

# 75 metre Sprint (Year 5 and 6)

BUCKS  
AND MK



## EQUIPMENT

- Tape measure
- 75m straight sprint track
- Stop watch
- Score sheet

## INSTRUCTIONS

- Individuals sprint one at a time
- 4 boys and 4 girls per team
- Start with the toes behind the start line
- On the command of 'On Your Marks, Get Set, Go' students run as fast as possible from the start line to the finish line
- Using a stopwatch, the teacher records the time it takes for the student to cover the 75m distance
- Individual times are recorded and sent through to appropriate SGO

## CONTACT

The School Games is for everyone, To enter or for adaptations please contact your local SGO.

## TOP TIPS

- Run on the balls of the feet
- Upper body upright or inclined forward slightly
- Arms flexed 90 degrees at the elbow
- Arms swing in the direction of the run
- Hands and face muscles relaxed
- Legs drive powerfully
- Thigh of leading leg lifted to horizontal position

## SCORING

Using the stopwatch time how long it takes each student to sprint the 75m distance. The four female and four male scores are recorded - 8 sprint times in total



# 75 metre Sprint (In Pictures)



Start with your toes behind the line.



You can either start standing up...



Or start in a sprint start position



Wait for the command of 'Go' and, run as fast as you can.



Teacher stops the timer when you cross the finish line.



Record all three results, onto the fastest time being your best

# 600 metre Run (Year 5 and 6)

BUCKS  
AND MK



## EQUIPMENT

- Tape measure
- 600m running distance (may be laps of a field)
- Stop watch
- Score sheet

## INSTRUCTIONS

- Individuals run the 600m distance
- 4 boys and 4 girls per team
- Start with the toes behind the start line
- On the command of 'On Your Marks, Get Set, Go' students run the 600m distance, covering the whole distance (this may be laps of the field)
- Using a stopwatch, the teacher records the time it takes each individual student to cover the 600m distance
- Individual times are recorded and sent through to appropriate SGO ( 8 run times in total)

## TOP TIPS

- Roll from heel to toe (foot movement)
- Upper body upright or inclined forward slightly during phases of acceleration
- Moderate to long stride length
- Run at a steady pace - a comfortable pace for your fitness level

## SCORING

Using the stopwatch time how long it takes each student to run the 600m distance. The four female and four male scores are recorded - 8 run times in total

## CONTACT

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# 600 metre Run (In Pictures)

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Start with your toes behind the line.



Start standing up right, ready for the race to begin



Wait for the command of 'Go' and start your run



Run at your own pace, depending on your fitness level



Teacher stops the timer when you cross the finish line.



Complete this once and record your time on the scoresheet



# Vortex Throw (Year 5 and 6)

BUCKS  
AND MK



## EQUIPMENT

- Tape measure
- A throw line (Start Line)
- A piece of chalk, a marker pen, or a cone to mark your landing point
- A Vortex thrower
- Score sheet

## TOP TIPS

- Stand side on and use your non-throwing arm to point towards your target -straight arm
- Hold the vortex in the palm of your hand and grip the body of the vortex.
- Bend your knees and transfer your weight from your back foot to your front foot
- Start in a low position close to the ground and use the momentum to rise releasing the vortex at its highest point

## CONTACT

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## INSTRUCTIONS

- Individuals try and throw the vortex as far as they can
- Start by holding the Vortex, and standing side on against the start line
- Transfer your weight from back to front and throw the vortex overarm as far as you can.
- Individuals have three attempts and the furthest distance thrown is recorded.
- Furthest throw is recorded and sent through to appropriate SGO ( 8 run times in total)

## SCORING

Individuals have 3 throw attempts, all 3 scores are recorded. The furthest throw is the score that will be submitted. Teams should enter a total of 8 individual scores (4 males and 4 females)





# Vortex Throw (In Pictures)

BUCKS  
AND MK



Start with your toes behind the line.



Hold the vortex in the palm of your hand and grip the body



Weight on the back foot, transfer your weight to front foot



Move from a low to high position and release the vortex



Use your marker to measure where the vortex has landed



Record the three distances and write them on the scoresheet



# Standing Long Jump (Year 5 and 6)

BUCKS  
AND MK



## EQUIPMENT

1. A space big enough to jump safely
2. A piece of chalk, a marker pen, or a cone to mark your landing point
3. Ruler, measuring stick or a tape measure to measure the distance jumped
4. A jump line (start line)
5. Score sheet

## INSTRUCTIONS

- Individuals perform the standing long jump
- 4 boys and 4 girls per team
- Start with the toes behind the start line
- Individual must take off (jump) with two feet
- Individual must land on two feet
- The jump result is measured from the closest mark made from the individual to the start line.
- The individual walks forward from the jump
- Individual jumps are recorded
- Individuals have 3 attempts and the furthest distance thrown recorded

## TOP TIPS

- Lower yourself into a squat position
- Feet shoulder width apart
- Swing your arms back and use them to propel yourself forward
- Bring your legs forward for additional momentum
- Jump as far as you can
- Land on the soles of your feet

## CONTACT

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[www.leapwithus.org.uk](http://www.leapwithus.org.uk)  
[/bucks-mk-virtual-school-games](https://bucks-mk-virtual-school-games)

## SCORING

Individuals have 3 jump attempts, all 3 scores are recorded (remember the jump is measured from the closest mark made from the individual to the start line). The furthest jump is the score that will be submitted. Teams should enter a total of 8 individual scores (4 males and 4 females)



#BMKVirtualSG



# Standing Long Jump (In Pictures)

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AND MK



Start with your toes behind the line.



Bend your knees to get some more power



Use the power in your legs to gain extra momentum



Take off with two feet and jump as far as you can



Mark the distance from the point closest to the start line



Record the three distances and write them on the scoresheet

