

Guide to the Implementation and Development of Fun in Athletics Festivals

Contents

Introduction

Implementing Sportshall

Sportshall and the School Sports Partnership / Local Partnerships

Phase 1 - Planning and Preparation

Phase 2 - Training for Teaching Staff, Co-ordinators and Sports Leaders

Phase 3 - Curriculum Activity and Support

Phase 4 - Cluster and Partnership Fun in Athletics Festivals

Phase 5 - County Festivals

Phase 6 - Beyond the Primary experience

Appendices

Fun in Athletics Festival format and programme

Sample team sheet

Guidance on setting up a Festival – the do's and don'ts!

A programme annotated with helpful hints for running a Festival

Sample score sheets and advice on the scoring of a Festival

Equipment list

Introduction

This document provides an introduction to Sportshall Athletics and includes a detailed guide to the use of Sportshall in the Primary School sector. Fun in Athletics Festivals have become an established feature in the calendar of many schools, cluster groups and local partnerships.

There is no substitute for seeing Sportshall in action! However, for those not familiar with it, Sportshall is...

- Fun, bright and colourful
- Safe, indoor based and enjoyable multi skill activities
- Modified track and field athletics that appeals to young people, parents, coaches and teachers alike – the ABC's of athletics
- A great tool for curriculum teaching, suited to the after-school club and offers a range of competition formats

Sportshall incorporates ...

- Agility Challenge – a structured approach to the introduction of the key Sportshall events, coupled with an award programme
- Fun in Athletics – innovative competition formats for the Primary age
- Sportshall Athletics – exciting competition formats for those aged 11 – 15, including secondary school events, county leagues and the UK Championships

Implementing Sportshall – the Key Objectives

- Introduce young people to the fun, variety and excitement of Sportshall Athletics
- Enhance the teaching of athletics across the Primary sector
- Provide opportunity for all to experience Sportshall through enhanced curricular and extra-curricular activity
- Introduce young people to athletics competition in a fun team-based format
- Provide young people with further competitive opportunities at school and beyond

Implementing Sportshall – the Benefits

- Promotes and encourages multi-skills development
- Ease of introduction appeals to the non-specialist PE teacher and non-qualified teaching support staff
- Enhances the teaching of athletics

- Supports the transfer age providing an introduction to secondary school and offering opportunity to report results
- Complements the county development model supporting club links, club activity and county squad work
- Offers competitive opportunities at primary age
- Provides a foundation for Sportshall activities in years 7 and 8
- Significant opportunities to involve Sports Leaders in delivering activity and competition

Sportshall and the School Sports Partnership / Local Partnerships

Many Local Authorities and School Sport Partnerships have adopted the exciting format of Fun in Athletics Festivals recognising their value in the introduction and teaching of core skills, together with the innovative approach to competition. The School Sport Partnership model offers an ideal structure for an annual competition programme built around a series of cluster festivals and a partnership finale.

The following notes offer detail and support in the six key phases, critical to ensuring the successful implementation of a local Sportshall competition programme.

Phase 1 - Planning and Preparation

The key actions are to:

- Adopt the national framework adjusting as required to fit local needs
- Agree a timetable for training and competition
- Resolve local issues of personnel, facilities and resources including equipment

The local organiser, often a Partnership Development Manager or School Sport Coordinator in England, may access support from a County Athletics Development Officer, aided by the Home Country athletics development staff (e.g. England Athletics) and the National Sportshall Team (Sportshall Associates). The support of Local Authority Sports Development Officers (SDOs) should also be sought. A list of governing body contacts may be found on the Sportshall website www.sportshall.org

It is recommended that the Partnership programme focuses initially on school years 5 and 6. The Sportshall concept is equally appropriate and relevant to those of secondary age. Several partnerships, having introduced Sportshall into the primary schools including years 3 and 4, are now developing programmes in their secondary schools.

A suggested annual programme of activity and timeline is included within the appendix, together with a checklist of equipment. The following table offers a simple summary of the usual cycle for an annual programme.

Phase 1	September	Planning and preparation
Phase 2	September – October	Training for teachers and Sports Leaders
Phase 3	October – November	Curriculum activity and support
Phase 4a	December – February	Cluster competitions
Phase 4b	March	Partnership Festival

Phase 2 - Training for Teaching Staff, Co-ordinators and Sports Leaders

The planning process should identify training needs across the Partnership. These should fall into three key areas, being the training of:

- Primary Teachers and those supporting curricular and extra-curricular activity
- School Sport Coordinators and those leading the delivery of Sportshall competitions
- Sports Leaders who will support local delivery of activity and competitions

The following courses are available:

Sportshall Primary Workshop – a UK Athletics course, two hours duration, delivered locally offering exploration and practical sessions to introduce teachers to Sportshall events and competition for primary aged children. Tutor fee: £50 plus 35p/mile, £15.00 per person resource cost. Contact UK Athletics for further information (www.ukathletics.net).

Sportshall Event Management – individually tailored courses for those leading local festivals and competitions.

Sportshall for Sports Leaders – an accredited two hour workshop for Sports Leaders intending to support local programme provision and competition delivery.

Sportshall for Sports Leaders (enhanced course) – an accredited six hour course for Sports Leaders intending to support local programme provision and competition delivery.

For further information on any of the above courses, contact Sportshall Associates.

Phase 3 - Curriculum Activity and Support

Essentially there should be “opportunity for all to experience Sportshall through enhanced curricular and extra-curricular activity”, this being a key stage in Sportshall's development agenda. Sportshall provides a proven introduction to the teaching of fundamental and core athletic skills. The integration of Sportshall into schemes of work and lesson plans will ensure sustainable enhancements in the delivery of fundamental skills and athletics in the curriculum.

Other opportunities at this stage include:

- Integrating award schemes into the curriculum, such as the Agility Challenge and Norwich Union shine:awards
- Developing after-school clubs
- School club links
- Norwich Union star:track activity

Phase 4 - Cluster and Partnership Fun in Athletics Festivals

These events provide ideal opportunity to introduce young people to athletics competition in a fun team-based format. Primary Schools attend local festivals, delivered within each family cluster. The typical secondary school sports hall provides an ideal facility for these, with the competition being overseen by secondary aged Sports Leaders. Where possible it is hoped that a short series of cluster competitions or indeed a mini-league, staged monthly for instance, may be held.

A standard format for a Fun in Athletics Festival has been adopted widely and is detailed fully within the appendix. Teams of up to 30 children from each school ensure a vibrant, colourful and noisy atmosphere. This provision of opportunity for comparatively large teams to represent each school is a key factor in the success of Fun in Athletics. The focus remains firmly on the achievements of the team and the importance of supporting each other.

The following are included within the appendix:

- Fun in Athletics Festival format and programme
- Sample team sheets
- Guidance on setting up a Festival – the do's and don'ts!
- A programme annotated with helpful hints for running a Festival
- Sample score sheets and advice on the scoring of a Festival

Event documentation including team sheets, score sheets and a most effective team score calculator can be downloaded from www.sportshall.org.

Additional resources including the Sportshall handbooks, a promotional dvd and a small range of event stationery such as printed programme sheets are available from the Sportshall office.

Phase 5 - County Festivals

County Fun in Athletics Festivals are intended to provide a celebration of Sportshall in each county and will be developed in partnership with Regional and County development teams alongside School Sport Partnership staff. Sportshall Associates will lead in the delivery of these. In those counties where Sportshall is less established, these events will serve initially as a development and promotional tool. Resources will be directed to promoting the benefits of Sportshall and offering a practical introduction to the Fun in Athletics concept. For further details, please contact the Sportshall team.

Phase 6 – Beyond the Primary experience

Fun in Athletics Festivals are the ideal environment in which to promote further activity and opportunities for both teachers and children alike. After-school sessions led by local community sports coaches, PE teachers or Sports Leaders should be targeted at those youngsters who have enjoyed the Festival. This, particularly when coupled with the involvement of a local athletics club, can act as a feeder into further athletics opportunities.

There are a range of courses available to teachers wishing to develop their knowledge of athletics. Some may be encouraged to extend their interest in athletics and undertake some coaching at a club or officiating in school and club competitions.

Sportshall offers three further avenues of competition:

- Secondary Schools competition – several partnerships have introduced competition for the secondary age group following success with the primary age.
- County Leagues - many counties stage regular competition over the winter months, usually targeted at teams from local athletics clubs.
- UK Championships – these provide opportunities for youngsters to represent their county in regional events.

Further details of these may be found at www.sportshall.org.

Festival Format

Fun in Athletics Festivals provide an exciting and highly popular introduction to athletics competition. The following notes provide an overview of the competition and set out the team requirements.

Team Information

Fun in Athletics teams should consist of a minimum of nine girls and nine boys, with a maximum of 15 girls and 15 boys being permitted. Athletes are to be selected from school years 5 and 6. They may compete in a maximum of two track and two field events, drawn from the following:

On the track ...

1 + 1 Lap Relay	}	each requiring two girls and two boys
2 + 2 Lap Relay		
6 Lap Paarlaf		

Obstacle Relay	}	each requiring four girls and four boys
Over / Under Relay		
4 x 1 Lap Relay		

... and in the field

Chest Push	}	each requiring three girls and three boys
Soft Javelin		
Speed Bounce		
Standing Long Jump		
Standing Triple Jump		
Vertical Jump		

Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit www.sportshall.org for further details.

Festival Programme

After a short welcome and the introduction of the teams, the action begins!

On the track and in the field
Obstacle Relay – girls Obstacle Relay – boys	
1 + 1 Lap Relay – girls 2 + 2 Lap Relay – girls	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – first round)
1 + 1 Lap Relay – boys 2 + 2 Lap Relay – boys	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – first round)
6 Lap Paarlauf – girls	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – second round)
6 Lap Paarlauf – boys	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – second round)
Over / Under Relay – girls	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – round three)
Over / Under Relay – boys	Chest Push, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – round three)
Soft Javelin – girls Soft Javelin – boys	Speed Bounce – boys Speed Bounce – girls
4 x 1 Lap Relay – girls 4 x 1 Lap Relay – boys	

And having had lots of Fun in Athletics, we finish with presentations to all the teams!

Festival: St Joseph's Cluster

School: St Mary's School

Festival Date: Friday 20 November

Teacher: Mrs Jane Banks

Fun in Athletics Girls Team		Track Events					Field Events						
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	6 Lap Paarlauf	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Soft Javelin	Speed Bounce	St. Long Jump	St. Triple Jump	Vertical Jump
Number of athletes per event:		4	2	2	2	4	4	3	3	3	3	3	3
1	<i>Jane Brown</i>	X						X					
2	<i>Helen Smith</i>		X								X		
3	<i>Ellie Day</i>			X			X				X		
4	<i>Rachael Holder</i>	X								X			
5	<i>Liz Weaver</i>		X					X					
6	<i>Emily Hine</i>				X		X					X	
7	<i>Amy Morgan</i>	X											X
8	<i>Emma Merch</i>			X					X	X			
9	<i>Sarah Foaster</i>						X	X				X	
10	<i>Victoria Clarke</i>	X								X			X
11	<i>Melissa Hubbard</i>				X						X		
12	<i>Dominique Francis</i>					X			X				
13	<i>Ruth Edwards</i>					X						X	
14	<i>Haley Harris</i>					X	X						X
15	<i>Noni Matthew</i>					X			X				

1. Please tick the appropriate box for each athlete's events.
2. An athlete is limited to two track events and two field events.
3. Please ensure you make a copy of your team sheet.
4. You may need to hand in a copy of your team sheet on the day of the festival.



Running a Fun in Athletics Festival can be a daunting time! However, with good preparation, sound organisation and a healthy level of delegation you can ensure that your festival is indeed fun for the children, teachers, officials and organiser too! The following provide a good starting point:

Facility

- Do ensure that you have allowed time within your booking to set up and pack down.
- Do plan the layout for the event, considering the location of the track and field events including the positioning of Vertical Jump.
- Do prepare the facility management for your event – warn them that Fun in Athletics Festivals can be a little noisy!
- Do complete risk assessments.

Equipment

- Do prepare a checklist of all that is required. Contact local sports development teams, schools and clubs for assistance with equipment.
- Don't rely on equipment arriving with teams, but collect it in advance if possible.
- Do try and obtain use of a PA system – it makes for a much better event and saves your voice!

Teams

- Do give clear instructions as to when teams should arrive, this being at least 15 minutes before the scheduled start time.
- Do provide a clearly signed area for teams and spectators, encouraging each team to remain together.
- Do use coloured bibs or shirts to identify teams.

Sports Leaders / Officials

- Do provide a good briefing and allocate duties before the event. Involve them in meeting and greeting teams, guiding them to the hall, setting up equipment, leading warm up etc.
- Don't be over-run by help – few festivals require more than 15 leaders / officials.
- Do consider how best to recognise the support of officials and ensure that they have further opportunities or "exit routes" too.

Teachers / Team Managers

- Do welcome teachers on arrival and assist them in their final preparations. A few minutes at the beginning may well save a few headaches later on!
- Do provide opportunity for teachers / team managers to have a go, time permitting. A javelin throw is a much friendlier and safer option than a track event!

Begin the event with a bang!

- Do introduce the teams and encourage them to welcome and support each other in a positive sporting manner. Be friendly, enthusiastic and encouraging, but ...
- Don't ramble on. Get into the action and leave speeches to the end when you know how much time you have before teams need to get back to school!

Demonstrations

- Do demonstrate the track events prior to a new group of races. Many Sports Leaders often enjoy this part of their role, having a moment in the limelight.
- Do encourage field officials to act in a coaching role too, offering encouragement and support to each child.

Complete the event with a celebration

- Do ensure that all teams are congratulated for their efforts and achievements.
- Don't overplay the success of the winning team.
- Do offer details of how children may continue their interest in athletics.
- Don't forget to acknowledge the part played by officials and teachers / team managers in ensuring the success of the event.

And finally...

- Do try to be concise and keep the event moving. Add non-scoring races or play music during any gaps in the programme.
- Do remember that the more the children enjoy their time at the festival, the more positive will be their judgement of the event.
- Do contact the team at Sportshall Associates if you have any questions, require help or have some good practice to share!

Notes for Event Organisers and Announcers

Have all equipment laid out in readiness for the Obstacle Relay – this provides the Wow! factor for teams on arrival and offers opportunity for warm up.

Begin with a bang! Keep the opening short – introduce the teams and key officials, introduce two simple rules (having fun and encouraging each other) and demonstrate the first event.

Notes	On the track and in the field
<ul style="list-style-type: none"> • Ensure a good demonstration and reiterate use of the boards and an alternative to the forward roll. • Call the girls for their race, then the boys. • Clear the track and set up for the next event. 	Obstacle Relay – girls Obstacle Relay – boys	
<ul style="list-style-type: none"> • Demonstrate and reiterate the importance of changeovers and the last athlete crossing the line. • Call just ONE boy from each team for each of the field events listed in the first round. • Call the track events. 	1 + 1 Lap Relay – girls 2 + 2 Lap Relay – girls	Chest Push, St. Long Jump, St. Triple Jump, Vertical Jump (boys – first round)
<ul style="list-style-type: none"> • Ensure that the field area is clear. • Call ONE girl from each team for each of the field events listed. • Call the track events. 	1 + 1 Lap Relay – boys 2 + 2 Lap Relay – boys	Chest Push, St. Long Jump, St. Triple Jump, Vertical Jump (girls – first round)
<ul style="list-style-type: none"> • Ensure that the field area is clear. • Call the field events. • Invite a teacher to join the girls for the Paarlauf. • Provide a short explanation to the athletes and teachers as a group. 	6 Lap Paarlauf – girls	Chest Push, St. Long Jump, St. Triple Jump, Vertical Jump (boys – second round)
<ul style="list-style-type: none"> • Ensure that the field area is clear. • Call the field events. • Call the track event - assuming that the same teacher joins the boys on the track, there is no need for a further explanation. 	6 Lap Paarlauf – boys	Chest Push, St. Long Jump, St. Triple Jump, Vertical Jump (girls – second round)
<ul style="list-style-type: none"> • Ensure that the field area is clear. • In the absence of tunnels, replace the Over / Under Relay with a Hurdles Relay. • Demonstrate the event. • Call the field events. • Call the track event. 	Over / Under Relay – girls	Chest Push, St. Long Jump, St. Triple Jump, Vertical Jump (boys – round three)

<ul style="list-style-type: none"> • Ensure that the field area is clear. • Call the field events. • Call the track event. • If time permits, include a non-scoring Relay at this point. • Clear the track. 	Over / Under Relay – boys	Chest Push, St. Long Jump, St. Triple Jump, Vertical Jump (girls – round three)
<ul style="list-style-type: none"> • Prepare the track area for Javelin. • Call all three athletes for Javelin and Speed Bounce. • Try to ensure that there are sufficient officials for one girl from each team to be throwing at the same time. This is a little less daunting for them! 	Soft Javelin – girls	Speed Bounce – boys
<ul style="list-style-type: none"> • Again, call all three athletes. • If time permits, invite a teacher forward from each team for a throw. • Clear the track and set up for the last event. 	Soft Javelin – boys	Speed Bounce – girls
<ul style="list-style-type: none"> • Take a few minutes before these final events to restore a little calm! This is their last chance! • Call the girls. • Call the boys. • Again, if time permits and whilst the final scores are being completed, include a non-scoring relay, possibly mixing girls and boys. • Clear the track and assemble for presentations. 	4 x 1 Lap Relay – girls 4 x 1 Lap Relay – boys	

And having had lots of Fun in Athletics, we finish with presentations to all the teams!

Congratulate all the teams.

Thank team managers and officials.

Announce results.

Congratulate all teams again.

Offer information on "exit routes".

Whilst recognising the support of the facility, remind all teams to leave the facility tidy, depositing rubbish in the bins on their way out and not leaving clothing behind. It's most unlikely to fit you!

Field events

Three boys and three girls usually contest each field event. Whilst their individual scores are recorded during the course of the competition, a Fun in Athletics Festival is a team competition. The best trial of each child is added together to establish a team total, providing the basis on which teams are placed and points awarded. The Sportshall spreadsheet will calculate these automatically following the input of all entries in the "best" column.

St Long Jump - Girls



Team / Colour	Name	Trial			Best	Team Total	Position	Points
		1	2	3				
Red	Sarah	1.25	1.55	1.63	1.63	5.12	1	30
	Alice	2.01	1.87	1.79	2.01			
	Mary	1.45	1.48	1.39	1.48			
Yellow	Eden	1.33	1.32	1.3	1.33	4.86	2	28
	Sophie	1.88	1.87	1.8	1.88			
	Lucy	1.3	1.54	1.65	1.65			
Green	Rebecca	1.11	1.21	1.27	1.27	4.31	3	26
	Laya	1.64	1.67	1.75	1.75			
	Fiona	1.37	1.39	1.33	1.29			

Calculating the Final Scores

Whilst these may be calculated manually, the spreadsheet provides an ideal tool and can generate a concise set of results for distribution to teams.



Primary Festival Score Sheet

Sportshall Primary Festival	RED		YELLOW		GREEN		BLUE		WHITE		BLACK		PURPLE		ORANGE	
	School 1		School 2		School 3		School 4		School 5		School 6		School 7		School 8	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
TRACK																
Obstacle Relay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1 + 1 Lap Relay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2 + 2 Lap Relay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6 Lap Paarlaf	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Over / Under Relay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
4 x 1 Lap Relay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
FIELD																
Chest Push	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Speed Bounce	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Standing Long Jump	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Standing Triple Jump	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vertical Jump	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Javelin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Combined Total	•		•		•		•		•		•		•		•	
Overall Position	•		•		•		•		•		•		•		•	

Fun in Athletics Festival - six lane competition kit					
Venue:					
Date:					
a	Item			a	Item
	Track				Sundry Equipment - Track & Field
o	Cones 12"	20		o	Batons
o	Hi-steppers	6		o	Graduated measuring mats - 10m
o	Hurdles - 1m wide, 40 cm	12		o	Lap counter
o	Reversaboards	12		o	Stopwatches - standard
o	Speed Bounce mat & wedge	6		o	Tape measure - 30m and 20m
o	Team/Start Mats	6		o	Vertical Jump powder
o	Tunnel, inc. base mat & strap	6		o	Whistle
	Field - Throws				Sundry Equipment - Administration
o	1kg Ball	1		o	Calculator
o	Soft Javelins	12		o	Camera & batteries
				o	Clipboards
	Field - Jumps			o	Pencil sharpener
o	Speed Bounce mat & wedge	above		o	Pens, pencils
o	Standing Long Jump - int.	1		o	Programmes
o	Standing Triple Jump	1		o	Scissors
o	Vertical Jump	1		o	Scoresheets
				o	Stapler
	Sundry Equipment			o	Tape
o	Bibs	6 sets		o	Team names for display
o	Chairs	6		o	Team sheets (additional copies)
o	Extension leads	2		o	Trophies - team winners
o	Laptop & scoring spreadsheet	1		o	Velcro
o	PA system inc. music & batteries	Yes			
o	Printer, spare cartridge & paper	Yes			
o	Table	1			