# 50 metre Sprint (Year 3 and 4)

## EQUIPMENT

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

## 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 50 m distance. The four female and four male scores are recorded - 8 sprint times in total

## 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 50 m 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.

# 50 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

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# 400 metre Run (Year 3 and 4)

## EQUIPMENT

- Tape measure
- 400m running distance (may be laps of a field)
- Stop watch
- Score sheet

## 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 400m distance. The four female and four male scores are recorded - 8 run times in total

## INSTRUCTIONS

- Individuals run the 400m 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 400m 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 400m distance
- Individual times are recorded and sent through to appropriate SGO ( 8 run times in total)

## CONTACT

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

# 400 metre Run (In Pictures)

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

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# Vortex Throw (Year 3 and 4)

## 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

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

## 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

## 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)

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

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# Standing Long Jump (Year 3 and 4)

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## 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

## 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

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

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## 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

## 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)

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# Standing Long Jump (In Pictures)

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

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