

Summer Sports Year 6 event



@PrioryLincoln_SGO
@PembrokeSGO



Summer Sports Year 6 event

SCHOOL GAMES

Dear parent / guardian

The School Games is a government led programme designed to help schools and parents to get young people active for at least 60 minutes a day by creating bespoke fun experiences. This helps young people develop a life-long love for physical activity and encourages them to take up sport with community clubs or organisations so they stay active beyond their school sporting experiences. With Covid-19 restrictions, it's more important now to help more children be more active and the School Games is a great way to do it.

With this in mind, we would like to invite your child to take part in the Lincoln and Gainsborough Year 6 Transition event! This event will see all current Year 6's complete five challenges as part of a pentathlon with the scores being added to a total for your NEW Secondary school! This gives your child the chance to represent their new school before they even step through the door.

All the information you need to complete this exciting award is included in this booklet.

If you have any questions or queries please do not hesitate to email us on Jelsom@prioryacademies.co.uk or rpledger@prioryacademies.co.uk



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What is it?

Whilst in lockdown you may have been involved in the School Games Virtual events, and with you now moving onto your new Secondary School in September, we thought that we would give you the opportunity to represent your new school in the first sporting event of the year! This could mean you will be helping your school win the first event of the Sporting calendar for 2021-2022!! You will also be entered into a prize draw to win an activity bag, full of exciting things to help you keep active!

What do I need to do?

Read the booklet and task to understand what you need to do to complete the Athletics challenges for the summer. There are 5 activities for you to try, it's all about you trying your best and recording the best scores you can!

To complete this summer programme, you will need to:

- Fill out the questions at the front of the booklet
- Complete 5 of the challenges and have them signed off (This can be by your parent or guardian)
- Once completed either scan the QR code on the entry form or fill out the table and take it to your new School in September for a member of the PE department to collect.

What will I get at the end of this?

Once you have completed this booklet and either entered online or handed the paper work in, it will be entered into the Lincoln and Gainsborough Athletics event. Then your local School Games Organiser will then collate the results and you will also be entered into a prize draw to win an activity bag!



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← Scan the QR code with your phone camera or visit the link below to enter.

<https://forms.office.com/r/2Q1YGxTQLh>

Paper copies can also be returned to your secondary school

All entries received will have the chance to win an activity bag. Secondary schools within the Lincoln & Gainsborough SSP will support your participation in this event and an inter school event. Please note schools outside of this area may not participate in the inter school competition. The schools listed below are in the Lincoln & Gainsborough SSP

Aegir Academy
Gainsborough Academy
Lincoln Castle Academy
Lincoln Christ Hospital
Lincoln Minster
Priory Pembroke Academy
Queen Elizabeth High
William Farr

Branston Academy
North Kesteven Academy
Lincoln St Christopher
Priory Academy LSST
Priory Lincoln Academy
Priory Witham Academy
Sir Robert Pattinson
St Peter & St Paul Catholic



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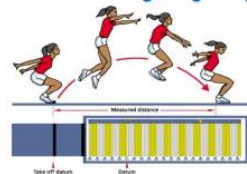
Events to complete

20 x 5m Shuttle Run



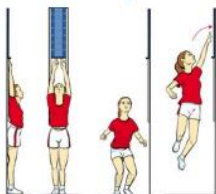
20 x 5m shuttle
run

Standing Long Jump



Standing Long
Jump

Vertical Jump



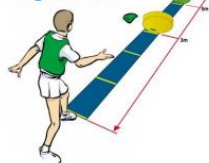
Vertical jump

Speed Bounce



Speed Bounce

Target Throw



Target Throw



How to videos



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Shuttle run

Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane. Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

Standing Long Jump

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet. The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

Vertical Jump

The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

Speed Bounce

The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds. Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

Target Throw

The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated. 4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target



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About you

Name			
Primary School I attend			
Secondary School I am going too			
Sports I enjoy the most			
Do you attend a club/ Activity outside school? If so what?			
How are you planning on getting to and from your new school?			
Which best describes you? Each day on average how many minutes of physical activity do you do?	0-30	31-60	61+
Parent name and email address			

**All data provided above will only be shared with your local School Games Organiser and your new Secondary School Pe Department. Data will not be shared with any other parties.*

I give permission for the above data to be shared with the PE department of my named secondary school.



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Entry form

Please fill out the below entry form or scan this QR code to be taken to an online form. If you are completing this form, please make sure you take it into your new Secondary School for them to collect.

Events	1 st attempt	Next attempt	Next attempt	Next attempt	Next attempt	Next attempt	Next attempt	PERSONAL BEST	IMPROVEMENT MADE
Standing Long Jump									
Speed Bounce									
Target Throw									
Vertical Jump									
Shuttle Run									

If you have any questions then please ask your parents to email JElsom@poryacademies.co.uk or rpledger@poryacademies.co.uk



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