



# Sportshall

## Teacher Guidance

### The Challenges

**Challenge One-** [Standing Long Jump](#)

**Challenge Two-** [Speed Bounce](#)

**Challenge Three-** [Shuttle Run](#)

**Challenge Four-** [Vertical Jump](#)

**Challenge Five-** [Chest Push](#)

### Equipment

These challenges have been set by the national organisation Sportshall Athletics. We are aware that many schools will not have the specific Sportshall Athletics Equipment shown due to cost & storage. Though we state the use of specific sportshall equipment, as with all our other events we have given alternatives that can be used for each challenge to ensure all schools can take part. Sportshall Equipment can be purchased [here](#)

### Implementation

These 5 challenges are designed so they can be delivered individually across a number of days or weeks **OR** as one event as skills stations. The latter will take more time to deliver and require a number of officials to support but these roles can be undertaken by pupils. We advise if you are unable to run as a 5 station skills event that you **run 2 or 3 challenges** at a time so it is easier to rotate pupils around and share equipment available at your school. For this reason we have not given equipment numbers for a class of 30. We suggest nominating (& rotating) a pupil or adult to each challenge to record scores.

Either show the **videos** to your pupils or demonstrate each challenge to them. Allow pupils to practise, before asking them or their partner to count their scores.

### Score Collation

Collect the **best** score of each pupil on the paper **scoresheet** provided or directly onto the **excel spreadsheet**. Scores taken on the paper scoresheet will need to be transferred to the excel spreadsheet. This excel spreadsheet is kept by the school and not submitted. Inclusion of pupils' names is optional but can be useful for you to review school rewards and personal best achievement. The excel spreadsheet will collate the scores and provide you with an **average score** for each **class** & the score of the **Top 5 pupils** in the yellow section. The excel spreadsheet is **one per class** with a class sizes of up to 35. Additional spreadsheets can be used if required. The [excel spreadsheet can be found here](#) and the [paper scoresheet here](#).

### On Line Scoresheet

The **average scores per class & Top 5** from the excel spreadsheet should be submitted online. The deadline for submission is **11 December 2020**. Please [click here to submit your average scores](#).

### Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

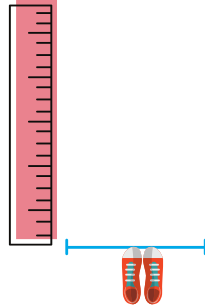
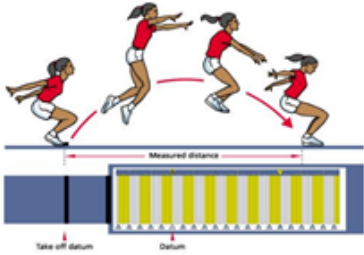
**"I would prefer to fail with honour than win by cheating"**  
- Sophocles





## CHALLENGE 1 - STANDING LONG JUMP

### SET UP



### CHALLENGE VIDEO

Watch the demonstration video here.



### EQUIPMENT

**Standing Long Jump Mat** if not, marker for take off line and tape measure



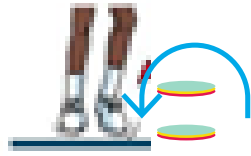
### RULES

- The athlete must stand with both **feet behind** the take off line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat/ground until the start of the jump.
- The athlete should **jump** as far as possible from a standing position, with a two footed take off.
- The athlete must land with both feet either on the mat or close to the tape to enable measurement.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.
- Following each jump, the judge places a finger level with the spot they consider to be the shortest mark.



## CHALLENGE 2 - SPEED BOUNCE

### SET UP





### CHALLENGE VIDEO

Watch the demonstration video here.



### EQUIPMENT

- **Speed Bounce Mat or 2 x markers**- if not, small cones 
- **Timer**- stopwatch; watch or phone 

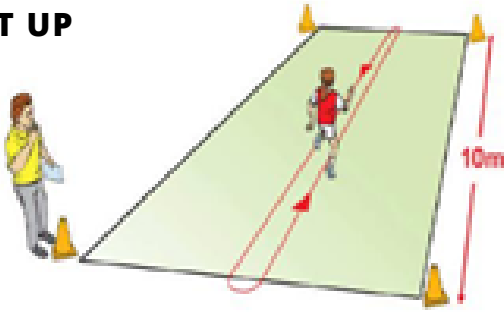
### RULES

- Speed Bounce is a **two-footed jump** in which an athlete must **take off and land on both feet** – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge/cones as many times as possible in **20 seconds**.
- The number of **"good" bounces ONLY** should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge/cones. Whilst any bounce in which the athlete lands on the wedge/cones should not be counted, it is not an offence to clip or brush the wedge.



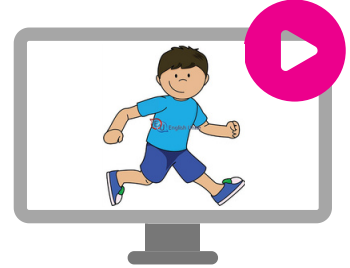
## CHALLENGE 3 - SHUTTLE RUN

### SET UP





### CHALLENGE VIDEO

Watch the demonstration video here.



### EQUIPMENT

- **4 x cones** – if not, floor markers or spots. 
- **Timer**- stopwatch; watch or phone 

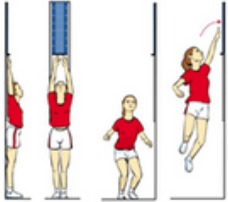
### RULES

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete runs **10 metres** to the set of cones opposite.
- The athlete must place **one foot over** the return line before turning and running in the opposite direction.
- After completing the 10 metre distance **10 times** the clock is stopped when they re-cross the start line.
- Alternatively, a 20 x 5m distance can be completed where indoor or outdoor space prohibits a 10m course distance.
- A penalty of 0.2 second must be added if the athlete turns short of the line.



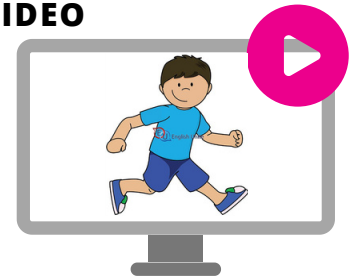
## CHALLENGE 4 - VERTICAL JUMP

### SET UP



### CHALLENGE VIDEO

Watch the demonstration video here.



### EQUIPMENT

**Vertical Jump Board**, If not, **Paper Scale**-[click here to download and blue tac](#) we would advise laminating the paper scale or printing several copies.

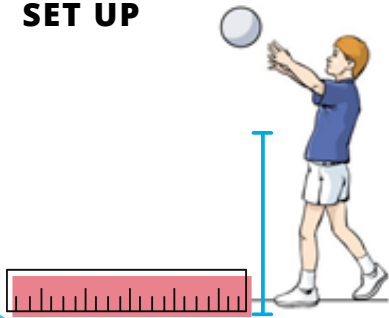
### RULES

- The athlete stands with their **back, head and heels touching the wall**.
- Both arms should be stretched upwards. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay **flat** on the floor.
- The following practice is recommended:
  - The athlete should be encouraged to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.
- **Measure their static height to the nearest centimetre as a baseline.**
- The athlete must stand sideways on to the wall with the jumping arm closest to the wall.
- They then **jump** from a standing position and touch the scale at the highest possible point.
- An athlete **may bend their knees** and **swing their arms** in preparation for the event but their feet must not leave the ground until they take their jump.
- **Measure the highest point of their jump taken to the nearest centimetre.**
- **Subtract the baseline from the highest point to give their vertical jump score.**



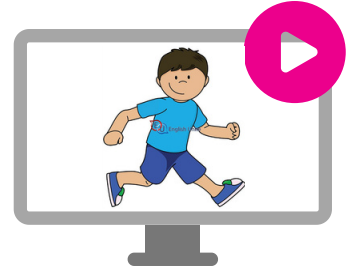
## CHALLENGE 5 - CHEST PUSH

### SET UP





### CHALLENGE VIDEO

Watch the demonstration video here.



### EQUIPMENT

- **Marker Line** - if not, cones, floor lines, chalk or spots. 
- A 1kg (Primary) 2kg ball (Secondary) ball if not a basketball
- **Tape Measure** 

### RULES

- The athlete holds the **ball to their chest** and pushes with **both hands**. The chest must face forward with no trunk rotation.
- Both **feet must be behind** the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- The distance is measured from the throwing line to where the ball first lands marked down **to the nearest 25cm.**