

Dear Year 5 and 6 Teachers, April 2021

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

Last summer your children missed out on taking part in our Quad Kids Athletics competition and we therefore hope your children can participate in our **Quad Kids Virtual Competition** on your own school sites,this summer term. This event has variations suitable to all ages at your school.

With the 2021 Olympics coming this summer it is a great event to get children enthusiastic about Athletics. Not only is this a great Athletics event to run in your school (Level 1),but if you pass on your children’s score cards to us via your PE Lead/PLT then the scores will be used to find our Partnership winners at (Level 2). In addition to that, the winners will go onto to County leaderboard and hopefully we could have County winners in your school.

The timings of when you run the competition, are up to you, to fit in with your school plans this term. If you get results in by 2nd July, they can be considered for the County Event. Our intent, is simply to make sure the children have fun, move their bodies, and get a feeling of taking part in competition again. You can deliver the events in your PE lessons and collect the results over a few weeks, or you could have an afternoon of Quad Kids Athletics possibly in National School Sport Week (19th – 25th June) or in your sports day week and 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 resources below. Here is the link to the video that will show you exactly what to do: <https://youtu.be/fGGgEcGFAV8>. There is minimal equipment needed to run the event, you may need to borrow Howlers (this is the piece of throwing equipment) but we are happy to supply these or direct you to where they can be purchased.

If you are taking part, please email me/get your PE coordinator to email me to let me know how many children will be taking part from your school, (no names are needed just numbers please), so I know how many certificates/rewards to deliver to you.

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. It is our continued aim to “Reframe Competition” as having a place for everyone, and to celebrate the sporting values as we compete. At the bottom of this document, you will see a ‘Sporting Values Competition’ please send us 2 or 3 of your best examples and we will pick out our winner for the whole Partnership.

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 hope all your children enjoy the activities and look forward to seeing your results.

Yours sincerely

***Samantha Patching***

School Games Organiser

[spatching@ramseyacademy.com](mailto:spatching@ramseyacademy.com)

**Rules**

**Quad Kids 2021**

**Video Examples click here :** <https://youtu.be/fGGgEcGFAV8>

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| --- | --- |
| **Year Group** | Divided into 3 formats – PRE-START – Yr 1 and 2  START - Yr 3 and 4  PRIMARY - Yr 5 and 6 |
| **Date** | Deadline: July 2nd |
| **Gender** | Girls  Boys |
|  |  |
| **Team Criteria** | * Team based competition 4 Boys & 4 Girls per team |
| **Format** | 4 events – sprint, run, jump and throw  SCORING – all athletes do all events, points allocated for performance, highest aggregate score wins  Event can be run as a class event or Level 1 competition  Downloadable manuals, track and field cards, declaration forms, template timetables and spreadsheet from website <http://www.quadkids.org/>  **PRE-START** (school years 1 and 2)  300m jog, 50m sprint, standing long jump, mini vortex howler throw  **START** (school years 3 and 4)  400m jog, 50m sprint, standing long jump, mini vortex howler throw  **PRIMARY** (school years 5 and 6)  600m run, 75m sprint, standing long jump, vortex howler throw  Video Link - <https://youtu.be/fGGgEcGFAV8> |
| **Rules** | Group your children in to 8 (4 boys and 4 girls) If your class numbers aren’t multiples of 8 that’s fine they can take part but they won’t earn points for the missing people.   Each pool rotates through the 4 disciplines (see example timetable) and each athlete competes in all 4 events   The time/distance for each event is measured against a standard points scoring table (the spreadsheet calculates this automatically)   Team based competition with scores of 4 boys and 4 girls added to give an aggregate team score  If athletes get 3 NJ or 3 NT or DNF they get 0 points – encourage athletes to achieve a valid distance/time  **THE SPRINT**   Equipment – starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order     Helpers/Officials Needed – organising athletes into races, starter, timer/s (use of multi function stop watch), helpers to sort finishing order     Rules – stay in lane, “on your marks, set, go”, false starts     Setting Up – if no marked lanes use trundle wheel to measure distance and mark lanes and start and finish lines with cones/discs     Other Points – races are usually run with 5 or 6 athletes, try to mix athletes from different schools/teams  **THE RUN**   Equipment – starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order     Helpers/Officials Needed – organising athletes into races, starter, timer/s, helpers to sort finishing order     Rules – “On your marks, go”, athletes start on a curved start and can cut in as soon as possible but must be made aware of track etiquette, false start     Setting Up – if no marked track use trundle wheel to measure either 200m or 400m oval/circular distance and mark inside of oval and start and finish lines with cones/discs    **THE HOWLER THROW**   Equipment – vortex howlers, 50m tape measure, cones, throw markers, field cards     Helpers/Officials Needed – calling up athletes and judging throw line, marking throw distance, measuring and recording distances     Rules – athletes must throw over arm (as a javelin, ball throw action) and not step over the throwing line     Setting Up – if there is no throwing fan mark out with cones     Other Points – athletes throw 3 consecutive howlers and only the furthest is measured, if time permits a practice throw is allowed  **THE JUMP**   Equipment – either a conventional long jump pit (rake, 5m tape measure, spike needed) or a standing long jump mat, field score card     Helpers/Officials Needed – organising athletes into jumping order, checking for foul jumps, measuring and recording distances and raking     Rules – Standing long jump - athletes must jump with feet together from behind the take off line Running long jump – athletes must not step over the take off board     Setting Up – check the sand pit is raked and clear of stones etc     Other Points – athletes jump in rounds all first round jumps and then all second round jumps. Athletes have 3 jumps with the best distance highlighted on the score card.  **You may see on the recording sheet the option to run a relay, we have taken this off the program for this year as setting up would be too difficult in a school setting so please don’t worry about entering any data on this section.** |

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Score Sheet –Primary Yr 5 and Yr 6



|  |  |
| --- | --- |
| **School** | |
| **Name** | |
| **Sprint 75 m** | **Seconds** |
| **Jump** | **Cm** |
| **Throw** | **m** |
| **Run 600 m** | **Seconds** |



Score Sheet – Primary Yr5 and 6



|  |  |
| --- | --- |
| **School** | |
| **Name** | |
| **Sprint 75 m** | **Seconds** |
| **Jump** | **Cm** |
| **Throw** | **m** |
| **Run 600 m** | **Seconds** |



Score Sheet –Primary Yr 5 and 6

|  |  |
| --- | --- |
| **School** | |
| **Name** | |
| **Sprint 75 m** | **Seconds** |
| **Jump** | Athletics silhouette vector | Atletiek, Silhouet**Cm** |
| **Throw** | **m** |
| **Run 600 m** | **Seconds** |

Please enter scores into the score sheet provided and send to me [spatching@ramseyacademy.com](mailto:spatching@ramseyacademy.com)

**Quad Kids Athletics Sporting Values Competition 2021**

Below are the Sporting Values. We would like you to pick one that you feel you displayed, whilst taking part in Quad Kids. Explain

why you chose this value and draw a picture of you taking part in Quad Kids.



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