

Team Athletics

Resource for Schools

Rationale:

The aim is to make our athletics accessible to all, and to offer children a motivating, engaging and inclusive experience.

Most of the time, children's competitions in athletics are scale models of adults' competitions. This inadequate standardisation often leads to early specialisation which is clearly against children's needs for harmonious development. It also brings about early elitism which is detrimental to the majority of children or burn out. After numerous research initiatives and studies on the current situation, we have uniquely tailored this event to the developmental needs of our children.

The adult understanding of competition is not very meaningful to young children. Between 4 and 6 years of age children try to win prizes, but this is not competition in the sense of being 'better than'. It is a contest for a limited reward that only winners can have. By about the age of 6 or 7 they become able to compare themselves with others and a more mature understanding of competition begins to appear. The point at which children learn to make comparisons is influenced by both their level of understanding and the 'significant others' around them.

Formally organised athletics competitions with strict rules are not appropriate for most children until about 12 years of age. This is because of their relatively immature understanding of competition and the causes of success and failure. This Team Athletics is both a programme of activity, teamwork and a stage of athlete development.

Objectives of the concept of Team Athletics:

- That a large number of children can be active at the same time
- That varied and basic athletic forms of movements are experienced
- That not only stronger or faster children make a contribution to a good result
- That skill demands vary according to the age and requisite coordination abilities
- That the structure of the event is easy,
- That few assistants and judges are required
- That athletics is offered as a mixed team event (boys and girls or year groups mixed together).

Events

Track:

Slalom Running

Each team is divided so that half the group is at either end of the slalom course. First participant in each group runs slalom style through an established slalom course. When participant reaches the end of slalom course, high five the next runner to “Go”. Once all team members have gone through the course they sit down.

Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.

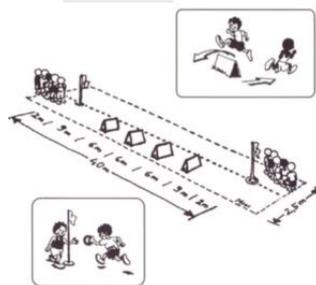


Sprint/Hurdle Relay

Two lanes are necessary for each team; one lane with and one without hurdles. (Set up like picture below) One half of the team is on the opposite side – one side runs over hurdles while the other side runs the flat. On go the first team member runs over the hurdles and passes the baton to the next team member who runs the straight (sprint) and so on.

The race continues until each participant has run both the flat (straight sprint) and the hurdles once.

Scoring: This can be a timed event. Teams time is recorded once all team members have completed both the straight sprint and hurdles (person who started should be sitting back where they started).



Torch Relay

Participants will balance a foam ball on an upside-down cone (cones shaped like ice cream cones) and try to run down and around the cone without losing the flame. Each team member needs to run down and around the cones and upon returning hand off the torch to the next person in their team. Continue until everyone in the group has had one turn. If the ball falls off the cone they must replace their ball on the cone and continue running.

Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.

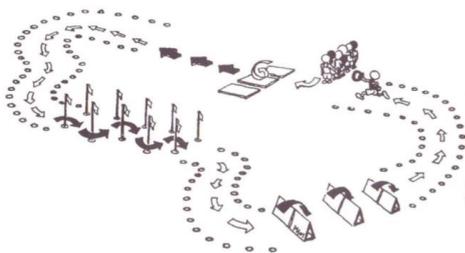


Formula 1

Set an obstacle course up, using a soft ring as the relay baton. Each participant has to start with a forward roll or pencil roll on the tumble mat. The "Formula-One" is a team event in which each team member has to complete the full course and then hand the baton over to the next team member who completes the course. You can have more than one team on the course at once.

Obstacles: Mini hurdles, slalom poles, mats etc.

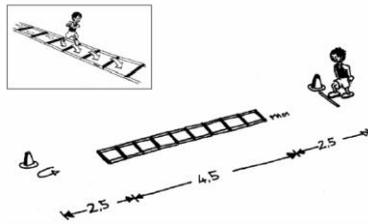
Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Ladder Sprint Relay

Speed ladders are placed on the floor. At the start the participant stands in standing start with their toes at the starting line that is level with the first cone. After a starting command the participant runs to the ladder, steps/runs through the ladder as quickly as possible and runs to the second cone. After having touched the cone with their hand, the participant turns quickly and runs back through the ladder to the first cone. When touching this cone their next team member goes.

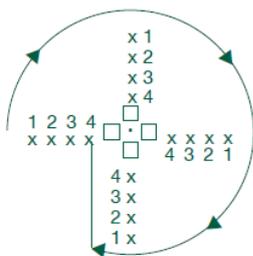
Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Wheel Relay

In teams' participants are given a baton or bean bag. A cone is placed at the end of each team. No. 1 runs clockwise round the other teams and comes back into no. 4's position as the others move forward the baton/bean bag is passed down the line until it reaches no. 2, who then runs repeat until all the team have taken part and are back in place.

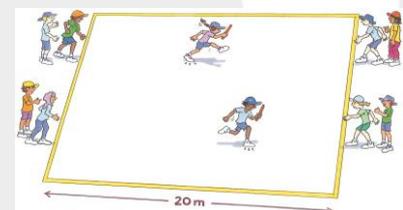
Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Baton Running

Divide team and place half of each team at either end of 20 metres to create a relay. First participant holds a soft ring in their hand. First participant to run 20 metres, exchanging soft ring with second participants. Repeat until all runners have run through.

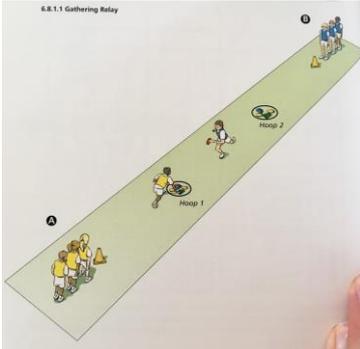
Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Bean Bag Drop

The first team member of team 'A' runs to collect a bean bag from Hoop '1' and drops it into hoop '2'. At the same time the first member of team 'B' collects a beanbag from hoop '2' and drops it into hoop '1'. This continues over a specified team period and the winning team is the one with the most beanbags in the dropping hoop.

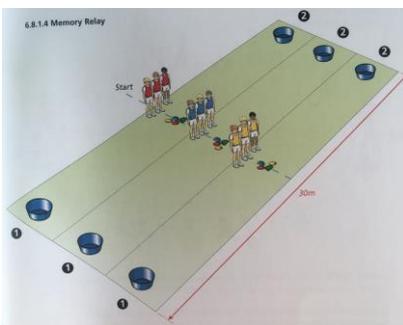
Scoring: The team with the most beanbags in their 'dropping' hoop after a set period of time wins.



Reaction Relay

Each team is positioned at the centre of the course in a line or distinct clear running area. At either end of each team's lane is placed a bucket, tub or hoop. The relay is under the control of the 'caller' who calls instructions in a loud, clear voice. The tubs are designated '1' and '2' and four coloured bean bags are allocated to each team and placed at the centre. The starting sequence example: 'Red to 2' and the team member must take the red bag to tub '2'. This can be followed by 'blue to 1' and the blue bag must be taken to tub '1'. When all of the bean bags have gone from the middle the caller can shout a colour and the team must remember which tub that it was in and send a member to get it and transfer it to the other tub. The quickest team gets a point. The pace can get quite fast and teams can get confused which is part of the fun.

Scoring: The team with the most points scored wins.



Bean Bag Run

Each team is positioned at one end of the course. The first participant in each team places a beanbag on their heads. On 'go' they must travel around the course balancing the beanbag. Once they have weaved through the cones they run/walk with the bean bag still on their head back to their team and hand the bean bag to the next participant in line who repeats until the whole team has gone through the course.

Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Beanbag or Cone Relay

Place one beanbag per student along a straight line. Line teams up opposite the beanbags. On 'go' each member of the team runs as quickly as possible to pick up a beanbag and bring it back to the team; then the next runner can go. Relay ends when all members of the team have brought back one beanbag.

Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Field

Forward Squat Jump

From a starting line, the participants carry out a 'Frog-jump' (two-footed jump) one after another.

The first participant of the team stands with the tips of toes at the starting line. Then squats down and jumps forward as far as possible – landing on two feet.

The landing point is marked with a cone (heels).

This landing point now becomes the starting point for the next participant and so on.

The event is completed when the last member of the team has jumped and the landing point is marked.

Scoring: The total distance of all jumps is the team result. This can be measured with a tape measure and recorded.



Ball Jumping Relay

Each team is given a ball. Divide team and place half of each team at either end of 10 metres to create a relay.

Players hop to their team mate at the other end with the ball between their knees.

They can then take the ball from between their knees and give it to their next team member.

If a child loses the ball on the way, it may be picked up.

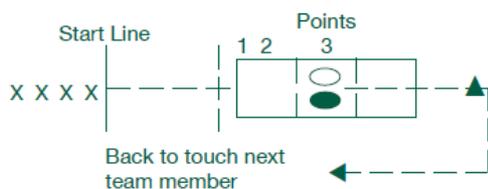
Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Long Jump Relay

Teams line up. With about a 10m run up. In the pit or on the ground zones are set up. Each team member runs and jumps, runs around cone and back to touch next member, their points are scored. At the end count total points.

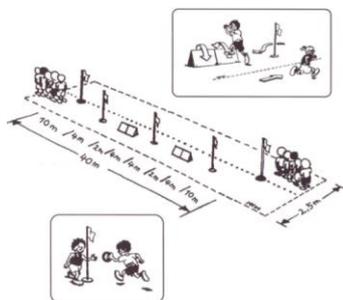
Scoring: The team with the most points once everyone has had a jump.



Sprint/Scissor Jump/Slalom Shuttle Relay

Two lanes are necessary for each team (see picture below). One lane with slalom poles and one without. Split the team so half is at each end. One end runs straight while the other end dodges the obstacles. The aim is to dodge the slalom pole then jump the hurdle sideways (like a scissor kick in high jump). Runner must always carry the baton.

Scoring: This can be a timed event. Teams time is recorded once all team members have completed both the straight sprint and hurdles (person who started should be sitting back where they started).

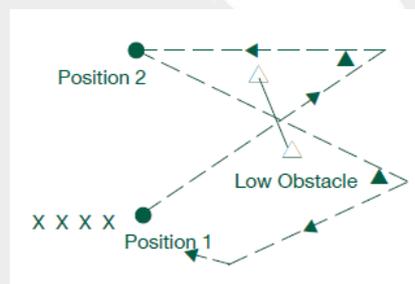


Scissor Jump Relay

Teams line up to 10m run-up from either side. Use a wide, low obstacle (mini hurdles)

This is a points circuit. Teams start at position 1, jumping one after the other continuously and run around cone to position 2 when the team is all at position 2, they jump again, from the other side. Count the number of jumps in given time (e.g. 2mins).

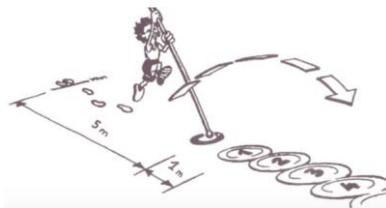
Scoring: The number of successful jumps completed in a set time.



Pole Jump

From a 5m run-up area, participants run towards a take-off mat. They take off with one leg 'riding' the pole, the jumper carries themselves and then lands two footed. Each participant from each team has a jump and a marker is placed where they land. If another teammate jumps further change the marker to the further jump. Measure the teams furthest jump at the end and compare with the other teams.

Scoring: The furthest distance the team jumped.



Maze Hop

Mark out a simple jumping pattern to include jumping sideway, forwards and backwards. First participant in each group jumps through the established course. When participant reaches the end of the course, they call out 'go' to indicate to the next participant to begin.

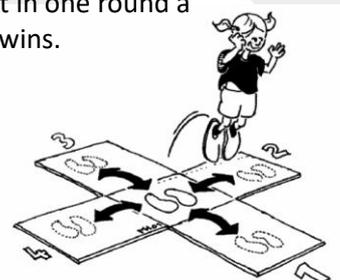
Scoring: This can be a timed event. Teams time is recorded once all team members have completed the course.



Cross Hop

From the centre of a jumping cross the participant jumps forward, backward and to the sides. Specifically, the starting point is from the centre of the cross forward; then backward to the centre; then to the right and back to the centre; then to the left and back to the centre; and, finally, backward and back to the centre. Each team member has a 15-second-time trial in which he tries to carry out as many two-footed bounces as possible.

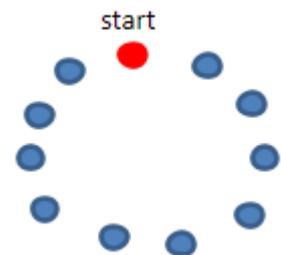
Scoring: Each square (front, centre, both sides, back) is scored with one point so that in one round a maximum of eight points can be obtained. The team with the most jumps recorded wins.



Frisbee Transfer

Participants stand in hula hoops 5m apart in a circle. The first person picks up a Frisbee with their hands and places it between their knees and jumps/moves to the next person. They must transfer the Frisbee without using their hands. Once they have transferred the Frisbee they can go back to the start and pick up another Frisbee so it is a continuous loop. If they drop the Frisbee or use their hands that Frisbee cannot be counted. The last person in the circle drops the Frisbee in the start hula hoop. The team scores a point each time a Frisbee is dropped into the start hula hoop.

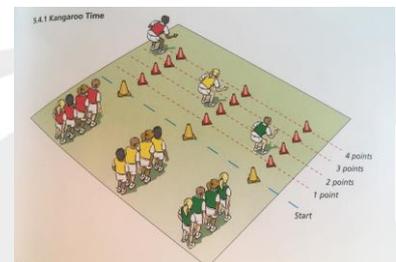
Scoring: The amount of Frisbees that have successfully made it around the team and been dropped into the start hula hoop after a set period of time.



Kangaroo Time

Jumping for distance, to score points. Jumping grids are marked out. The first person from each team approaches the jumping line and does a standing jump (ext running jump) and points are awarded dependent upon which line the heel of the foot cleared. The next person then completes a jump in the same manner. This continues until every team member has had a jump.

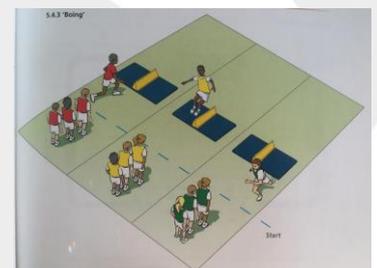
Scoring: The winning team is the one with the highest points.



Boing

Boing is a speed bouncing relay. Each team must try to gain as many points as possible in a specified time period. The first team member of each team approaches the start line with the remaining of the team in a straight line behind them. On the start whistle, the first team member runs towards the speed bounce mat, completes ten speed bounces (lateral jumps) and runs off the mat and around the lane to join the back of the team. As soon as the first team member crosses the line the second team member should set off and complete their ten speed bounces (lateral jumps). This continues until time is up and the number of completed speed bounces in a team is scored.

Scoring: the number of completed bounces the team did in a set period of time.



Throwing

Overhead Backward Throw

Participant stands with legs parallel, heels on the line and back to the direction of the throw. Ball is held down at arm's length in front of the body with both hands.

Participant squats down – knees bent.

Then quickly extends the legs, then arms to heave the ball backwards over their head. We recommend using a basketball for young ones and a small med ball for older participants.

Aim for maximum distance. Participants whose ball lands in the first section score 1 point etc. Once everyone has thrown, participants can collect their ball and give it to their next team member to throw.

Scoring: Points are counted for each team. Team with the most points after everyone has thrown wins.



1 point

3 points

5 points

10 points

Vortex Throw

In teams, the first member of each team throws the vortex aiming for a zone. If the vortex lands in the second zone they score 3 points for their time. Once everyone has thrown, participants can collect their vortex and give it to their next team member to throw.

Scoring: Points are counted for each team. Team with the most points after everyone has thrown wins.



1 point

3 points

5 points

10 points

The Javelin Toss (aka, the Hula-Hoop Pool Noodle Throw)

In teams.

Tie a Hula-Hoop(s) on a rugby crossbar, football goal or low-hanging tree branch using a length of rope, and have each child attempt to throw a pool noodle through the hoop.

1 point for hitting the hoop

2 points for getting it through the hoop

Scoring: Team with the most points after everyone has thrown wins.

Over the Flagpole

In teams

Have some stakes or poles in the ground. Then have dots placed opposite the poles about 2-4m away. The first person in the team stands on the dot, using a sling action with a hoop they try to sling the hoop and get it over the flagpole.

When it is safe that person retrieves the hoop and carries it back and the next person in their team.

1 point for hitting their pole

2 points for getting it over their pole

Scoring: Team with the most points after everyone has thrown wins.



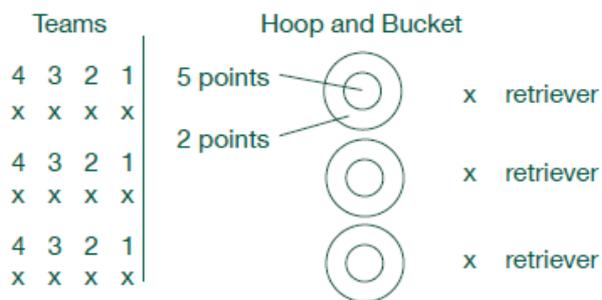
4	3	2	1
X	X	X	X
4	3	2	1
X	X	X	X
4	3	2	1
X	X	X	X



Throw into bucket or hoop

Place a bucket inside a hoop. Team member no. 1 throws trying to get the bean bag in either the hoop or bucket. If they get it in the bucket, they get 5 points and, in the hoop, they get 2 points. After they have thrown retrieve the bean bag and give it to the next person in the line. Points totalled for the team.

Scoring: Team with the most points after everyone has thrown wins.



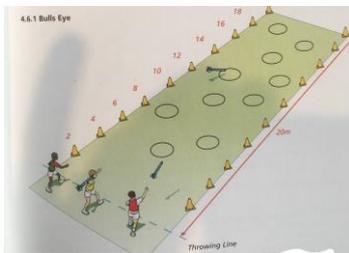
Bulls Eye

The aim is for the team to score as many points as possible by throwing an implement (beanbag, soccer ball, vortex, noodle) as far as possible whilst hitting a target. A throwing area is marked with a throwing line at one end and cones placed on the outside edges. Hoops are then placed randomly inside the throwing area.

Points are scored for the distance they throw (12m= 12 points) and ten bonus points if the implement lands in a hoop.

In teams the first thrower from each team approaches the throwing line and throws their implement once all the throwers have thrown, they can collect their implement and give it to the next team member.

Scoring: Team with the most points after everyone has thrown wins.

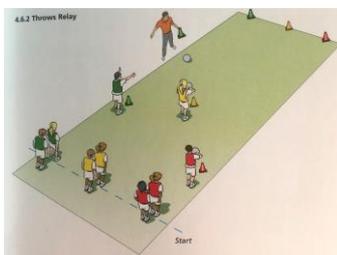


Throws Relay

The throwing relay is throwing an implement for distance (soccer ball, bean bag, vortex) to reach a target using as few throws as possible.

In teams the first person from each team approaches the throwing line. They throw the implement and the teacher places a cone at the place where the implement landed. Then they can collect their implement and give it to the next thrower in their team. The next thrower moves forward to where the cones was placed and throws from there. This sequence continues until the first team reaches the end target.

Scoring: The team to the end target first wins.



Scoring System

The scoring system is straightforward and does not require any computer system, or any specific knowledge regarding athletics rules. Only one person per event is needed to keep the scoreboard. The results are simple enough to be posted two minutes after the end of the last event. No quotation table is required.

How the event works

Start by choosing what events from above you would like to use.

This event can be run in two ways depending on numbers:

Option 1:

For large groups.

Example: 10 classes with 24 students in each class.

- Divide each class into four teams = 6 students per team.
- Each team will be given a passport with the list of events on it. (one passport per team- given to a team leader)
- Each class (with their 4 teams) will travel around the events together.
- At each event those 4 teams will compete against each other.
- The winning team will be awarded a 4 for first place, 2 for second, 3 for third and fourth 1 which will be placed on their team's passport under that event.
- Teams will collect points at each event which will fill up their team's card
- Once they have rotated around every event add up the points to see results.

Recommendation: During the day senior students will be posted at an event and teachers will rotate around with the classes helping at each station.

Each rotation is 10mins long and the focus is participation and teamwork.

Example rotation plan

	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Class 1 (4 teams)	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay	Slalom Running	Over the flagpole	Tug O War or Break
Class 2	Torch Relay	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay	Slalom Running	Over the flagpole
Class 3	Vortex Throw	Torch Relay	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay	Slalom Running
Class 4	Forward Squat Jump	Vortex Throw	Torch Relay	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay
Class 5	Tug O War or Break	Forward Squat Jump	Vortex Throw	Torch Relay	Ball Jumping Relay	Overhead Backward Throw
Class 6	Over the flagpole	Tug O War or Break	Forward Squat Jump	Vortex Throw	Torch Relay	Ball Jumping Relay
Class 7	Slalom Running	Over the flagpole	Tug O War or Break	Forward Squat Jump	Vortex Throw	Torch Relay
Class 8	Sprint Hurdle Relay	Slalom Running	Over the flagpole	Tug O War or Break	Forward Squat Jump	Vortex Throw

Option 2

Example: 60 students

- Divide students into teams- 6 students per team = 10 teams
- Choose 10 events from list above for the teams to rotate around.
- Each team will be given a passport with the list of events on it. (one passport per team- given to a team leader)
- Each team will travel around the events individually.
- Teams will participate at their event and their result will be written down on their team's card
- Once they have rotated around every event collect team cards in and compare results to work out the winner of each event.

Recommendation: During the day senior students will be posted at an event and teachers will rotate around with the classes helping at each station.

Each rotation is 10mins long and the focus is participation and teamwork.

Example rotation plan

	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Team 1	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay	Slalom Running	Over the flagpole	Tug O War or Break
Team 2	Torch Relay	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay	Slalom Running	Over the flagpole
Team 3	Vortex Throw	Torch Relay	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay	Slalom Running
Team 4	Forward Squat Jump	Vortex Throw	Torch Relay	Ball Jumping Relay	Overhead Backward Throw	Sprint Hurdle Relay
Team 5	Tug O War or Break	Forward Squat Jump	Vortex Throw	Torch Relay	Ball Jumping Relay	Overhead Backward Throw
Team 6	Over the flagpole	Tug O War or Break	Forward Squat Jump	Vortex Throw	Torch Relay	Ball Jumping Relay
Team 7	Slalom Running	Over the flagpole	Tug O War or Break	Forward Squat Jump	Vortex Throw	Torch Relay
Team 8	Sprint Hurdle Relay	Slalom Running	Over the flagpole	Tug O War or Break	Forward Squat Jump	Vortex Throw