



Team Wigan



Virtual Running Competition

The Wigan Mile

Autumn
2021



Primary

Team Composition

Pupils will compete in individual year groups. A one mile or 1600m run is recommended for Y4 upwards i.e. Year 4, Year 5, Year 6.

Y3 should run for 1200m ONLY.

Boys and Girls will compete separately.

A team will consist of 4 athletes.

Scoring & Results

Record all results for Personal Challenge

Score sheets can be found on

yourschoolgames.com - my area profile and attached.



Rules and Format

- Each school will devise their own one mile course.
 - The course can be on the playground/ field or track or any space that the school has risk assessed to be safe and fulfills the requirements of the risk assessment.
 - The distance should be 1600m (1 mile) Y4 upwards and 1200m for Y3. Please double check your distances!
 - Participants should complete a timed run with the results recorded.
 - You will then send your top 4 girls results and your top 4 boys results to your SGO. Scoresheet attached. Fill it in and take a photo or just email top 4 boys and girls with timings.
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Rewards

All participants will receive a certificate of participation. The top 3 teams in each age group of boys and girls will receive bronze, silver and gold medals.

Personal Challenge

Every participant should aim to improve their performance with each attempt at the mile. We encourage the use of School Games Values certificates or stickers as rewards.

School Games Values





Health & Safety



Government Guidelines should be followed throughout.

Ensure equipment is cleaned following the competition or after each use if being shared.

Area being used should be risk assessed by the school before any activity takes place.

Pupils will complete challenges in their own space, where space is shared, such as targets, pupils should maintain social distancing whilst awaiting their turn.

No jewellery to be worn.

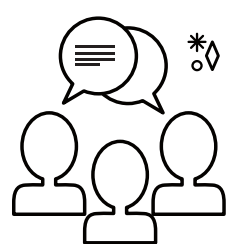
All loose clothing to be tucked in.

Long hair tied back.

Learning Outcomes



Physical Me: developing skills, confidence and competence in agility, balance and hand eye coordination.



Social Me: opportunity to work with my peers to develop skills, promote understanding and exchange feedback on my performance.



Thinking Me: developing awareness and understanding of what went well and what I could do to improve my own, or my team's performance.



Healthy Me: contributing towards my 60 minutes of recommended physical activity a day as well as making me feel good and improving my concentration and performance.

Further Opportunities

For further opportunities or resources for the Daily Mile head to

<https://thedailymile.co.uk/>

Discovered a love for running why not contact your local athletics club?

Leigh Harriers:

<https://www.leighharriers.org/>

Wigan Harriers:

<http://www.wiganharriers.org.uk/>



Contacts



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