



Hull Primary Panathlon

Key Stage 2

Teams

Eligibility – any child on the SEN register (other than Emotional and Behavioural) includes Deaf and Autistic children. All children will receive a medal, certificate and winning team a trophy

Structure

Teams should consist of 6-8 young people aged 7 to 11 yrs. (8 is the ideal number).

School teams will stay together throughout all the activity rotations and collect team points.

Once the rotations have been complete and after a short lunch break, non-scoring relay races will take place, followed by team presentations

Details

Primary Panathlon runs on a rotational system whereby competitors get to take part in each of the seven activities (depending upon entries) for 7 minutes. At the beginning of each rotation the officials will demonstrate and explain the activity. A whistle will then start the activity and after 7 minutes a whistle will stop the activity.

After four rotations there is a scheduled snack and water break (approx. 8-10 mins), followed by the final three-four rotations. There will be a 20-minute lunch break.

Competitors then have an opportunity to take part in non-scoring fun races before the medal ceremony. Every competitor will receive a medal and certificate.

Each team is ranked on their performance at each activity with a sliding scale of points. Scores from each rotation are then added to arrive at an overall team total.

Activities

(Examples of Seven activities are outlined, however, more will be offered on the day with 10 teams entered).

Each team is encouraged to have as many attempts as possible within the 7 minutes. Teachers and adults are not able to assist.

Flight Path

- One competitor throws at a time and the rotational order must be the same throughout the activity.
- Competitors throw Velcro balls from different distances marked by a line. (See diagram yellow, blue, red, green). Wheelchair users can throw from the first line.
- Throwers need to hit the same target colour as the corresponding line. (Throw from blue line = aim at blue target area)
- 4 throws each (one throw from each line) then the next competitor throws
- Points are awarded every time the ball hits or sticks to the correct target colour.
- 4 points for yellow, 3 points blue, 2 points red, 1 point for green.



Boccia Blast

- All competitors must be sat on chairs (8 in total) in line with the boccia balls on the floor in front of each player (8 balls)
- Team players take it in turns (seated) to throw a boccia ball at a ball in a hoop, target area or skittles score. The referee will indicate whose turn it is by using a paddle. (Blue/Red)



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Scoring

- 1 point if the ball is knocked out of the near hoop.
- 2 points if boccia ball lands and remains in a hoop further from the throw line.
- 3 points if a skittle is knocked over. Note this is not replaced until all the players have thrown in the end.

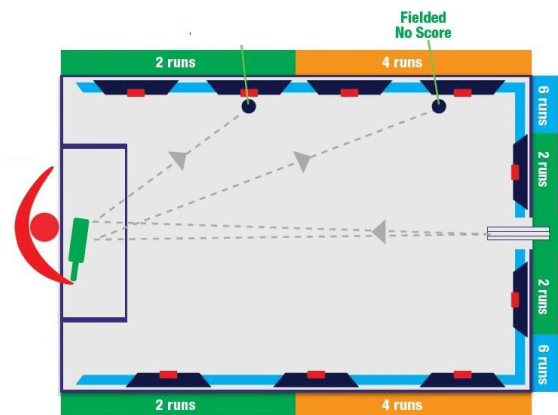
New Age Kurling

- One competitor delivers at a time and the rotational order must be the same throughout the activity
- Each competitor has three stones to score as many points as they can - competitors slide kurling stones onto the scoring target.
- Competitors slide the stones from a marked area which is 2m away from the target area. This can be varied, depending upon floor surface.



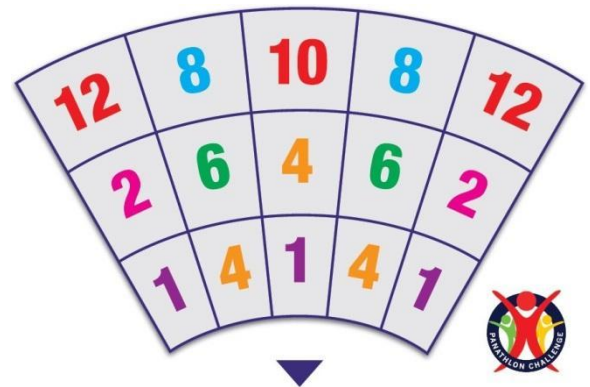
Table Cricket

- Involves 2 competitors at a time, 1 batter and 1 bowler. The rotational order must be the same throughout the activity.
- Other team members stand around the outside of the table and rotate clockwise around the table, in turn, becoming batter and bowler.
- Each student has 4 bats (or 4 bowls) before rotating around the table.
- Bowler rolls the ball down the ramp and then batter hits the ball against the side of the table aiming for the scoring targets 6, 4 and 2, accumulating runs.
- If a player misses the ball they score 0
- If ball is hit off the table there is a 5 run penalty (-5).
- If they hit the ball to a fielder tab they score 0 runs.



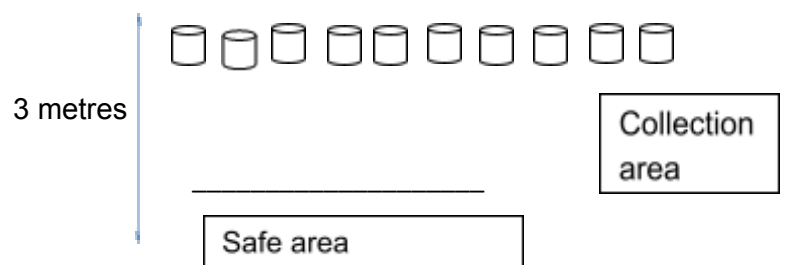
Precision Beanbag

- 1 player is seated in a chair at the edge of the mat. The rotational order must be the same throughout the activity.
- Scoring in 7 areas (12,10, 8, 6, 4, 2, 1)
- 5 beanbags to throw.
- To score, each beanbag must finish in a different target area e.g. (if 2 beanbags are thrown into the same box, only one counts)
- The score is taken from where the beanbag first lands not its finishing position. Unless it finishes out of the scoring box then the score will be 0. e.g. (bean bag hits 12 then slides off the mat-score=0)



Ten Pin Topple

- The objective is to knock down as many pins (skittles) as possible in the 7 minutes.
- The 10 pins (skittles) are placed in a straight-line formation, parallel to the delivery line.



- The rotational order must be the same throughout the activity. Competitors are placed in a safe area in a single line. Player 1 bowls the ball underarm from behind the delivery line. If one of the pins is hit (only one can be picked up per go) they collect it from the official and place it in the pin collection area before returning to the back of the queue. Player 2...etc
- Once all the pins have been knocked down the pin formation is replaced. A large cone is placed in the collection area to signify a score of ten. The team's score is calculated by adding the number of large cones (which equals 10 per cone) plus the number of additional pins left in the collection area after 7 minutes.

Harlem Hoops

- The rotational order must be the same throughout the activity. Competitors are placed behind a single line.
- Player 1 initially shoots the ball from line 1 and has a total of 3 shots.

Scoring

- A basket scored from the first line scores 1 point.
- A basket scored from the second line scores 2 points.
- A basket scored from the third line scores 3 points
- If a basket is scored from line 1 move back to the next line (line 2) – if the shot is missed remain at line 1.
- If the shot from line 2 is made move to line 3. If the shot is missed stay at line 2.
- After three shots, the next player has their go.

