

VIRTUAL ATHLETICS QUADKIDS (Y7&8)



ENTRY DATES & HOW TO ENTER

Document Version: 1

Intention to Enter:	Friday 30 th April 2021	i. Deadline for School Games Organisers to submit their ITE to London Youth Games via survey.
Submit Entry:	Friday 25 th June 2021	i. Deadline for School Games Organisers to submit their school and relevant competition score.
LYG Publish Results:	Friday 16 th July 2021	i. This date is when LYG will publish the London-wide results.

For schools competitions the School Games Organiser will co-ordinate entries. Entries are submitted online.

TEAM INFORMATION

Age:	Secondary	Likely School Year:	Y7&8
Gender:	Female		
Team Size:	Minimum: 4 Girls	Maximum:	Unlimited

LYG will be running a virtual county competition where schools can enter the scores of their top 4 participants across the year groups. Although only 4 scores are submitted, we encourage as many young people to take part in the Athletics QuadKids events as possible. Further details of this are listed in the scoring section below.

COMPETITION INFORMATION

Competition Intent:	To engage new audiences
Competition Format:	<ul style="list-style-type: none">• Each child will take part in 4 events:<ul style="list-style-type: none">○ 100m Sprint○ 800m○ Standing Long Jump○ Vortex Howler Throw• Guidance notes for all events can be found here.
Final Positions:	<ul style="list-style-type: none">• Each child competes in all 4 events.• Scores of the top 4 Girls over the 4 events are added together to give the team score.• The school with the highest overall points total is the winner.• To be entered into the LYG Virtual Competition, schools must submit the scores of their top 4 athletes only and submit this team score to the SGO.

VIRTUAL ATHLETICS QUADKIDS (Y7&8F)



Medals: Top 4 Girls for the top 3 schools across London will receive Gold, Silver & Bronze for each competition.

SUGGESTED SPACE, KIT & EQUIPMENT

Athletics QuadKids can take place anywhere and does not require access to an athletics track. It requires a minimum of the following equipment:

- Stopwatch
- Measuring tape
- Standing long jump mat
- Cones or markers
- Vortex Howler throwing equipment

We appreciate schools have varied provision, therefore, the details of equipment and space below are suggestions. Schools are encouraged to use alternative resources if those listed below are unavailable to them. We will accept winning scores from schools using any of the equipment listed in the [Guidance Notes](#).

Space:

- It is advisable to complete all events outdoors.
 - Consider the order of events to allow for recovery between activities as each event will test a different aspect of fitness.
-

SPORT SPECIFIC RULES

- 1) It should take no longer than 90 minutes for a class/bubble to complete all activities.
- 2) Activities can be peer led (young people scoring each other) but it is strongly advisable to have adults supervising the events.
- 3) The competition area should be set up in advance. Guidance document of what is needed for each event can be found [here](#).
- 4) If prior training has not been provided, introduce the rules of each event and how to score (see guidance notes for all activity instructions).
- 5) Printable scorecards for each event can be downloaded for you to use. There is a separate scorecard for each event. Please find the Jumping or Throwing [scorecard](#) and the Run [scorecard](#).

Scoring Instructions

- 1) The Results Spreadsheet has been designed to work out all formulas and has specific instructions for input. **Please read all instructions carefully.** You can access the spreadsheet [here](#).
- 2) Scores for all participants need to be entered into the spreadsheet. Please follow instructions on the guidance notes on how to complete the spreadsheet.
- 3) All participants will be given an overall score based on their performance.

VIRTUAL ATHLETICS QUADKIDS (Y78F)



- 4) Scores of the top 4 Girls over the 4 events need to be added together to give the team score. This is **not done** automatically, please add the totals of the 4 students and enter this team total on the 'Schools Total' tab for your SGO.
- 5) The team with the highest overall points total is the winner.

SCHOOLS TAKING PART IN LYG VIRTUAL COUNTY COMPETITION

If you would like to enter your team into the LYG county competition please ensure you follow instructions below

- a) The spreadsheet will calculate the scores of the participants in each team, it does not calculate the overall team score. This will require the teacher to add the 4 students totals together.
- b) School Games Organisers will then submit the school with the highest team score into the London Youth Games virtual competition.
- c) Schools will also be required to submit a [Participation Spreadsheet](#) to their SGO's recording their overall participation in the Virtual QuadKids.
- d) London Youth Games 2021 Virtual Y7/8 Female Athletics QuadKids Champions will be awarded on Friday 16th July 2021. GOOD LUCK!