

Lincolnshire South West School Sport Partnership Cross Country Challenge



- Measure out the appropriate distance using phone app or trundle wheel. Y7/8 = 2k, Y9/10/11 = 3k, Y12/13 girls 4k, Y12/13 boys 5k.
- If necessary the distance can be achieved by completing laps around the field or the playground. Check that the terrain is suitable and safe and you can keep pupils in sight.
- Be aware of pupils with medical problems e.g. asthma, hay fever
- Encourage pupils to run.
- Encourage pupils to maintain a comfortable and relaxed running style and control their breathing and pace.
- Pupils can do the run as many times as you wish during October/November and should be encouraged to beat their own personal best.
- Where possible engage pupils in leadership roles such as counting laps, timing, recording, coaching and encouraging.
- Awards will be given to the schools with the fastest 3 Boys and the 3 Girls from each year group. Athletes times may go to SSP and County finals - tbc.
- An additional award your school can win is the participation award.
 1. Gold Award- 75% of the schools pupils participate.
 2. Silver Award- 50% of the schools pupils participate.
 3. Bronze Award- 35% of the schools pupils participate.
- Please collect the best time for every participant who has completed the challenge.
- Once collected please work out the top 3 boys and 3 girls for each year group.
- Please email tplumb@prioryacademies.co.uk with your results
- The closing date for the challenge is Friday 20th November 2020.

C H A L L E N G E



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