



PSC

PRIMARY SPORTS COACHING
LIMITED

Track Sports Days



CELEBRATING
10
YEARS

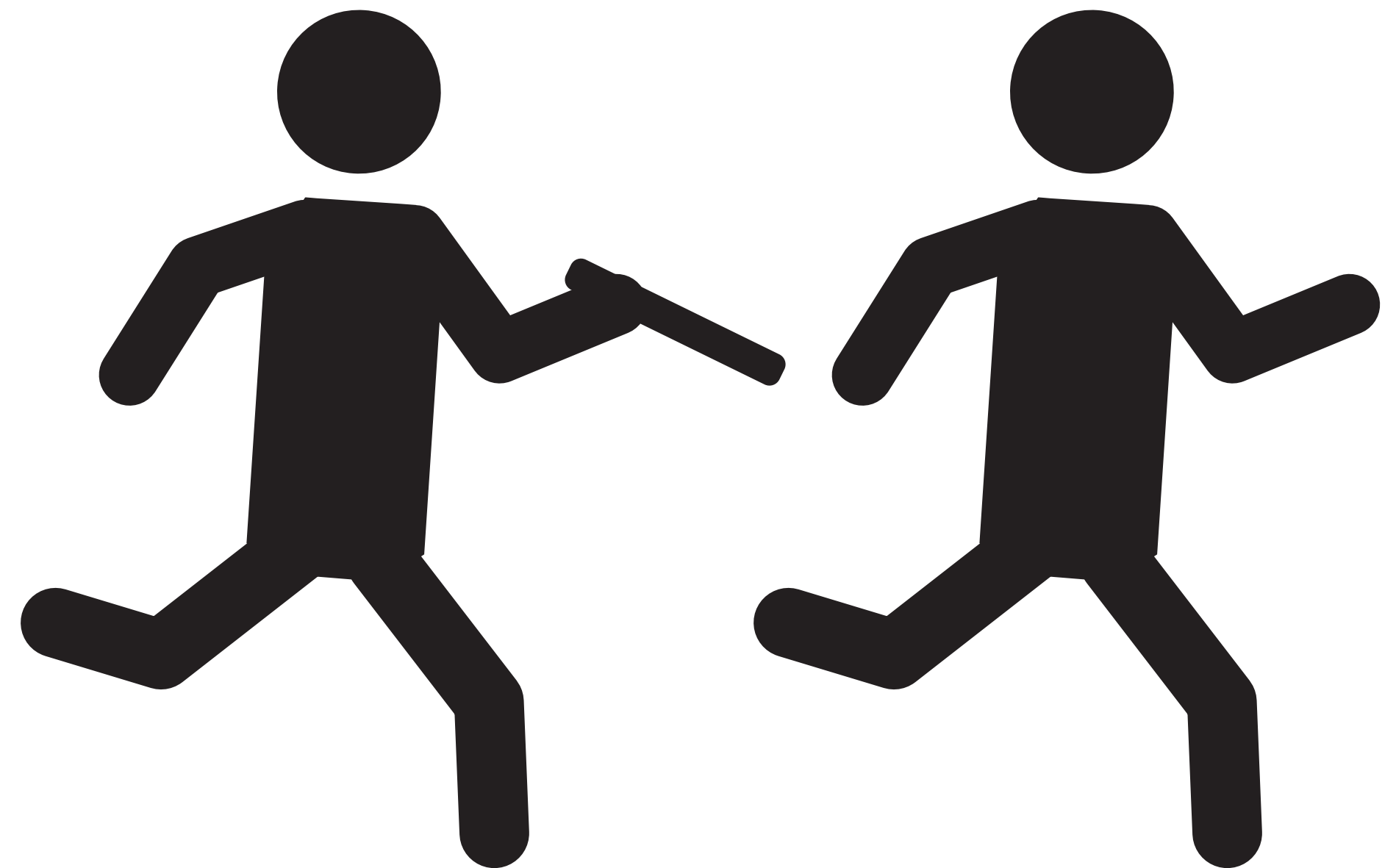
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Relay Races

Equipment: Cones and batons

- Set out lanes about 50m long (vary for each year groups) with a line at each end of the lanes.
- All teams involved to race at the same time using their own lanes.
- Each relay team is split in half with each half at either ends of their lane.
- The person starting the race will start with a baton or cone, they then have to run to the other end of the lane where their teammates are stood and pass the baton. The next person can only set off if they have the baton in hand which they then have to return to the other side.
- The first team to get back to their original starting places in their lines will be the winners.
- If you have in equal teams then people from other teams must run more than 1 time. This can be decided by their team or the person in charge of the activity.
- *If you don't have batons or it is against your COVID-19 risk assessment then first child must run to the other side and cross the opposite end of the lane for their teammate to set off, once passed by their teammate their teammate can set off back to the other side.*



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Running Races

Equipment: Cones

- Set out lanes that are 50m in length (vary for each year group).
- Each participant must have their own lane marked by cones and must stay in their own lane.
- On the starters order, the children race to the finishing line.
- The winners of each race in each year group will race to determine the overall winner.



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Hurdle Races

Equipment: Cones and hurdles

- Use the same lanes as used for the running races.
- Each lane will have 5 hurdles (more or less is fine).
- Spread the hurdles equally in each lane.
- The participants have to jump over the hurdles while running to the end of their lane.
- The winners of each race in each year group will race to determine the overall winner.



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Egg 'N' Spoon Races

Equipment: Egg, spoons and cones

- Mark out a 40m track (Vary for each year group).
- Participants must keep egg on the spoon while keeping their opposite arm behind their back and complete the length of the track.
- If somebody drops their egg they must stop and place it back on the spoon before continuing the race.
- If egg and spoons are unavailable you can use tennis rackets with a tennis ball (or a bean bag for EYFS & KS1).



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Cross Country

Equipment: Blank name stickers, pens, tall cones or poles and stopwatch

- The cross country course will be marked out by 4 cones or poles (no more than 250 metres in total or just use the size of the playground).
- Each participant needs their own blank stickers. Every time they complete a lap, someone will mark their sticker with a line (tally).
- EYFS & KS1 = 4 Minutes
Year 3 & 4 = 6 Minutes
Year 5 & 6 = 8 Minutes
- Most laps wins or if in groups biggest total laps win.



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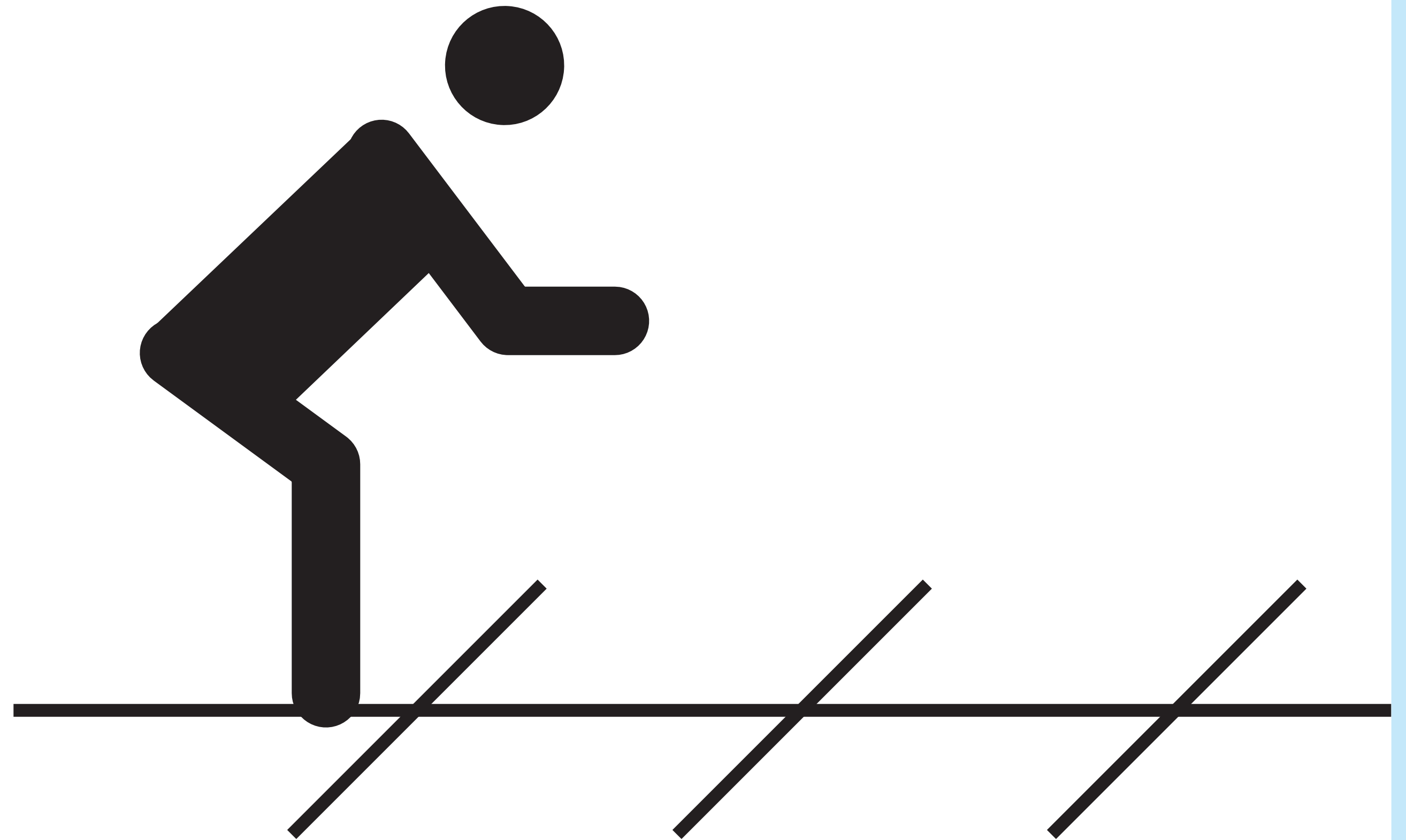
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Standing Long Jump

Equipment: Cones and tape measure

- Children jump from behind the line.
- Once they have jumped, measure the distance from the line to the part of their body that is closest to the line.
- To make measuring quicker, pre-mark with cones at 25cm intervals.
- Furthest jump wins.



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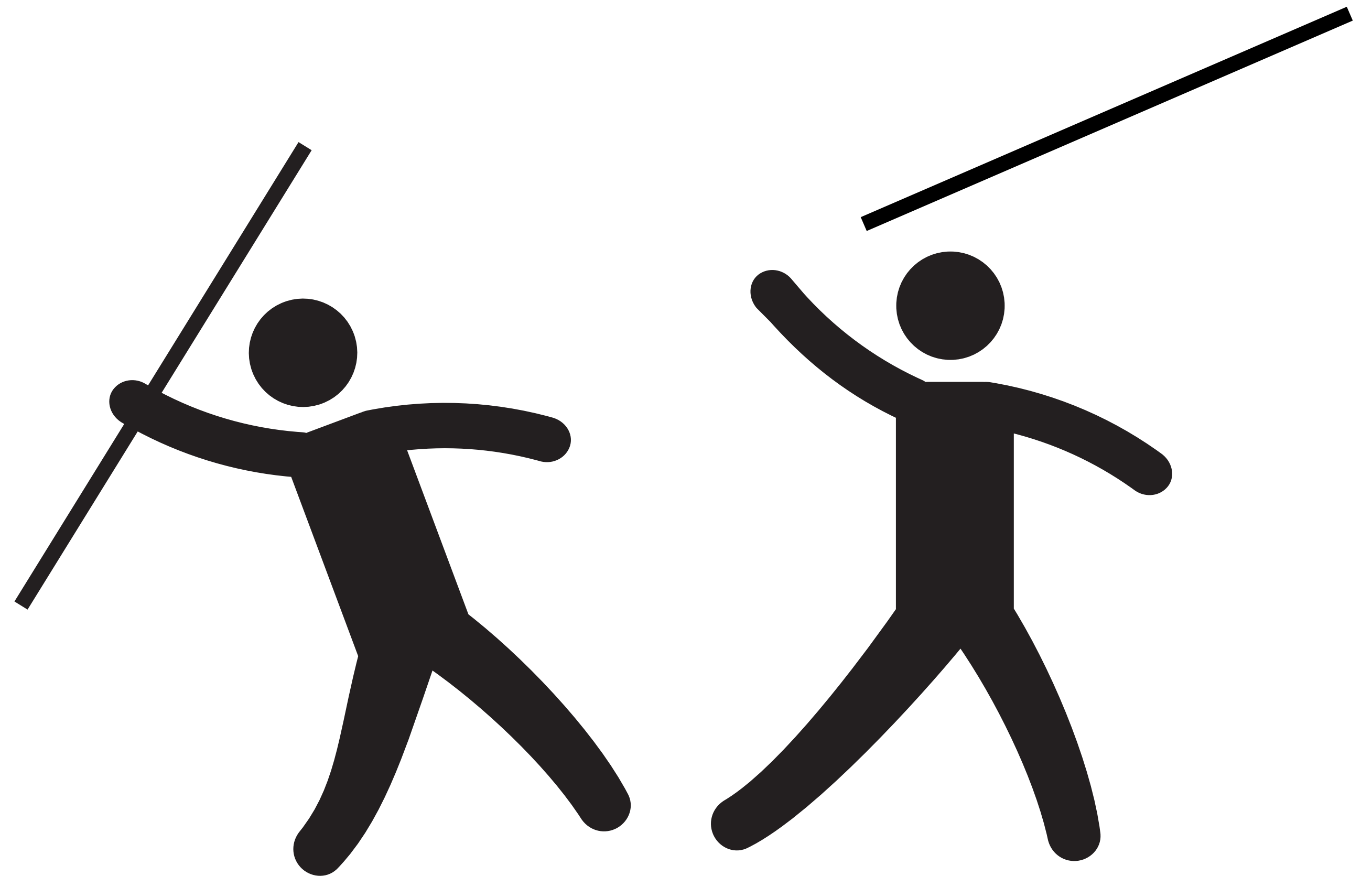
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Solo Javelin Throws

Equipment: Cones, Javelins and Trundle wheel

- Children stand still, they then have to throw javelin as far as they can.
- To make measuring quicker, pre-mark with cones at 2m intervals.
- For scoring, for every 2 meters thrown the participant gets 5 points.
- Everyone gets 3 throws each, for final score add all their points together.
- If you don't have enough javelins use beanbags.



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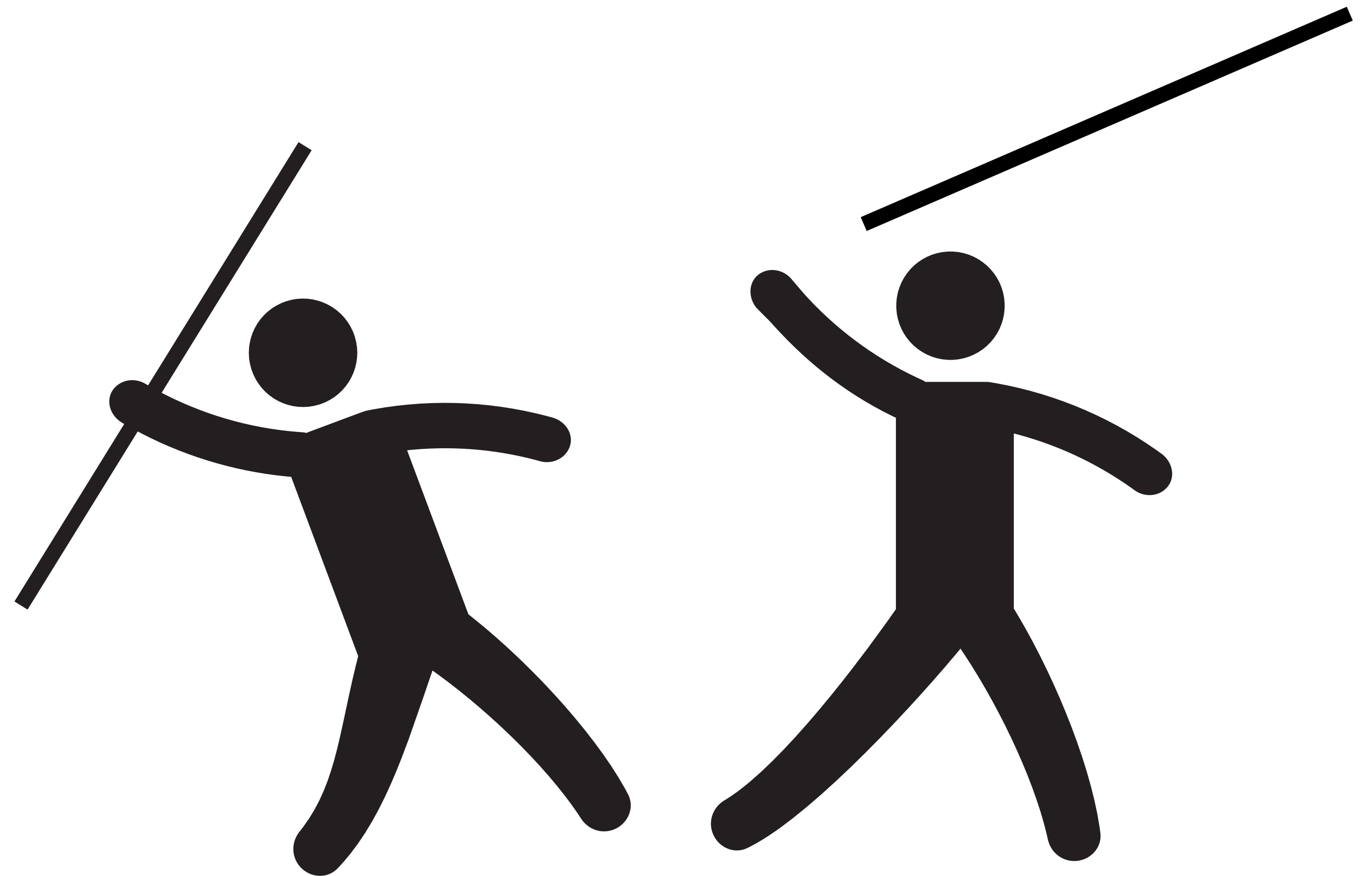
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Group Javelin Throws

Equipment: Cones, Javelins, Trundle wheel

- Children stand still, they then have to throw javelin as far as they can.
- To make measuring quicker, pre-mark with cones at 2m intervals.
- For every 2 meters thrown, the participant gets 5 points.
- Everyone gets 2 throws each.
- For the groups final score add all points together.
- If you don't have enough javelins use beanbags



Blindfolded Obstacle Course

Equipment: Blindfold/scarf and objects for course (cones and low hurdles)

- This is to be done in team, the teams must pick their participant, the rest must guide their teammate through the course.
- If you only have small groups everyone must have ago at being blindfolded.
- If you have big groups, the rest of the team must work in pairs to help their teammate through different parts of the course (each pair take a part each to lead through).
- Fastest team to finish wins, that includes if everyone must have ago, first team to have everyone finish wins.
- The course is to only be 20m long.

