

## **Risedale School Sports Partnership KS1 Virtual Multi Skills Competition**

Please find detailed below information and rules about the above competition which will provide opportunities for both 'intra' and 'inter' school competition at KS1. In addition please find attached the **KS1 Virtual Multi Skills Competition Resource Pack** detailing activity stations, equipment, scoring and equipment set-up.

KS1 pupils within your school can take part in five activities, achieving points from their performances which are to be returned to myself to be entered into an inter-school league.

Certificates and a mystery pupil prize will be awarded to the individual pupils with the highest overall scores from the five activities.

Competition progress, results and league positions will be posted on our website [www.risedalessp.co.uk](http://www.risedalessp.co.uk)

Five individual activity stations make up the competition structure. The activities are as follows:

- |                |                    |
|----------------|--------------------|
| ❶ Stumps       | ❷ Flamingo Balance |
| ❸ Zig-Zag Run  | ❸ Target Gates     |
| ❹ Speed Bounce |                    |

The activity stations selected are challenges that are intended to develop the fundamental movement skills (FMS) of agility, balance and co-ordination.

The activities have been selected for ease of organisation, set up and the requirement of minimal equipment.

### **Intra School Competition**

The activities and nature of the virtual league have been designed to allow freedom for completion. The activities do not have to be completed all at once, pupils have the duration of each 'competition' period to complete and gain points in each of the 5 activities.

The activities could be incorporated as part of a PE lesson, individually or with a couple of the activities providing a focus within a PE lesson or a morning or afternoon of intra school competition could be organised to allow pupils to complete all 5 activity stations.

If organising a morning or afternoon for intra school competition, the activity stations should consist of the 5 activity stations detailed in the competition structure plus any others designed by the school.

Schools can contact myself; Ross Cooper; on [multiskills@risedalessp.co.uk](mailto:multiskills@risedalessp.co.uk) or 07817 274718 regarding any questions.

The competition can be set up with 3-4 pupils per station, with each station being co-ordinated by a Year 6 Young Leader, who is familiar with the activity, and records pupil scores. Each activity can run for 5 minutes and then the pupils can rotate round.

### **Inter School Competition**

Once pupils have gained points for the 5 activity stations the results are to be returned to myself to be entered into the inter school competition. Schools can submit results following intra school competitions up to four times during any one of the 'competition' periods.

The competition periods are as follows:

Monday 04<sup>th</sup> January 2010 – Friday 12<sup>th</sup> February 2010 (6 weeks)

Monday 22<sup>nd</sup> February 2010 – Thursday 01<sup>st</sup> April 2010 (6 weeks)

Monday 19<sup>th</sup> April 2010 – Friday 28<sup>th</sup> May 2010 (6 weeks)

Monday 07<sup>th</sup> June 2010 – Friday 16<sup>th</sup> July 2010 (6 weeks)

### **Score Sheets - KS1 Virtual Multi Skills Competition**

Results should be submitted to Ross Cooper by email [multiskills@risedalessp.co.uk](mailto:multiskills@risedalessp.co.uk) or by post to Risedale Sports and Community College, Hipswell, Catterick Garrison, North Yorkshire, DL9 4BD. **Before the end of each competition period.**

Schools can either return all pupil score sheets (*see page 3*) to myself via post or alternatively if you wish to retain score sheets so pupils can aim to better their personal scores the next time simply complete and return via email or post the three score sheets detailed on *page 4 and 5*.

Please find on the next two pages results tables which can be duplicated for use during your intra school competition. Each pupil should have their own score sheet.

Pupil Score Sheets can be found on the next page allowing pupil scores for each activity to be recorded. If you wish to complete the POINTS column of the score sheet, the 'Conversion of Pupil Scores into Points' section of the attached **KS1 Virtual Multi Skills Competition Resource Pack** can be used. I appreciate this takes time so alternatively leave the column blank and I will happily complete it on return of the results sheets.

DATE ..... SCHOOL .....

PUPIL NAME ..... YEAR GROUP .....

ACTIVITY STATION	SCORES					TOTAL SCORE	POINTS
<b>STUMPS</b>	NUMBER OF BEANBAGS OR TENNIS BALLS THAT HIT THE STUMPS (MAXIMUM 8 POINTS)						
<b>ZIG ZAG RUN</b>	NUMBER OF FULL + PART RUNS IN 30 SECONDS N.B. FULL ZIG ZAG RUN = 10 POINTS EACH CONE TOUCHED = 3 POINTS (5 FULL RUNS + 3 CONES = 59)						
<b>SPEED BOUNCE</b>	NUMBER OF JUMPS IN 15 SECONDS						
<b>FLAMINGO BALANCE</b>	RIGHT LEG BALANCE TIME (MAXIMUM 15 SECONDS)		LEFT LEG BALANCE TIME (MAXIMUM 15 SECONDS)				
<b>TARGET GATES</b>	1 <sup>ST</sup> BALL SCORE	2 <sup>ND</sup> BALL SCORE	3 <sup>RD</sup> BALL SCORE	4 <sup>TH</sup> BALL SCORE	5 <sup>TH</sup> BALL SCORE		
					<b>TOTALS FROM ALL ACTIVITIES</b>		

DATE ..... SCHOOL .....

PUPIL NAME ..... YEAR GROUP .....

ACTIVITY STATION	SCORES					TOTAL SCORE	POINTS
<b>STUMPS</b>	NUMBER OF BEANBAGS OR TENNIS BALLS THAT HIT THE STUMPS (MAXIMUM 8 POINTS)						
<b>ZIG ZAG RUN</b>	NUMBER OF FULL + PART RUNS IN 30 SECONDS N.B. FULL ZIG ZAG RUN = 10 POINTS EACH CONE TOUCHED = 3 POINTS (5 FULL RUNS + 3 CONES = 59)						
<b>SPEED BOUNCE</b>	NUMBER OF JUMPS IN 15 SECONDS						
<b>FLAMINGO BALANCE</b>	RIGHT LEG BALANCE TIME (MAXIMUM 15 SECONDS)		LEFT LEG BALANCE TIME (MAXIMUM 15 SECONDS)				
<b>TARGET GATES</b>	1 <sup>ST</sup> BALL SCORE	2 <sup>ND</sup> BALL SCORE	3 <sup>RD</sup> BALL SCORE	4 <sup>TH</sup> BALL SCORE	5 <sup>TH</sup> BALL SCORE		
					<b>TOTALS FROM ALL ACTIVITIES</b>		

**If you are posting back the pupil score sheets the following does not need to be completed.**

If you decide to keep the pupil score sheets please simply fill in the three results tables below and return to Ross Cooper via email or post. Information and scores can simply be entered into the tables provided and the tables copied into an email.

Please remember to submit the following:

- ✓ Score sheet showing the individual pupils with the highest score in each activity.
- ✓ Score sheets for the **two** pupils that scored the highest overall scores from the 5 activity stations.

**Only complete if you are not returning the pupil score sheets via post**

**- The Following Results Table Should Be Completed With the Names of Individual Pupils Demonstrating the Highest Scores for Each Activity Station (There is no problem if the same pupil appears more than once) -**

**School Name:**

**Teacher in charge:**

**Contact email/Tel:**

**Month(s) intra school competition was held:**

<b>Activity Station</b>	<b>Pupil Name</b>	<b>Score</b>
Stumps		
Zig-Zag Run		
Speed Bounce		
Flamingo Balance		
Target Gates		
<b>Cumulative score achieved by pupils:</b>		

- The Following Results Table Should Be Completed With the Names of the **TWO** Pupils that Scored the Highest Overall Scores from the 5 Activity Stations -

**Pupil One**

**School Name:**

**Pupil Name:**

<b>Activity Station</b>	<b>Score</b>
Stumps	
Zig-Zag Run	
Speed Bounce	
Flamingo Balance	
Target Gates	
<b>Total Overall Score:</b>	

**Pupil Two**

**School Name:**

**Pupil Name:**

<b>Activity Station</b>	<b>Score</b>
Stumps	
Zig-Zag Run	
Speed Bounce	
Flamingo Balance	
Target Gates	
<b>Total Overall Score:</b>	

If you have any questions please do not hesitate to contact me.

Kind Regards

**Ross Cooper**

Multi Skills and FUNdamentals Coach

Risedale Sports and Community College, Hipswell, Catterick Garrison, North  
Yorkshire, DL9 4BD

Email: [multiskills@risedalessp.co.uk](mailto:multiskills@risedalessp.co.uk) or Telephone: 07817 274718