**Bournemouth Virtual Cross Country Challenge and Team Competition**

2nd November- 11th December 2020

**Cross Country School Challenge**

**Aim**

The aim of this event is to support schools in providing opportunities for children to travel by foot (run, jog or walk) their age appropriate distance. It is a participation event with a focus on the School Games values of ‘determination’ and ‘self-belief’.

This is not an individual competitive event and as such the focus should be on children completing the course at a sensible pace that they can sustain.

**Format:**

* Each child will take part within their bubble.
* The collective distance covered by each class will be added together to make a school total.
* Each participating schools total will be collated to make a Bournemouth total.

**Age appropriate distances**

|  |  |
| --- | --- |
| **Year Group** | **Distance to travel** |
| Year 1 & 2 | 400m |
| Year 3 | 600m |
| Year 4 | 800m |
| Year 5 | 1000m |
| Year 6 | 1200m |

**Course set-up**

Each school course will be individual based on the space available. To design your own cross country course follow these steps:

1. Choose an area of outside open space, this can be any surface (grass or playground).
2. Decide on the shape of the course, it can be a circuit where children complete laps or a linear shuttle run.
3. Measure your course to calculate the number of laps/ shuttles to complete the relevant distance.
4. Mark out the course, this could be with cones/spots/lines (make sure children are warned not to step on cones which could be a slip/trip hazard).
5. Start and Finish points should be clearly marked (they may well be the same line)
6. Highlight any safety points/ hazards. Emphasise how many laps constitutes their distance.

**Collation of distances-** collate the number of children that participate in the Challenge (using the shared record sheet, one sheet per class) and return to me the total distance achieved by the school across all participating classes.

**Cross Country Team Competition**

The following notes provide an overview of the competition and set out the team requirements.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Year Group | Distance to be covered | Minimum number of people | Maximum number of people | Notes |
| 1-2 | 400m | 6 | 10 | Children could run 20m shuttles to complete the distance |
| 3-6 | 1200m | 3 | 5 | **An athlete cannot run twice**Athlete needs to cover a minimum of 200m |

**Results**

Please find the results sheet below for you to enter your team results.

* Schools may enter more than one team per category.
* Please identify each team i.e. School Name year 5 girls Team 1, School Name year 5 girls Team 2 etc.

**Categories**

There will be a separate boys and girls competition in each year group from Year 1 to Year 6.

**Top Tips**

* Set out a course following the instructions on the previous page
* Ensure the pupils know what distance or the amount of laps they need to cover
* Have a stopwatch ready
* Measure the course accurately

If you need any more information please let me know.

Thank you

Sarah Dunsford

School Games Organiser- Bournemouth

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**CROSS COUNTRY CHALLENGE**

|  |  |
| --- | --- |
| School Name |  |
| Year Group | **Number of boys completing the course** | **Number of girls completing the course** | **Total distance completed by the class in metres** |
| Year 1 (400m) |  |  |  |
| Year 2 (400m) |  |  |  |
| Year 3 (600m) |  |  |  |
| Year 4 (800m) |  |  |  |
| Year 5 (1000m) |  |  |  |
| Year 6 (1200m) |  |  |  |
| Total distance covered by your school is metres |  |

Please email complete record sheet to sarah.dunsford@avonbourneacdemy.org.uk

**TEAM CROSS COUNTRY COMPETITION**

|  |  |  |
| --- | --- | --- |
| **Team Name** | **Year**  | **Time** |
| Example:School Name Team 1 | 3 | 4mins 32secs |
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Please email complete record sheet to sarah.dunsford@avonbourneacdemy.org.uk