners, compassion, and kindness to others. We have a partnership pledge:*

**Partnership Sporting Pledge**

We, the child, the teacher, the official and the spectator, shall show good sporting behaviour towards everyone. We pledge to have respect every day, in every sport and for everyone. Accepting victory and defeat graciously, treating everyone fairly, speaking considerately and politely and accepting official’s rules and decisions without complaining. We shall abide by the rules of the event. We shall applaud achievements and perseverance, giving positive comments throughout, to competitors, officials, teachers, and spectators.

**Don’t be the one, to spoil the fun.**

***School Competition:***

*What would you say to your competitors? What would be your sporting pledge, that you would read out at the opening ceremony of the Olympics? What message would you like to give to the other Year 4’s in Chelmsford, before they take part in this superstars Competition? Write your Sporting Pledge / Promise below.*

*As a class choose 2 or 3 pledges that you like the most. Send them to us as a video or on paper, to* [*spatching@ramseyacademy.com*](mailto:spatching@ramseyacademy.com) *.Include Names and School details.*

*Closing Date June 25th. Prizes for the overall winning Pledges.*