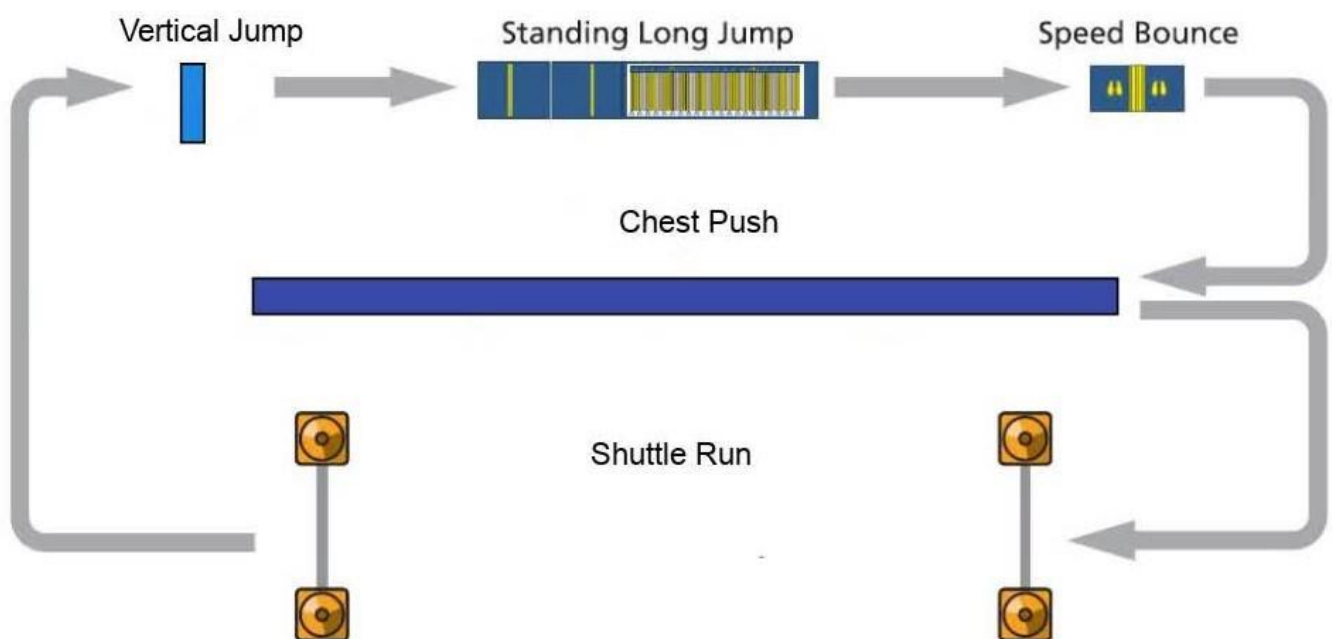




Set Up

- Arrange the session timings (suggested 1 hour per class/bubble) –Secondary pupils can be provided with the appropriate guidance notes at the start of their activity.
Print off the required number of scoresheets (five per session) from the Awards Spreadsheet.
- Set up your 5 events either in a Sports hall, school hall or outside on a field (if the weather is suitable) as displayed by the example diagram. Consider the order of events to allow for recovery between activities as each will test a different aspect of fitness. A sample equipment list is provided below.
- If prior training has not been provided, introduce the rules of each event. Split the students into 5 equal



groups, providing each group with a stopwatch and scoresheet. 1 Child should have their own pen/pencil and record all the results.

Assign each group to their first event asking them to officiate for the others in their group.

During the rotation ensure the correct rules are used.

- Once all sessions have been completed and the scores have been entered onto the spreadsheets the Virtual Competition Team Score will be created. This should then be sent to your local School Games Organiser, Terry Plumb on tplumb@prioryacademies.co.uk who will manage a local leader board.