

Sportshall Infants Festival

A guide for local delivery

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Introduction

This document provides an introduction to the Sportshall Infants programme and includes all the background information required to run a Sportshall Infants Festival.

The Sportshall Infants Programme is based around a set of 12 core activities which are designed to test and develop a child's ability in the following important areas (as well as others):

- Balance
- Control and stability
- Leaping and landing
- Coordination and rhythm
- Single arm throwing
- Speed
- Foot-Eye coordination
- Hand-Eye coordination
- Spatial awareness
- Two arm throwing
- Agility

These core activities can be delivered:

- By the class teacher within a PE lesson in their school hall
- By a group of sports leaders in the infant school hall in a mini festival format
- As part of an Sportshall Infants Festival
- As part of a school sports day

The Sportshall Infants Festival is designed to provide children aged 4 - 7 with their first introduction to multi skills activity and the Sportshall concept in a fun, brightly coloured and safe environment.

Key Objectives of the Sportshall Infants Festival

- Provide children with an introduction to multi skills activity
- Provide teachers with an introduction to the events and ideas for some extra activities
- Provide opportunities for sports leaders to develop and use their initiative
- Provide a fun day for the cluster to join together

Festival Programme Guide

Sportshall Infant Festivals provide an enjoyable multi-skills experience for Key Stage One children. The events are ideally suited to delivery on a secondary school site engaging sports leaders in providing activity for the local cluster.

Typically each Festival will cater for 6 - 10 schools, with each school bringing a team of 8 - 12 children. Such a Festival would usually be staged within a four badminton court facility. Where space allows, additional teams may be added. Whilst the programme is flexible, the following provides a suggested outline format:

Welcome and Introductions (5 minutes)

- Each school / team can be allocated a team colour / set of bibs
- The welcome emphasises the focus on fun and a need to support each other
- Sports leaders are introduced and accompany children to their first event

Sportshall Infants - rotation around a series 6 - 8 events (80 minutes)

- Each school / team remain together at an activity, accompanied by their teacher
- Each child participates in every activity
- Sports leaders are encouraged to provide additional activity and alternative challenges at each event until all teams are ready to move on
- Each rotation will require about 10 minutes
- Sports leaders remain with the same event throughout
- A couple of leading performances may be identified in between each rotation
- No formal break is provided for – toilet visits are usually accommodated on a “needs” basis and managed by each team’s teaching staff

Relays (30 minutes)

- A series of simple relays for teams of four or five
- It is unlikely that each child will participate in every relay though a sufficient number will be provided to ensure that each child runs at least twice
- The relays can develop and build in complexity along the following lines:
 - Speed Bounce relay (5 bounces each)
 - Hurdles relay
 - Over & Under relay (using hurdles and tunnels or hoops)
 - Where space and time permits, a round relay will conclude the programme

Presentations (5 minutes)

- Congratulations to every team
- Thanks to all who have supported the event – sports leaders, teaching staff
- Presentation of certificates etc.

Scoring

The focus of the event should be on participation. However, the event may be scored and a spreadsheet is available to support this. Further details are included within the spreadsheet.

Planning and Preparation

Key Actions

- Book the venue
- Confirm the number of children / schools and adjust the programme to accommodate this number
OR set the number of children per school around a defined programme and invite a specific number of schools to attend
- Ensure that the schools have all of the relevant information required beforehand
- Organise the sports leaders and ensure they have received sufficient training
- Ensure that you have the appropriate equipment / resources to deliver the event

Some recommended programme examples are included in this pack but if you would like some guidance as to the best event to run for your requirements please do not hesitate to email the team at info@sportshall.org.

Venue - The event can be held in a secondary school or local sports centre. We would suggest the minimum hall size of a four badminton court hall to accommodate up to 120 children across up to 12 activities.

Participants - The Festival programme is very flexible and can be altered to suit the number of participating schools and children.

The Sportshall Infants programme has 12 activities to choose from with the suggested event programme having 12 groups of 10 children rotating around 6 activities (two sets of each activity) within the standard event time of 2 hours.

Teachers - The teachers need to be given a copy of the proposed programme together with a few notes on the activities you intend to include together with the time, date and venue details of the Festival.

Leaders - Generally the sports leaders can be given the appropriate training to assist with the delivery of the event 30 minutes before the start of the Festival. Obviously prior knowledge / experience is helpful but not essential. We would suggest introducing all of the activities to all of the leaders but assigning each leader one event to deliver for the entirety of the Festival.

Equipment - The equipment for the Festival is designed to be held within an infant school so that it can be used on a daily basis. With two 12 mat infant packs you can comfortably cover all of the activities that you could include in the Festival.

In addition to the equipment relating directly to the events that you have chosen you should ensure you have the following:

Bibs (if required)

Clipboards

Documentation (scoresheets, certificates etc.)

Pens / pencils

Relay equipment

Stopwatches

Tape measure

Whistles

Delivering the Event

Setting up the activities

How you set up your activities will depend on a number of variables.

- number of children
- number of groups
- proposed events / number of events
- Experience of leaders

Regardless of these variables safety must inform all of your set up decisions. Some basic rules are,

- Always throw / kick towards a wall - this stops stray objects impeding / affecting other activities.
- Always jump away from a wall - to stop athletes falling into the wall after a jump.
- Consider events where there may be stray objects and try to isolate them from the other events.
- Always allow adequate run off at both ends of any event involving running – this eliminates the possibility of a participant running into a wall or another activity.
- Never allow waiting children to stand at the end of the running areas. Ask them to stand to the side.
- Always consider where you intend to sit the children at each event when they are not competing. The young children involved will benefit from a clear line.
- Always consider the flow of activities – try to alternate between activities requiring high exertion and activities with low exertion.

The recommended distance for Striker, Pitcher and Bowler will vary according to the age of the participants.

Recommended Distances:

Age	Striker	Pitcher	Bowler
4 & 5	2 metres	1.5 metres	2 metres
6 & 7	3 metres	2 metres	2 or 3 metres

For events such as Jumper, Runner and Stepper the older participants will require a greater run off distance to accommodate for their potential jumping ability / running speed.

For events such as Thrower and Launcher a few extra metres should be allowed at the far end of the roll mat to accommodate for the older participants who may throw over 10 metres.

For events such as Balancer, Bouncer, Catcher and Skipper a larger radius should be allowed around the younger children who may be less stable on their feet / have less spatial awareness.

Rules of the events

Balancer

The Balancer stands on one foot using their partner initially to gain balance. The stopwatch will start when the child lets go of their partners arm and will stop when the free leg touches the floor.

The maximum test time that a child can achieve is 15 seconds per leg.

The child must try the activity with both legs – the maximum time achieved for the activity is 30 seconds.



Equipment

1 agility mat, stopwatch

Jumper

The jumper starts behind the edge of the first agility mat.

Both the take-off and landing should be with two feet.

Provide estimated measurement - each agility mat is 50cm square.

Alternatively, run a tape measure alongside the mats for a more accurate result.

Each child has three jumps with the furthest taken as their score.



Equipment

4 agility mats, 3 connectors, tape measure

Bouncer

The Bouncer must jump from side to side over the wedge.

The activity is started by a blast of the Squeezy whistle.

Each child has 20 seconds to complete as many bounces as possible.



Equipment

2 agility mats, 1 wedge, 1 connector, squeezy whistle, stopwatch

Launcher

The Launcher stands on the throwing line and has 3 attempts at throwing the Javelin as far as possible.

The distance is measured using mats placed at, for example, 1, 2, 3, 4, and 5 metres or you may use a roll mat or measuring tape if available.

Their best throw (in metres) is counted as their score.



Equipment

3 javelins, tape measure or roll mat

Striker

The Striker starts behind a kicking line facing a set of 6 skittles placed up to 3 metres away.

The Striker has 6 attempts to knock the skittles down.

For each skittle knocked down the child receives one point – maximum is 6 points, (once a skittle is knocked down it is removed from the target area).



Equipment

6 skittles, 2 size 3 footballs, cones for `kick-line`

Pitcher

The Pitcher starts behind the throwing line up to 2 metres away.

The Pitcher must throw the 3 red bean bags into the red area followed by yellow, green then blue bean bags (nearest mat first).

The score is taken as the number of bean bags in the correct coloured area, (1 point for each) - max score is 12.



Equipment

4 agility mats, 4 wedges, 3 connectors, 12 bean bags (3 red, 3 yellow, 3 green, 3 blue), 2 cones

Catcher

The catcher must stand on an agility mat and attempt the following steps:

throw - catch throw - clap - catch throw - clap x2 - catch

bounce - catch bounce - clap - catch bounce - clap x2 - catch

For each successful catch one point is awarded (maximum of 6 points)



Equipment

1 agility mat, 1 size 3 football

Bowler

The Bowler starts kneeling down on an agility mat facing a set of 6 skittles placed up to 3 metres away.

The Bowler has 6 attempts to roll the ball at the set of skittles.

For each skittle knocked down the child receives one point — maximum is 6 points, (once a skittle is knocked down it is removed from the target area).



Equipment

1 agility mat, 6 skittles, 2 tennis balls

Stepper

The Stepper starts between two cones facing two more cones placed at a distance of 8 metres. Between these two sets of cones a Stepper mat made up from agility mats, wedges is placed.

The Stepper must start on a blast of the Squeezy whistle and negotiate the course four times, placing both feet one after another on each mat

The child's score is the total time (seconds and tenth e.g. 16.8) taken to complete the course.



Equipment

4 agility mats, 4 wedges, 3 connectors, squeezy whistle, stopwatch, 4 cones

Thrower

The thrower must stand behind the throwing line with a ball held in both hands at chest level.

The ball is pushed upwards and outwards as far as possible.

The distance is measured using mats placed at for instance 1, 2, 3, 4 and 5 metres, or you may use a roll mat or measuring tape if available.

The thrower has 3 throws with the furthest taken as their score



Equipment

2 size 3 footballs, tape measure or roll mat

Skipper

The Skipper starts with their hands on the hoop and the other side of the hoop behind their feet.

The Skipper has 20 seconds to complete as many full repetitions of the hoop passing over their head and under their feet.

Equipment

1 hoop, squeezy whistle, stopwatch



Runner

The Runner starts on a mat on one side of the hall facing another mat 10 metres away, (cones can always be substituted for mats).

The activity is started on the blast of the Squeezy whistle.

The runner must complete 4 lengths of the 10m course as quickly as possible.

The child's score is the total time (seconds and tenth e.g. 32.3) taken to complete the course.



Equipment

2 agility mats, squeezy whistle, stopwatch

Sports Leaders

When dealing with infants, sports leaders should,

- Always have safety as paramount in their mind and ensure non participants are sat down
- Act responsibly - young children will mimic their behaviour (good or bad)
- Demonstrate the activity and reinforce the rules / technique regularly
- Speak clearly and be concise - attention spans will be short
- Kneel down to the child's level and chat to them

Above all, the sports leaders should have fun and ensure the children are always interested. In a flow rotation the event is dictated to by the slowest activity so each sports leader should have extra activities or games to play after they have finished their Sportshall Infants activity. They should be encouraged to use their own imagination but below are a few ideas that have been used previously:

Balancer

- Get the whole group balancing with one foot and see who can balance the longest.
- Ask the children to pull funny shapes and see who can balance the longest - statues.

Jumper

- Create a 'Water Zone' using the mats where each child has to jump from one bank to the next. The river gets wider as the children who make the far bank progress.
- Create a Vertical Jump game where each child takes it in turns to try and clap your raised hand. Those that touch your hand go through to the next height.

Bouncer

- An extra team game can be organised where the children each complete 10 bounces in a relay against the clock. The group can be split into two to create a fun competition or the whole group can compete against the times of the other groups.

Launcher

- Different throws can be incorporated (Football Throw or Forward Pitch for example).

Striker

- A team competition with each child having a shot with both feet.
- Extend the shooting distance and remove all the skittles but one (each child having one attempt).

Pitcher

- Extend the throwing distance and give each child 2 bean bags at the farthest distance.
- The children can each try a few bean bags with their weaker hand

Catcher

- Extra catching exercises can be added. More claps, more bounces, etc.
- If space allows a small game of hot potato can be organised.

Bowler

- Each child has two attempts at hitting a specific skittle in a team competition.
- Each child must attempt the activity with their weaker hand.

Stepper

- The activity could be completed by hopping or jumping two feet together over the wedges.
- A relay competition can be organised with each child in the group completing the course and the lowest group time recorded as the winner.

Thrower

- Extra targets can be set at various distances; the farther away the more points are awarded. This can be a team game where each child has one or two throws totalled to beat the other groups.
- The javelin can be a rocket to get to the next planet (a specific coloured mat). A progressive game where children drop off as the distance of the planet is moved further away.

Skipper

- The children can attempt to hula with the hoops.
- The children can see how quick they can get through the hoop as a team with each child passing the hoop over their head and under their feet before passing the hoop on to the next child.

Runner

- Children can race against each other over a few laps.
- A relay competition can be organised with each child in the group completing two 10m distances and the lowest group time recorded as the winner.

If all this fails then the leader can always complete the activity themselves!

Activity Rotation

Whilst the children are rotating around the activities the organiser should,

- Ensure all the rules are being applied correctly
- Ensure the leaders are acting responsibly and keeping their children engaged and under control
- Ensure that good health and safety practice is adhered to at all times
- Chat to the children to encourage them and to see whether they're enjoying the activities

Relays

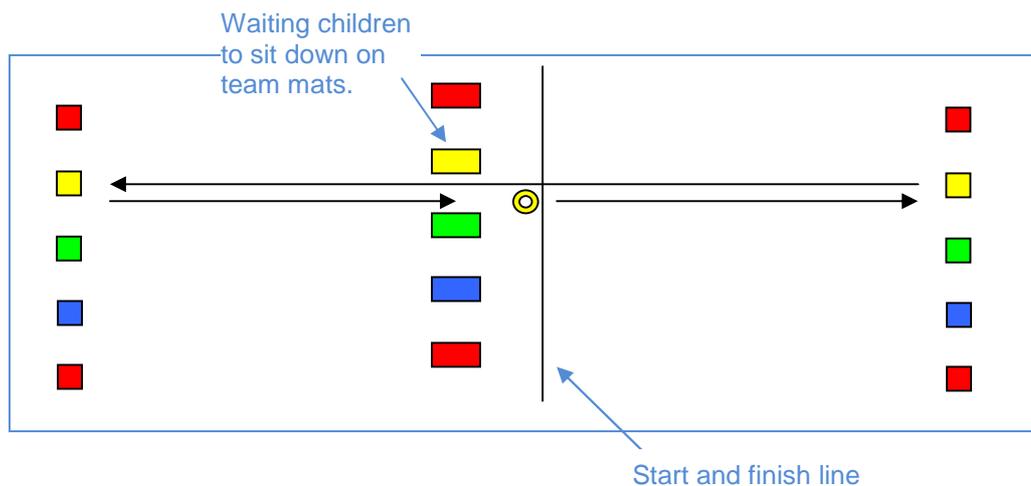
When working with this age group it is important to,

- Keep the activities as simple as possible
- Demonstrate each activity
- Build the activities up, keep the emphasis on fun and retain the child's interest
- Keep the distance small
- Keep the team sizes small (4 or 5) so that no child feels embarrassed if they finish a long time after the other teams.
- Assign a sports leader to manage each relay team
- Ensure any non-participants encourage the teams

We suggest using linear relays (out and back) and adding interest to the activity with a variety of the Sportshall Infant equipment.

The first race is used to introduce the idea of linear relays to the children.

- The children will line up in their group with the first participant standing up holding a bean bag
- On the whistle the first participant will run to their colour mat, turn around and run to the mat at the other end of the hall, turn and run back to their team
- They will then pass the bean bag to the next participant who will do the same
- When all participants have run the team will sit down (the first team sat down are the winners)



The format for all of the other races will remain the same as this.

Hurdles Race - two wedges to be laid out in each team's lane. The child must jump over the first wedge before turning on the first mat. They turn, jump over the wedge again, run pass their team and jump over the second wedge. Turn, jump over the second wedge again before returning to the team and passing on the bean bag.

Other equipment could be used instead of hurdles, e.g. hoops, cones to make a chicane, speed bounce etc.

Speed Bounce Race - each team will have a Speed Bounce opposite, over which they must complete five bounces before running back and passing the bean bag to the next team member.

**Central Warwickshire Partnership
Sportshall Infants Festival**

Thursday 13 November 2013

Kenilworth School

We welcome teams today from

**Budbrook Primary
Kingsway Primary
Priorsfield Primary
St. John's Primary
St. Nicholas Primary**

Sportshall Infant Festivals provide an enjoyable multi-skills experience for Key Stage One. Whilst the programme is flexible, the following provides an outline of today's event:

Welcome and Introductions

Each school / team will be allocated a team colour / set of bibs
Sports leaders are introduced and accompany children to events

Sportshall Infants - rotation around a series of 5 or 6 events drawn from

Jumper
Bouncer
Launcher
Bowler
Stepper
Thrower

Relays - a series of relays for teams of four or five

Presentations