

# Knutsford Schools' Sports Newsletter

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This week saw the Year 5/6 girls and boys taking part in the Sports Hall Athletics competition at Knutsford Academy/ Leisure centre sports hall.

## Year 5/6 Sports Hall Athletics competition

For the second consecutive Thursday over a 100 pupils from Bexton, Manor Park, Yorston, St Vincents and Egerton Primary schools attended a KSSP event.

The Sports Hall Athletics is 12 different activities split into two groups of field and track.

The track events are running races e.g. hurdles or 4x1 relay. The difference between these races and the ones at the Olympics are that each school has two or more competitors taking part in each race.

While over on the field events it is the similar to the Olympics, one competitor having three attempts to record their best score.

The 12 activities that the boys and girls took part in were:

### Field

-One competitor per event

Speed Bounce – two footed bouncing side to side as many times as possible in 20 seconds

Javelin – throwing an indoor (rubber nosed) javelin as far as possible.

Chest Push – using the netball or basketball chest pass technique to project the ball as far as possible from a standing start.

Standing Triple Jump – hop, skip and jump from a standing start as far as possible.

Standing Long Jump – ‘frog jump’ (both feet together) as possible from a standing start.

Vertical Jump – or sergeant jump; standing straight you reach up and touch the marker (numbered board) to set your starting point then you jump as high as possible and touch the board again, the distance between is your starting point and jump is your score.

### Track

1+1 relay (2 competitors) - 1 lap each

2+2 (2) - 2 laps each competitor; run 1 then 1 then 2nd then 2<sup>nd</sup> or both laps back to back.

1+2 (2) - 1 competitor runs 2 laps then the other competitor runs 1 lap or vice versa

4 x 1 (4) - 4 competitors run 1 lap each

Paarlauf- 6 laps (2) - 2 competitors split the 6 laps e.g. 3 & 3 or 4 & 2 run 1 then 1 or 2 then 2 or 3 then 3

1+1 hurdles (2) -2 competitors run 1 lap each over the hurdles

To say the competitors were good would be an understatement. To the competitors were enthusiastic would be an understatement. To say the competitors showed amazing sportsmanship would be an understatement. As you may have gather this event was superb and it was all down to the wonderful attitudes, commitment and ability of the pupils from each school – very well done to you all.

This was a very competitive event and plenty of energy was shown both in the taking part of the activities and from supporting their teammates as they raced or jumped or throw. To say it was noise, you guessed it, would be an understatement.

Each and every race was a close call, with the judges having to be very vigilant and work together to make sure they got the correct positioning. I think with the speed of some of the races; the judges could have done with a slow motion camera on the finish line!

The final event was the javelin and the points from this activity played a part in deciding the final overall positions. As the javelins flow through the air and hit ground with a bump, the scores were finalised.

The final standings:

1<sup>st</sup> Yorston 2<sup>nd</sup> St Vincents 3<sup>rd</sup> Egerton 4<sup>th</sup> Bexton 5<sup>th</sup> Manor Park – congratulations **Yorston Lodge**