



Cross Country 'Celebrating Improvement' Competition

Opens: 10am, Monday 14th September 2020

Closes: 5pm, Friday 16th October 2020

Overview

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Autumn term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The Autumn term series will run from the 14th September 2020 – 11th December 2020 with six different events for you to enter. Schools and home-schooled individuals will be able to submit their entries via an online link. Each competition will be open for a limited amount of time as detailed below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

Brief Description of the Event:

This event consists of four cross country running competitions for different year groups.

Each year group will run for an allocated amount of time and the distance each participant runs must be recorded at the end. Each competition has been broken down as follows:

- Years 3 and 4 - 4 minute run
- Years 5 and 6 - 6 minute run
- Years 7 and 8 - 8 minute run
- Years 9 and 10 - 12 minute run

This competition is all about 'celebrating improvement' and should be run a minimum of three times with scores being recorded each time.

Competitions can be delivered at home or in school and can be completed whilst social distancing.

Before You Start:

You will need:

- An open space e.g. playing field, AstroTurf, playground or park
- Someone to help score
- Cones to mark out your running space
- Tape measure to measure the distance in metres
- Printed scoresheet (attached) and pen
- Stopwatch
- Suitable footwear

Teaching Points:

- Warm up before starting and cool down / stretch after your run
- Remember water for after the run
- When recording distances, round to the nearest 5 metres
- Primary School children may need reminding they should maintain a steady speed and not race to start with!

Top Tips for Calculating Distances Easily:

- Mark out and measure a square for participants to run around
- Count the number of laps each participant achieves in the time they are given
- Multiply the distance by the number of laps, rounding to the nearest 5 metres
- Try asking participants to drop a pencil in a bucket each time they complete a lap to help with scoring

How to Record Your Results:

An example of the template you will need to complete can be seen below. The full template spreadsheet can be found on page five of these guidance notes - please print this out and use.

Example spreadsheet:

Name	Year Group	Trial 1 (in metres)	Trial 2 (in metres)	Trial 3 (in metres)	Best (in metres)
<i>A. Example</i>	<i>7</i>	<i>1435m</i>	<i>1510m</i>	<i>1595m</i>	<i>1595m</i>

Scoring and Prizes:

- Scoring will incorporate entries from across Devon
- The top three individual scores in each age group will be awarded bronze, silver and gold medals and certificates.
- The top three teams per age group will also be awarded bronze, silver and gold medals. These results will be calculated by the average number of meters run, per person, per school.
- Everyone who takes part will receive a certificate for participation.
- 'Spirit of the Games' certificates for 'Determination' and 'Self Belief' will also be sent to schools that enter. Teachers should award this additional certificate to participants who have shown the most improvement and who deserve extra recognition.
- And finally, the school with the highest percentage of participants in each age group will be awarded a prize!

How to Enter the Event:

Once you have completed your competition you will need to fill out an online entry form (link below). You will also need to scan or take a photograph of your completed spreadsheet and upload it with your online entry form. **Entries close at 5pm Friday 16th October 2020.**

[Entry Form for Home Schooled and Lockdown Students](#)

[Entry Form for School Staff to Complete](#)

Social Media

Why not share your achievements with us on social media using the **#DevonVirtualGames**:

- Facebook – @schoolgamesdevon / Twitter – @SGdevon / Instagram – @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).

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