



Sportshall Athletics Competition

Opens: 10am, Monday 9th November 2020

Closes: 5pm, Friday 11th December 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

Sports Hall Athletics Intra school comprises of sports hall athletics events which you can do at home.

These are individual events, however, the top six boys and top six girls from each age category will create a team event as well. The top teams will be invited to a county final in the new year.

Years 3 & 4	Years 5 & 6	Year 7	Year 8
15 x 5m Shuttle Sprint	20 x 5m shuttle Sprint	20 x 5m shuttle Sprint	25 x 5m shuttle Sprint
Standing Long Jump	Standing Long Jump	Standing Long Jump	Standing Long Jump
Vertical Jump	Vertical Jump	Vertical Jump	Vertical Jump
Speed Bounce	Speed Bounce	Speed Bounce	Speed Bounce
Chest Push (football)	Chest Push (football)	Chest Push (football)	Chest Push (football)
Javelin (plastic shuttlecock)	Javelin (plastic shuttlecock)	Javelin (plastic shuttlecock)	Javelin (plastic shuttlecock)
Target Throw	Target Throw	Target Throw	Target Throw

These events can be delivered at home or in school and can be done whilst social distancing.

[Click here to access the Sportshall Athletics video, SGO top tips and a recording sheet template](#)

Before You Start:

You will need the following:

- Someone to help score/photograph/video
- Paper and pen, to write down your scores
- Stopwatch (or a phone that can record seconds and tenths of a second)
- 'Wedge' (e.g. rolled up towel/kitchen rolls/toilet roll)
- Tape measure (ruler or make your own)
- 3 balls (rolled up socks/tennis balls/soft toys)
- A 'bin -type' target (bin/washing basket/bucket/cardboard box)
- Shuttlecock
- Leather football (not plastic)

How to Complete the Events: *Please use the video's for further instructions alongside the SGO top tips.*

SET UP

Shuttle Run – The time taken to complete 20 x 5 metre shuttles. Recorded in seconds and tenths of seconds. Start the clock on go and stop the clock when the runner finishes through the final shuttle. Record the time in seconds and tenths. **Always** round 100ths **up** (e.g. 10.73 = 10.8 seconds, 11.96 = 12.0 seconds).

SET UP

Standing Long Jump – Starting from behind zero cm, (*taking off with 2 feet and landing on 2 feet*) jump as far as you can, with the closest landing point to your starting line being your recorded score. For example, the back of the foot, or hand if you have fallen backwards. Record your score in centimetres.

SET UP

Vertical Jump – Stand with your back to the wall with your arms fully extended and make a mark at this height. Then jump up and touch the tape measure/ or printed sheet, as high as you can. The completed jump height is measured in centimetres. Your recorded score should be the difference between your height with arms extended and the height you reached when you jumped and touched the wall.

SET UP

Speed Bounce – Total number of two footed jumps over your 'wedge' completed in **20 seconds**.

SET UP

Chest Push – Standing with your feet behind zero, push the ball, from the chest towards the measuring tape. Measure, from where the ball lands first in centimetres.

SET UP

Javelin (shuttlecock) – Standing with your feet behind zero, throw the ball, overarm towards the measuring tape. Measure, from where the shuttlecock lands first in centimetres.

SET UP

Target Throw – Having placed a target (bucket, wastepaper bin, box) 3 meters away, you will throw 3 objects trying to land your objects in the target, after you complete this, the target should be moved 2 metres further away to a total distance of 5 metres from your start line.

You score 4 points if the object lands in the target, 2 points if it lands in the target and bounces out, or if it hits the floor before landing in the target, e.g. skidding or bouncing into the target.

Enter Your Results Online and Send Evidence:

School Staff

Use this template below to keep track of your trial scores but do not forget to complete the [online form](#) to submit the number of children that have taken part. Please send your excel spreadsheet direct to your School Games Organiser. Entries close at **5pm Friday 11th December 2020.**

Home Schooled and Lockdown Students

Use this template below to keep track of your trial scores but do not forget to complete the [online form](#). Please send your excel spreadsheet direct to your School Games Organiser by **5pm Friday 11th December 2020.**

Event	Measurement	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Best Time - Distance or Points
Shuttle Run	Seconds						
Standing Long Jump	Centimetres						
Vertical Jump	Centimetres						
Speed Bounce	Number of completed bounces						
Chest Push	Centimetres						
Javelin (shuttlecock)	Centimetres						
Target Throw	Points						

[Please use this spreadsheet to record your results for collating a whole class worth of results](#)

Contacts:

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - annabel.white@paigntonacademy.org

Plymouth SGO - Hayley Jarvis - h.jarvis@sjhcsc.co.uk

Plymouth SGO - J. Gilbert - j.gilbert@sjhcsc.co.uk

South Hams & West Devon SGO - Jeanette Green - jegreen@ivybridge.devon.sch.uk

East Devon SGO - Kevin Moran - kmoran@thekings.devon.sch.uk

Exeter & Mid Devon SGO - Nick Gillard - mr.gillard@st-lukes.devon.sch.uk

North Devon SGO - Steph Colwill - scolwill@gts.devon.sch.uk

South Dartmoor SGO - Tammi Lethbridge - tletbridge@southdartmoor.devon.sch.uk

Prizes:

There will be gold, silver and bronze medals and certificates for the top three participants in each year group, split between boys and girls. As well as a team competition. Everyone who takes part will receive a certificate for participation.

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](#). 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](#).