# Key Stage 2: Quad Kids Competition

**UsSP ATHLETICS**

## Follow the steps below to get involved:

1. Familiarise yourself with the 4 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.

SELF BELIEF | TEAMWORK | DETERMINATION | HONESTY | PASSION | RESPECT

**Honesty** with others and with yourself. Having the courage to do the right thing and what you know is right.

## Summary Quad Kids Competition:

**Summer Quad Kids Competition:**

Return your top scores for each even to JColeman@swchs.net

Watch on YouTube the rules and information.

https://www.youtube.com/watch?v=aSOKPnqaojU for year 3, 4, 5 and 6 boys and girls event.

**UsSP**

## Virtual School Games

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### 8 X 10m shuttle run
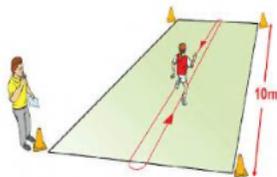
Set up a distance of 10m marked at either end using cones or an alternative mark (pegs, tape, tins etc…) to create the running lane.

Each participant runs the 10m distance a total of 8 times to complete 80m. A handheld stopwatch or smart phone stopwatch can be used to record the time

**PLEASE USE A FLAT / DRY SURFACE**

### Speed Bounce

The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

**All you need is a stopwatch or phone and a soft item – kitchen roll or** toilet paper/ roll **are examples of what can be used as an alternative wedge.**

### Tennis Ball Throw

**Standing tennis ball throw**. Get a measuring tape, a marker for a throwing line and a tennis ball. Stand behind the line and using a standing over arm throw, throw the tennis ball as far as you can. Your parent mark on the floor where it first touches the ground.

### Standing Long Jump

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**PLEASE USE A FLAT / DRY SURFACE**