

The Quad Cup *Olympics*



South Leicestershire
2021

12th April - 7th May 2021



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity

**SCHOOL
GAMES**

CODE OF CONDUCT:

Participants

- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender.
- Respect the referee, umpire or officials' decisions and the rules of the game.
- Co-operate with teachers, coaches, volunteers, team mates and opponents.
- Control your temper, do you and do not criticise others by words or gesture.
- Work to the best of your ability both individually and as a team.
- Be a good sport. Recognise good play even when it comes from the other team.
- Respect the facility and equipment being used.
- Wear appropriate kit and remove jewellery before play.

Parents / Spectators

- Young people play school sport for fun.
- Applaud good performance and effort by your team and the opponents. Congratulate both teams.
- Encourage players to play by the rules and the respect the official's decision.
- Never ridicule or criticise young people for making a mistake during a competition, mistakes are part of learning.
- Condemn the use of violence in any form, be it by spectators, coaches, teachers, officials or players.
- Show respect for your team's opponents.
- Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches, teachers or officials.
- Recognise the value and importance of teachers, volunteer coaches and officials, and show your appreciation.
- Let the teacher/coach do their job, don't confuse the players by telling them what to do.
- Anyone taking photos should complete a photo consent form and wear sticker

Team Managers / Teachers / Volunteers

- Show respect to others involved in the game including your players, match officials, opposition players, coaches, managers, and spectators
- Compliment both teams on their effort, giving positive, constructive criticism.
- Be consistent, objective and courteous in calling infractions.
- Don't use inappropriate language, behaviour and violence of any form.
- Act as a positive role model, adhere to the rules and teach players to.
- Promote fair play and appropriate sports behaviour.
- Ensure that your behaviour is consistent with the principles of good sportsmanship at all times.
- Place the wellbeing and safety of a player before the development of performance
- Encourage players to value their performance and not just results
- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender
- Use common sense to ensure that the "spirit of the game" for young people is not lost by overcalling violations.

Competition Outline

4 teams, 4 challenges, 4 weeks!

- The Quad Cup Olympics is a virtual competition taking place between our 4 family of schools areas across South Leicestershire - **Blaby Bears**, **Lutterworth Lions**, **Harborough Hawks** and **Oadby & Wigston Wolves**.
- There are 4 virtual challenges that schools can take part in based on different Olympic sports / themes. Each entry to a challenge will add 1 point to your area total so make sure you get involved in as many challenges as possible to contribute to your area score!
Please note. You do not have to take part in all of the challenges.
- This competition is aimed at Key Stage 1/2/3/4 (there are Key Stage 1 / Inclusive alternatives to each challenge).
- To view the promotional video - please **[CLICK HERE](#)**
- There are also additional classroom resources for you to get involved in. For example, design your own Olympic Torch!
- To access all classroom resources and participation certificates - please **[CLICK HERE](#)**
- Remember to submit your results spreadsheet to Jon Griffiths (jgriffiths1slssp@gmail.com) by **Friday 7th May!**

Good Luck!

KS2/3/4 Challenge: CHEST PUSH

PARTICIPANTS

- 1 Performer & 1 Assistant

EQUIPMENT

- Cones
- Basketball (KS2 = Size 4 , KS3/4 = Size 5)
- Tape Measure

CHALLENGE OUTLINE

How far can you throw the basketball using a Chest Push?

- Mark out your throwing line using cones.
 - Place a tape measure down the side of your throwing area.
 - Make sure both feet are behind the throwing line.
 - Throw the basketball as far as you can using a chest push (push pass).
 - The assistant should mark where the ball first landed using a cone.
 - Measure the distance from the throwing line to cone.
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KS1 Challenge: STANDING LONG JUMP

PARTICIPANTS

- 1 Performer & 1 Assistant

EQUIPMENT

- 1 Gym Mat
- Chalk
- Measuring Tape

CHALLENGE OUTLINE

How far can you jump from a standing position?

- Place a gym mat on the floor
- Stand behind the mat, with your toes up to the mat.
- Crouching down and using your arms and legs, jump horizontally as far as possible. Land with both feet together.
- Your assistant should mark the back point of your foot using chalk.
- Measure the distance jumped from the start of the mat to the chalk mark.

KS2/3/4 Challenge: SKIPPING

PARTICIPANTS

- 1 Performer & 1 Assistant

EQUIPMENT

- Stopwatch
- Skipping rope

CHALLENGE OUTLINE

How many skips can you do in 30 seconds?

- Participants should get into pairs.
 - One should skip and the other will count.
 - Teacher / leader to centrally time using the stopwatch.
 - Count how many skips you can do in 30 seconds.
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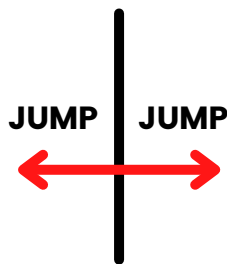
KS1 Challenge: SPEED BOUNCE

PARTICIPANTS

- Individual event

EQUIPMENT

- Stopwatch
- Flat, non-slip surface
- Skipping rope (or simply a line on the floor)



CHALLENGE OUTLINE

How many speed bounces can you do in 30 seconds?

- Place your skipping rope on the floor so you have something to jump over (alternatively you could use a line on the floor).
- Participants should jump with both feet together from one side of the skipping rope / line to the other.
- Record how many jumps you can do in 30 seconds.

Hockey

Tennis

KS2/3/4 Challenge : Hockey Dribble

PARTICIPANTS

- Teams must include 5 participants
- Open Mixed Gender Split

EQUIPMENT

- 1 Hockey Stick
- 1 Hockey Ball / Tennis Ball
- 2 Cones
- Stopwatch

CHALLENGE OUTLINE

How quickly can your team complete the Hockey relay?

- Place 2 cones 10 metres apart
 - Teams of 5 will stand in a line behind one of the cones.
 - Each team has one hockey stick and one hockey ball.
 - The first person dribbles the hockey ball around the cone 10m away and back again.
 - They pass the hockey stick and ball to the next person in line who repeats the dribble.
 - Each participant **must go twice** to complete 10 relays in total.
 - Record the time taken to complete this challenge (in seconds)
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KS1 Challenge - Tennis Ball Balance

PARTICIPANTS

- Teams must include 5 participants
- Open Mixed Gender Split

EQUIPMENT

- 1 Tennis Racket
- 1 Tennis Ball
- 2 Cones
- Stopwatch

CHALLENGE OUTLINE

How quickly can your team complete the balancing relay?

- Place 2 cones 10 metres apart
- Teams of 5 will stand in a line behind one of the cones.
- Each team has one tennis racket and one tennis ball.
- The first person balances the ball on the racket and must go around the cone 10m away and back again.
- They pass the tennis racket and ball to the next person in line who repeats the ball balance to the 10m cone and back.
- Each participant **must go twice** to complete 10 relays in total.
- Record the time taken to complete this challenge (in seconds)



Olympic Torch Relay

KS2/3/4 Challenge

PARTICIPANTS

- Teams must include 5 participants
- Open Mixed Gender Split

EQUIPMENT

- 1 small ball / tennis ball to be the 'Olympic Torch'.
- 2 cones for each team
- Stopwatch

CHALLENGE OUTLINE

How quickly can your team complete the olympic torch relay?

- Place 2 cones 20 metres apart.
- You should have 3 participants on 1 cone and 2 on the other.
- Participants must run 20 metres carrying the 'torch' and pass on to the next person.
- Teams should complete 1 'leg' of the relay each to add up 100 metres.
- Record how long it takes the team to complete the 100m relay (in seconds)

KS1 Challenge Adaptation

- Place 2 cones **10 metres** apart.
- You should have 3 participants on 1 cone and 2 on the other.
- Participants must run 10 metres carrying the 'torch' and pass on to the next person.
- Teams should complete 1 'leg' of the relay each to add up **50 metres**.
- Record how long it takes the team to complete the **50m relay** (in seconds)

CAN YOU CREATE YOUR OWN OLYMPIC TORCH?

Use the additional resource provided to design and make your own Olympic Torch for this challenge!



Quad Cup
Olympics **2021**

Additional Information

- Remember to submit your results spreadsheet to Jon Griffiths (jgriffithslslssp@gmail.com) by **Friday 7th May!**
- Results will be announced on w/c 10th May!
- There will be prizes for the top 3 in each year group for each event.
- The Spirit of the Games Participation & Engagement Award will be awarded to the most engaged primary & secondary school in each area.
- The winning area will be the team with the most participation points so please get involved and help contribute to your area total!
- Remember to tweet your involved to @LSLSSP using the hashtags #TheQuadCup #SouthLeicestershire2021
- To view the instructional video - please **CLICK HERE**
- To access all participation certificates and classroom resources - **PLEASE CLICK HERE**

Good Luck!

