



North Somerset Schools PE Association: Primary Virtual Cross Country

We are inviting schools to participate in the NSSPEA Primary Virtual Cross Country. *Schools are free to run this on a date/s of their choosing, starting week beginning Monday 12th October and ending Friday 13th November.

**Schools are free (and can be supported) to run their event outside of these dates, but distances achieved may not contribute to the official NSSPEA result which will be collated and shared after the 13th November.*

We are encouraging participating schools to provide opportunities for children to run (and or walk) their age appropriate distance, with the collective distance covered by the school shared. The NSSPEA will collate the total distance covered by all participating schools and share this as part of our post event celebration of the event.

Age appropriate distances: laps shared as a 200m course

****We are suggesting the following distances for year groups 1-6**

Year 1 and 2: 400 metres (2 laps)

Year 3: 600 metres (3 laps)

Year 4: 800 metres (4 laps)

Year 5: 1000 metres (5 laps)

Year 6: 1200 metres (6 laps)

If using a 200 metre course, for ease or understanding each year group run the same number of laps as their year group (except year 1)

***Schools may choose to adapt these in consideration of their own school site and pupils*

Course set-up

Where possible school PE leads will set up a course that will allow pupils to complete a set number of laps to achieve their age appropriate distance. We recognise that all school sites differ and the available space will affect the setting up of each course. Courses can be marked with throw down cones/spots/lines (make sure children are warned not to step on cones which could be a slip/trip hazard). Start and Finish points should be clearly marked (they may well be the same line) and pupils should be clear as to how many laps constitutes their distance.

Organisation

It is advised that each class participating in the virtual cross country have an allocated time for when they should complete their challenge (school timetable advised). In order to reduce the number of pupils on the course at one time and maintain appropriate social distance, a class should be organised into two to four groups (as deemed appropriate by the participating school) and each group will run their age appropriate distance in turn. When not running children should wait in a designated holding area (inside the track), maintaining the appropriate distance as per school policy.

The NSSPEA Virtual Cross Country is being run as a participation event with a focus on the School Games values of 'determination' and 'self-belief'. We are not advocating that the Cross Country be run as a competitive event and as such we strongly recommend that children focus on completing the course at a sensible pace that they can sustain. The supporting 'Daily Mile' social distancing document has some helpful suggestions on how children can take part safely and colleagues may choose to apply some of these ideas

NSSPEA support

The NSSPEA Virtual Cross Country has been shared as an opportunity to provide all pupils with an opportunity to participate in a virtual level 2 School Games event, without the need to leave the school site. NSSPEA staff can provide support with the organisation and running of events where colleagues feel that they may need support. NSSPEA staff can support with the setting up of the course and support wider organisation whilst maintaining the necessary social distance. Support is pending availability of staff on the selected dates of individual schools on will be on a first come first come first served basis.

Risk assessment and First Aid

It is important that each school undertakes their own risk assessment for their own event. If NSSPEA staff are utilised to support delivery of any events we will liaise with the individual school to ensure compliance with COVID-19 protocols. It is advised that first aid cover be provided by someone free of any other responsibility from within a particular class, or year group bubble, or as per school policy/protocol.

Collation of results

We are asking that participating schools kindly collate the number of pupils that participate in the NSSPEA Virtual Cross Country Challenge (using the shared record sheets) and share the total distance achieved by the school across all participating year groups. The NSSPEA will collate the total distances of all participating schools and share the total distance covered as part of our post event celebrations.

Celebration

We would love for you to share your virtual cross country achievements across all your communication channels and would be grateful if you could use @nsspea1 and @yourschoolgames to share (with appropriate permissions)

After the official last date of the Virtual Cross Country, Friday 13th November, we will look to share the total distance covered by all participating schools as soon as possible. Please help this process by sharing your school distance promptly using the shared pro-forma. There are age appropriate certificates to share with all participating pupils (either as paper copies or virtual certificates as per current policy) and a collective school achievement certificate.

We would appreciate it if colleagues could share a couple of photos of their respective events (with appropriate permissions) that we might be able to use as part of a post event celebration.

We will share a celebration report on the NSSPEA website and may look to celebrate the event via the local North Somerset press. We would also encourage participating schools to celebrate their participation in the Virtual Cross Country via their own communication channels.



NSSPEA Primary Virtual Cross Country: Record Sheet

School Name			
Year Group	Number of boys completing the age appropriate course	Number of girls completing the age appropriate course	Total distance covered by year group in metres
1 (400 metres)			
2 (400 metres)			
3 (600 metres)			
4 (800 metres)			
5 (1000 metres)			
6 (1200 metres)			
Total distance covered by the school in metres			

Please email completed record sheet to NSSPEA@gmail.com



NSSPEA Primary Virtual Cross Country: class record sheet

Please complete the relevant boxes for your year group/class and share with your

PE Lead/Virtual Cross Country Lead upon completion

Class Name			
Year Group	Number of boys completing the age appropriate course	Number of girls completing the age appropriate course	Total distance covered by class in metres
1 (400 metres)			
2 (400 metres)			
3 (600 metres)			
4 (800 metres)			
5 (1000 metres)			
6 (1200 metres)			



NSSPEA Primary Virtual Cross Country: Milestones

Please use the milestones sheet to share with your class, year group and school, how far you have collectively travelled as part of the Virtual Cross Country Challenge.

All distances are measured from the Grand Pier on Weston-super-Mare seafront. You may want to work out your class, year group and school distances from your own school site.

Destination	Distance in km	Destination	Distance
Clevedon	19	Dartmoor	142
Cheddar Gorge	22	Reading	162
Nailsea	25	Isle of Wight	174
Portishead	30	Birmingham	184
SS Great Britain (Bristol)	35	Windsor Castle	195
Cribbs Causeway	39	Buckingham Palace	227
Taunton	47	Nottingham	250
Bath	53	Lands End (Cornwall)	290
Prince of Wales Bridge	63	Manchester	298
Stroud	80	Liverpool	317
Cardiff	88	White Cliffs of Dover	360
Gloucester	91	Norwich	422
Stonehenge (Wiltshire)	98	Newcastle	502
Swindon	102	Edinburgh	628
Worcester	127	Belfast	709



This is to certify that

completed the NSSPEA Virtual Cross Country Challenge

successfully completing the 400 metre Year 1 course



Congratulations on this fantastic achievement!





This is to certify that

completed the NSSPEA Virtual Cross Country Challenge

successfully completing the 400 metre Year 2 course



Congratulations on this fantastic achievement!





This is to certify that

completed the NSSPEA Virtual Cross Country Challenge

successfully completing the 600 metre Year 3 course



Congratulations on this fantastic achievement!





This is to certify that

completed the NSSPEA Virtual Cross Country Challenge

successfully completing the 800 metre Year 4 course



Congratulations on this fantastic achievement!





This is to certify that

completed the NSSPEA Virtual Cross Country Challenge

successfully completing the 1000 metre Year 5 course



Congratulations on this fantastic achievement!





This is to certify that

completed the NSSPEA Virtual Cross Country Challenge

successfully completing the 1200 metre Year 6 course



Congratulations on this fantastic achievement!





This is to certify that

..... School

completed the NSSPEA Virtual Cross Country Challenge

collectively covering a cumulative distance of km



Congratulations on this fantastic achievement!

