

Sportshall Primary Skills Festivals

Sportshall Skills Festivals have been a popular competition format for many years and can be extremely flexible competition option that can adapt to local requirements. As well as providing a great competition option, Sportshall Skills Festivals can be successfully delivered virtually or over a period of several weeks.

The following notes provide an overview of the festival and set out the team requirements for competition.

Team Information

School teams should consist of around 8-10 athletes and be a mix of boys and girls (at this level there doesn't need to be an even split but of course this would be preferable).

This is flexible and the scoring programme can be altered to allow different numbers of scorers for the competition. For example you might have a team size of 10 but only count the top 5 scores at each event.

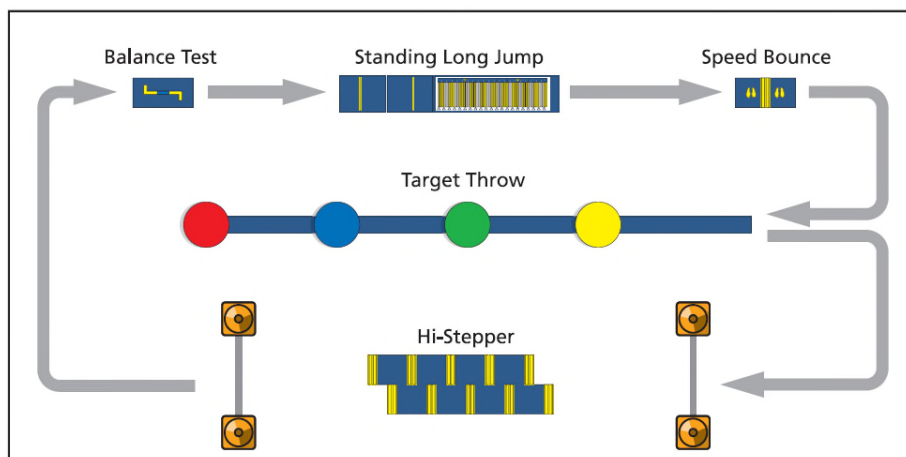
It is recommended that year 3/4 festival focuses on the 5 events of the Sportshall Pentathlon. Year 5/6 festivals can therefore increase the number of events by including all of the Sportshall Decathlon. By rotating around the events there will also be time to include some relays (scored or non-scored) while the scores are being finalised. The Sportshall Primary Skills computer scoring programme will provide the organiser with a team score and also individual scores for each child. This is available in the Primary Downloads section of www.sportshall.org



By participating in the Sportshall Pentathlon or Decathlon there is the opportunity for each athlete to obtain a British Athletics Sportshall Award. For full details and information regarding ordering certificates and badges go to www.sportshall.org

Event Format – Sportshall Pentathlon (Recommended for Years 3/4)

The following diagram shows the five event Sportshall Pentathlon. Teams begin on one event and follow the flow around. The order of events allows for recovery between different activities as each will test a different aspect of fitness.



Example of a rotation around the five events.



Rotation	Balance	Standing Long Jump	Speed Bounce	Target Throw	Hi-Stepper
1	School A	School E	School D	School C	School B
2	School B	School A	School E	School D	School C
3	School C	School B	School A	School E	School D
4	School D	School C	School B	School A	School E
5	School E	School D	School C	School B	School A

If you have more teams you could double the amount of equipment (have two of each activity therefore allowing up to ten teams) or include elements of the Sportshall Decathlon.

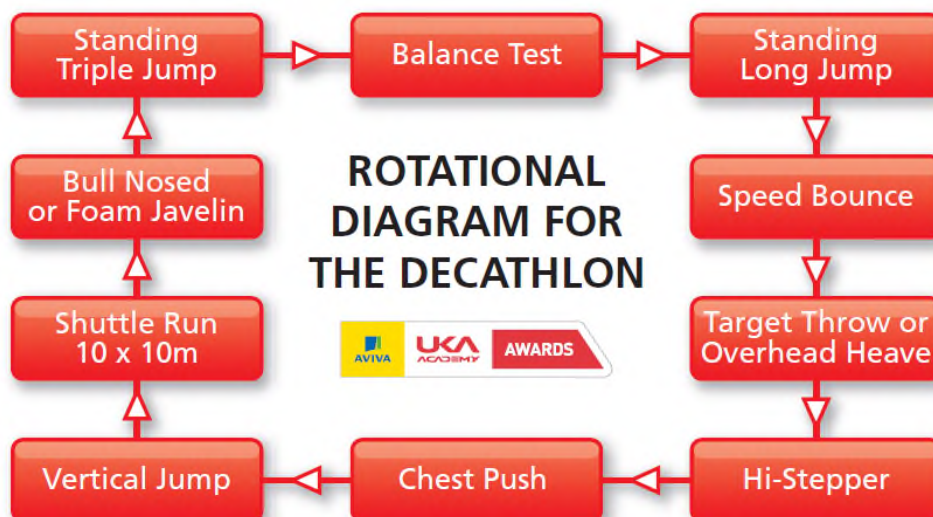
This rotation will take approx 1hour 30mins (15mins for each station). This will provide ample time for relays before the team scores are finalised and presentations given out.

Equipment is available from www.eveque.co.uk

For further support and information contact your Regional Development Officer - www.sportshall.org

Event Format – Sportshall Decathlon (Recommended for Years 5/6)

The following diagram shows the ten event Sportshall Decathlon. Teams begin on one event and follow the flow around. The order of events allows for recovery between different activities as each will test a different aspect of fitness.



The event stations are prepared as shown in the layout diagram. Each competitor is given a score card on which they write their name, age and school or team name. As they rotate around the event stations their performances are written on the card to give them a personal achievement record. Team & event recording cards are also available to make scoring easier and quicker.