



# HSSP Primary VIRTUAL SPEED AGILITY QUICKNESS HURDLE COMPETITION '22-23



## We would like to invite your school to take part in our SAQ hurdles competition.

- On the next few slides are a set of challenges.
  - Each challenge has a picture and an explanation.
  - There are different challenges for years 1 & 2, years 3 & 4 and years 5 & 6
  - Each challenge has to be completed a set number of times (2 repetitions for years 1&2, 3 repetitions for years 3&4, 4 repetitions for years 5&6) and the total number of seconds recorded (eg. 24.5).
  - This will be an inter competition – your school against other schools, but you will not meet up – it will be done virtually.
  - You can also use it as an intra competition/personal challenge, a competition within your school. It might be individuals against each other, class v class or an inter house competition.
  - There are sheets for you to record results on this PowerPoint and an excel spreadsheet (attached to the email) for you to fill in and return to us if you would like to compete against other schools.
  - All of your children can take part in these challenges, but we only want you to send us the results from your 10 best pupils in each of the 3 age groups (total up the number of seconds it took for each pupil to complete the 2 challenges then look for the quickest 10 scores).
  - We would like you to also to record the total number of pupils (and leaders) across your whole school who have taken part in the hurdles challenges.
  - Children could do these challenges at lunchtime, but your staff might prefer to do them as a set of lessons.
  - There is no limit to the number of times that the children can attempt each challenge – and they only need to record their best result. -
  - To practice and DIFFERENTIATE for each pupil, for e.g. SEN children (make challenges easier/don't record the time taken) and talented children (make challenges more complex) can have a go at any of the many age group challenges relevant to their abilities and teachers can create their own/different hurdle challenges to provide a wide range of different practices for their class. **However**, when competing/recording individual times for submission to this HSSP Virtual competition, teachers must follow the exact challenge cards instructions below.
- The amount of equipment that you will need is minimal – 6 hurdles and a stop watch



## Record your results

It is important that your results are accurate, but the teacher doesn't have to do all of the work! Each challenge could be done as part of a PE lesson **OR** they could be set as a challenge to do at lunchtime.

## Create a chart

The results could be displayed in the classroom as a paper copy **OR** could be shown electronically to the whole class after everyone has completed the challenges.

## Send your results to us

All results will have to be electronically sent to the School Games Organiser (SGO) via email using the attached excel spread sheet. **PLEASE INSERT CHRISTIAN NAMES/ INITIALS ONLY.**

\*\* You will need to verify that your results are correct. Lunchtime supervisors could oversee the challenges **OR** they could be filmed so that you can check any outlandish results. (You can film more than one child at a time). If we receive any results that we deem to be unusual, we would ask you to send us proof – **please film the child from behind.** \*\*

**The completed excel spreadsheet should be emailed to: -**

*Claire Moore: moorec@thehowardschool.co.uk*

**by: -**

**Friday 7<sup>th</sup> July 2023**



## Equipment

Hurdles - 6 x 6"/15cm

6 x 6" hurdles - Oypla (Amazon) £16.99

6 x 6" hurdles – Newitts £14.40

Stopwatch



## Distance between the hurdles

Year 1 & 2 challenge 1 – 50cm

Year 1 & 2 challenge 1 – 40cm

Year 3 & 4 challenge 1 – 45cm

Year 3 & 4 challenge 1 – 45cm

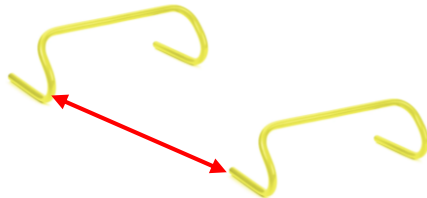
Year 5 & 6 challenge 1 – 45cm

Year 5 & 6 challenge 1 – 45cm

this is the minimum distance but it can be increased to suit individuals

## How to measure the distance between each hurdle

Measure from the back of the 1<sup>st</sup> hurdle to the front of the 2<sup>nd</sup> hurdle



# SAQ

## Year 1 and 2

We have set 2 challenges

- Slalom run
- Single quick feet

The teacher/TA/sports leader has to record the time it takes for the pupil to complete the challenges twice.



If you have enough throw down feet, you could place them on the ground so that the children can learn the pattern for the challenge.

Allow plenty of time for the children to practice each challenge.

Children can practice these challenges at home – they could put some socks on the ground.



# Slalom Run

## YEARS 1 AND 2 challenge one

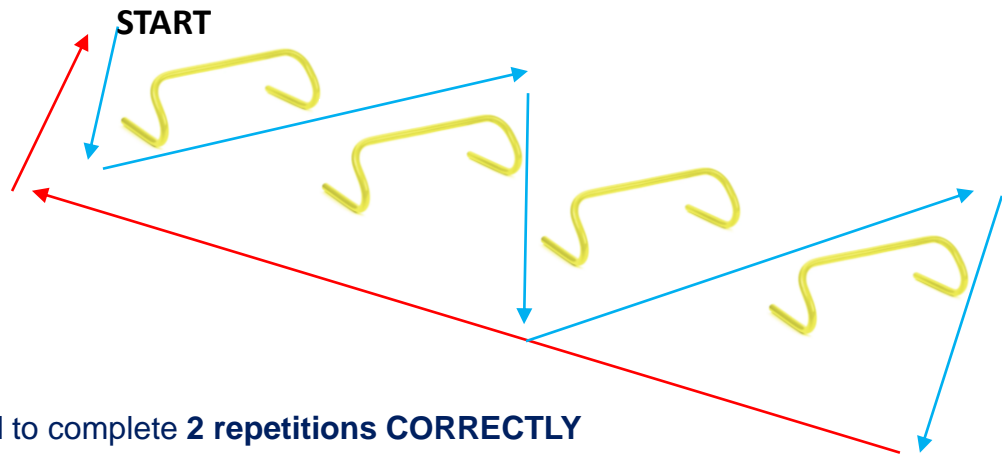
A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

### EQUIPMENT & SPACE:

Each group of pupils will need **6 hurdles set 50cm apart**. Use an appropriate space for the number of children and hurdles you have.

### CHALLENGE:

- Starting at the first hurdle, the pupil runs in and out of the hurdles as quickly as they can.
- When the pupil reaches the last hurdle they run back to the start = **1 repetition**.



### RESULTS

Record the number of seconds it takes for the pupil to complete **2 repetitions CORRECTLY**

### LEADERSHIP

**Sport Leaders** can record scores and encourage children.

# Single Quick Feet

## YEARS 1 AND 2 challenge two

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

### EQUIPMENT & SPACE:

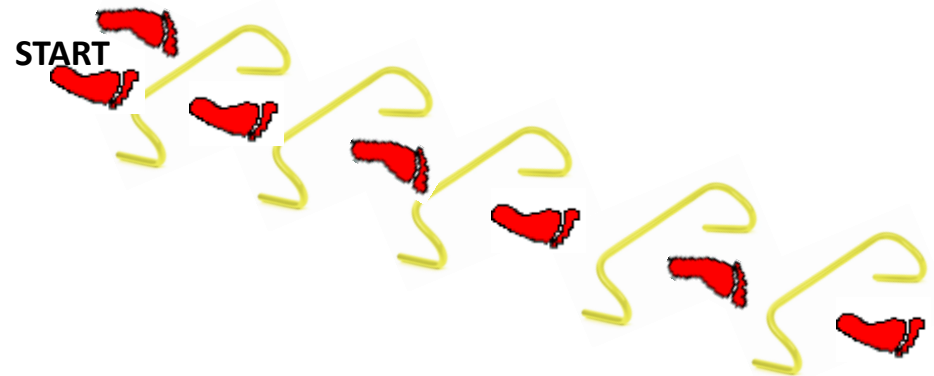
Each group of pupils will need **6 hurdles set 40cm apart**. Use an appropriate space for the number of children and hurdles you have.

### CHALLENGE:

Starting at the first hurdle the pupil steps over the hurdles using alternant feet. When the pupil reaches the last hurdle they run back to the start = **1 repetition**

For example: -

- left foot over first hurdle
- right foot into the second hurdle
- left foot into third ladder hurdle
- right foot into fourth hurdle



### RESULTS

Record the number of seconds it takes for the pupil to complete **2 repetitions CORRECTLY**

### LEADERSHIP

**Sport Leaders** can record scores and encourage children.

# YEARS 1 & 2

	NAME	SLALOM RUN	SINGLE QUICK FEET	TOTAL NUMBER OF SECONDS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	SLALOM RUN	SINGLE QUICK FEET	TOTAL NUMBER OF SECONDS
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				



# SAQ

## Year 3 and 4

We have set 2 challenges

- Two footed jump
- Double quick feet

The teacher/TA/sports leader has to record the time it takes for the pupil to complete the challenges three times.



If you have enough throw down feet, you could place them on the ground so that the children can learn the pattern for the challenge.

Allow plenty of time for the children to practice each challenge.

Children can practice these challenges at home – they could put some socks on the ground.



# Two Footed Jump

## YEARS 3 AND 4 challenge one

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

### EQUIPMENT & SPACE:

Each group of pupils will need **6 hurdles set 45cm apart**. Use an appropriate space for the number of children and hurdles you have.

### CHALLENGE:

- Pupils jump over each hurdle with both feet. When the pupil reaches the last hurdle they run back to the start = **1 repetition**



### RESULTS

Record the number of seconds it takes for the pupil to complete **3 repetitions CORRECTLY**

### LEADERSHIP

**Sport Leaders** can record scores and encourage children.

# Double Quick Feet

## YEARS 3 AND 4 challenge two

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

### EQUIPMENT & SPACE:

Each group of pupils will need **6 hurdles** set **45cm apart**. Use an appropriate space for the number of children and hurdles you have.

### CHALLENGE:

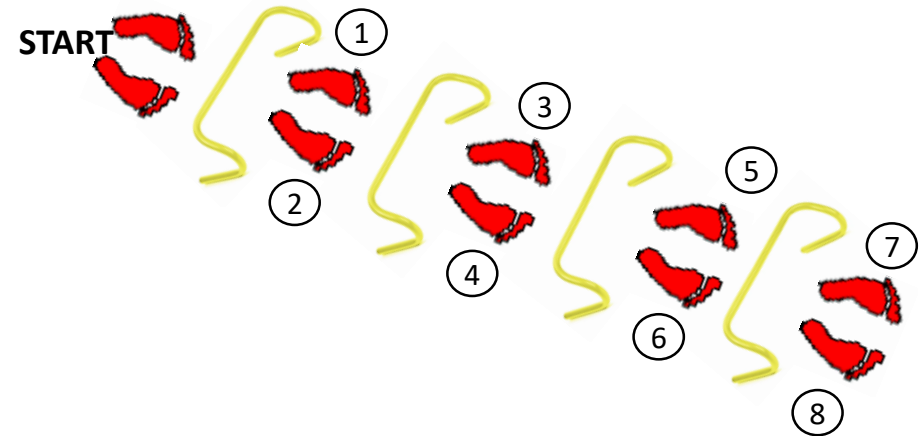
- Pupils step over each hurdle one foot at a time.
- Both feet must land in each space.
- When the pupil reaches the last hurdle they run back to the start = **1 repetition**

### RESULTS

Record the number of seconds it takes for the pupil to complete **3 repetitions CORRECTLY**

### LEADERSHIP

**Sport Leaders** can record scores and encourage children.



# YEARS 3 & 4

	NAME	2 FOOTED JUMP	DOUBLE QUICK FEET	TOTAL NUMBER OF SECONDS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	2 FOOTED JUMP	DOUBLE QUICK FEET	TOTAL NUMBER OF SECONDS
16				
17				
18				
19				
20				
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22				
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25				
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27				
28				
29				
30				

# SAQ

## Year 5 and 6

We have set 2 challenges

- Single leg hurdles
- Sideways travel

The teacher/TA/sports leader has to record the time it takes for the pupil to complete the challenges four times.



If you have enough throw down feet, you could place them on the ground so that the children can learn the pattern for the challenge.

Allow plenty of time for the children to practice each challenge.

Children can practice these challenges at home – they could put some socks on the ground.



# Single Leg Hurdles

## YEARS 5 AND 6 challenge one

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

### EQUIPMENT & SPACE:

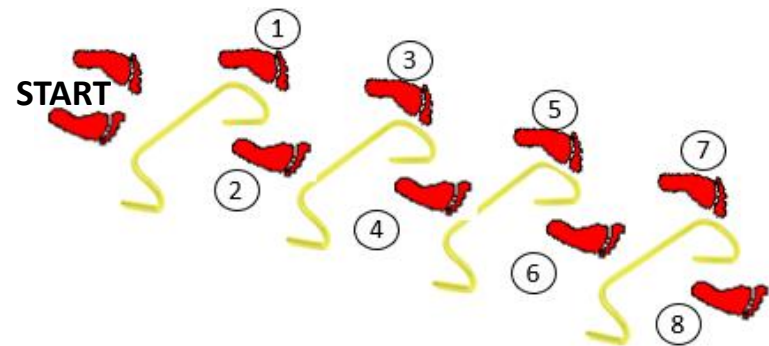
Each group of pupils will need **6 hurdles set 45cm apart**. Use an appropriate space for the number of children and hurdles you have.

### CHALLENGE:

Run up the left hand side of the hurdles with only the right foot going over the hurdles (as shown in diagram). When the pupil reaches the last hurdle they run back to the start = **1 repetition**. The 2<sup>nd</sup> repetition is completed on the right hand side of the hurdles.

For example: -

- Step onto left foot to the left of the 1<sup>st</sup> hurdle
- Take right leg over 1<sup>st</sup> hurdle & land on right foot
- Step onto left foot to the left of the 2<sup>nd</sup> hurdle
- Take right leg over 2<sup>nd</sup> hurdle & land on right foot



### RESULTS

Record the number of seconds it takes for the pupil to complete **4 repetitions CORRECTLY**

### LEADERSHIP

**Sport Leaders** can record scores and encourage children.

# Sideways travel

## YEARS 5 AND 6 challenge two

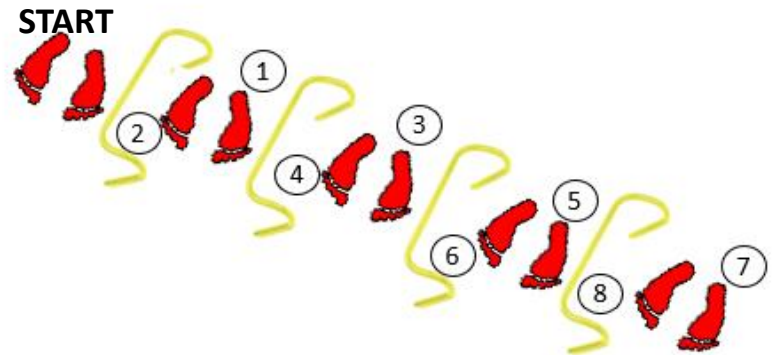
A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

### EQUIPMENT & SPACE:

Each group of pupils will need **6 hurdles set 45cm apart**. Use an appropriate space for the number of children and hurdles you have.

### CHALLENGE:

- Pupils step over each hurdle one foot at a time. Both feet have to land in between each hurdle.
- When the pupil reaches the last hurdle they run back to the start = **1 repetition**



### RESULTS

Record the number of seconds it takes for the pupil to complete **4 repetitions CORRECTLY**

### LEADERSHIP

**Sport Leaders** can record scores and encourage children.

# YEARS 5 & 6

	NAME	SINGLE LEG HURDLES	SIDEWAYS TRAVEL	TOTAL NUMBER OF SECONDS
1				
2				
3				
4				
5				
6				
7				
8				
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10				
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13				
14				
15				

	NAME	SINGLE LEG HURDLES	SIDEWAYS TRAVEL	TOTAL NUMBER OF SECONDS
16				
17				
18				
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