

NORFOLK SCHOOL GAMES

VIRTUAL COMPETITIONS

CROSS COUNTRY

Who for?

Year 7/8 classes

Where?

Outdoors (field or playground)

How to get involved?

1. Familiarise yourself with the challenge
2. Set up course on school field
3. Split class into groups of 5-10 pupils
4. Record each pupil's time (min:sec)
5. Convert times into seconds
6. Calculate class average time
7. Submit time on website
(www.norfolkschoolgames.co.uk/virtualcompetitions)

Equipment Needed

- Cones or posts to mark course
- Stopwatches
- Clipboards

Sports Leadership

Think about how pupils could be used to help staff run the competition. What roles could they help with?

COVID-19 Safety

The Norfolk School Games Virtual Competitions should be completed in accordance with your schools COVID-19 PE policy.

Safeguarding

Please note that the virtual competitions are covered by the Norfolk School Games safeguarding documents and policies
(www.norfolkschoolgames.co.uk/information).

School Games Values

During each of the competitions pupils are challenged to demonstrate the School Games values;

- **Determination** - Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self discipline to overcome obstacles, commit to your goals and keep working everyday to become the very best you can be. Don't hold back!
- **Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- **Respect** - Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect everyday, for every sport and everyone.
- **Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
- **Self Belief** - You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.
- **Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each others successes and be a positive team player.



Challenge 1 – Class Time Trial

Instructions

- The challenge is for all pupils in a class to complete the distance in the lowest average time.
- Pupils should each complete the following distances:
 - Year 7-8 = 1600m
- A course should be set up on the school field. The course could either be one lap of a course the full distance or two laps of a course half the distance.
- Pupils should be set off in waves to aid timing
- Pupils in other waves can be used to time runners
- Record each pupils' time (minutes and seconds) on the Class Results Table

Top Tip

- Before starting the challenge remind pupils that they should run/jog/walk at a speed they can continue for the full distance.

How to enter

Convert each pupils time into seconds. Calculate the average class time and submit at www.norfolkschoolgames.co.uk/virtualcompetitions. Deadline for entries is 5pm on Friday 11th December

Download a Certificate

Schools can download and print a Participation Certificate for each pupil that has taken part. They can also download a Sportsmanship Award Certificate for pupils who have demonstrated the School Games Values whilst participating in the virtual competitions. To download certificates visit www.norfolkschoolgames.co.uk/virtualcompetitions.

Class Results Table

School name

Class name Year group

Total number of pupils that took part Number of pupils with a SEND that took part

How many pupils undertook a sports leader's role?

	Pupil Name	Time in minutes and seconds e.g. 4mins 35sec	Convert to seconds e.g. 275 seconds
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
Class Total Time			seconds
Average Class Time (Class Total Time ÷ Number of Pupils)			seconds