



Multi-Skills Competition

Instructions

This competition is made up of 8 stations, however I would recommend 6 stations for KS1. The equipment can be altered easily to comply with government guidelines. Equipment is not to be shared and to be wiped down after the completed circuit. Each student requires 2 balls, pairs of rolled up socks or paper balls if there are not enough balls for each child. Balls are to be allocated at the start of the circuit and students are to be taken around each station. Paper balls can be thrown at the end of the completed circuit or balls to be wiped down. Most stations are completed individually but scores are added towards a team's overall score. Students waiting to participate must be at least 2 metres away from any other student and adhere to social distancing.

Equipment

As shown in the layout of events, you will need the following:

- Chalk (Draw targets and speed bounce lines)
- Paper Balls
- 7 Hoops
- 2 pairs of rolled up socks (different coloured)
- Stop watch
- 4 Hurdles
- 1 ball (can be wiped after the circuit is complete)
- 6 cones

MULTI-SKILL CIRCUIT

TARGET

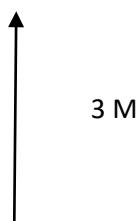
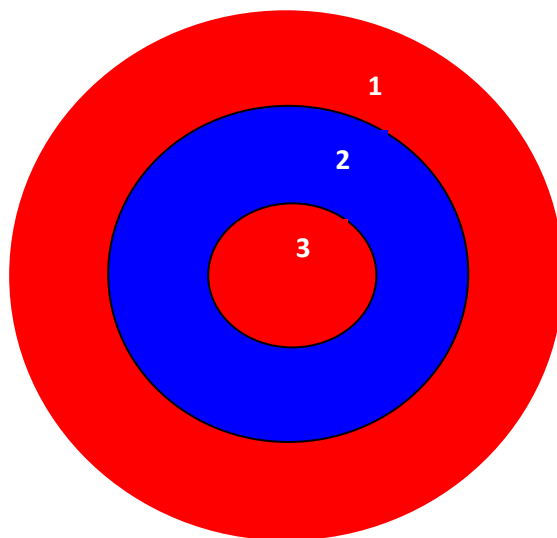
STATION 1

Equipment Needed:

- Target mat
- 1 Bean Bags or screwed up paper ball
- Cones to identify throwing line

Scoring:

- Each person throws 3 left hand and 3 right hand (use only one beanbag, don't share equipment)
- Points are awarded for where the bean bag / ball lands. (If it lands on a line the higher score counts)
- Scores are added together.



Pupils throw from behind the line

Other pupils behind a safety line

At least 2 metres away



MULTI-SKILL CIRCUIT

Obstacle Challenge

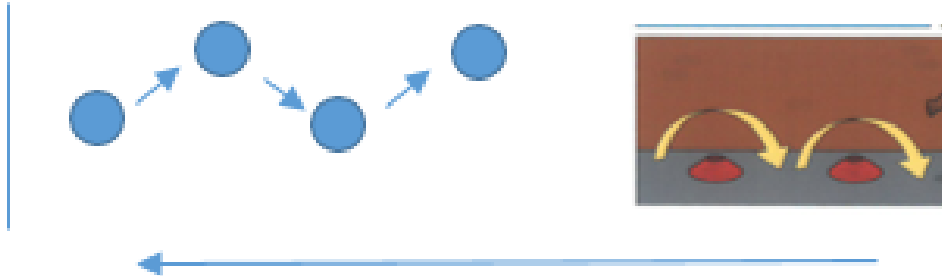
STATION 2

Equipment Needed:

- Stop watch
- 6 cones
- Start and finish line

Scoring:

- Pupils weave in and out of the cones then jump over the last two cones (2-footed jump), run back to the start and repeat.
- A point is awarded for every cone passed. How many can you do in 1 minute?





MULTI-SKILL CIRCUIT

HOOP RUN

STATION 3

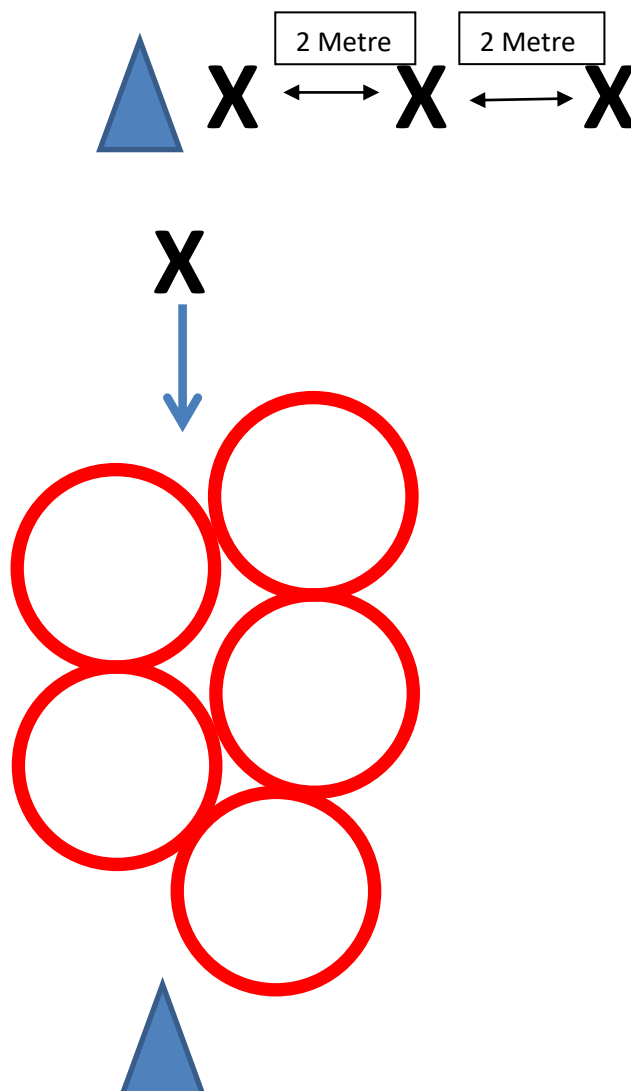
Team scoring

Equipment Needed:

- Stop Watch
- 5 hoops
- 2 cones

Scoring:

- First person starts from the cone, 2 footed jumps through hoops, around the far cone, back to start, tag next person.
- **How many circuits completed in 4 minutes for the team.**
- **1 circuit = 1 point**





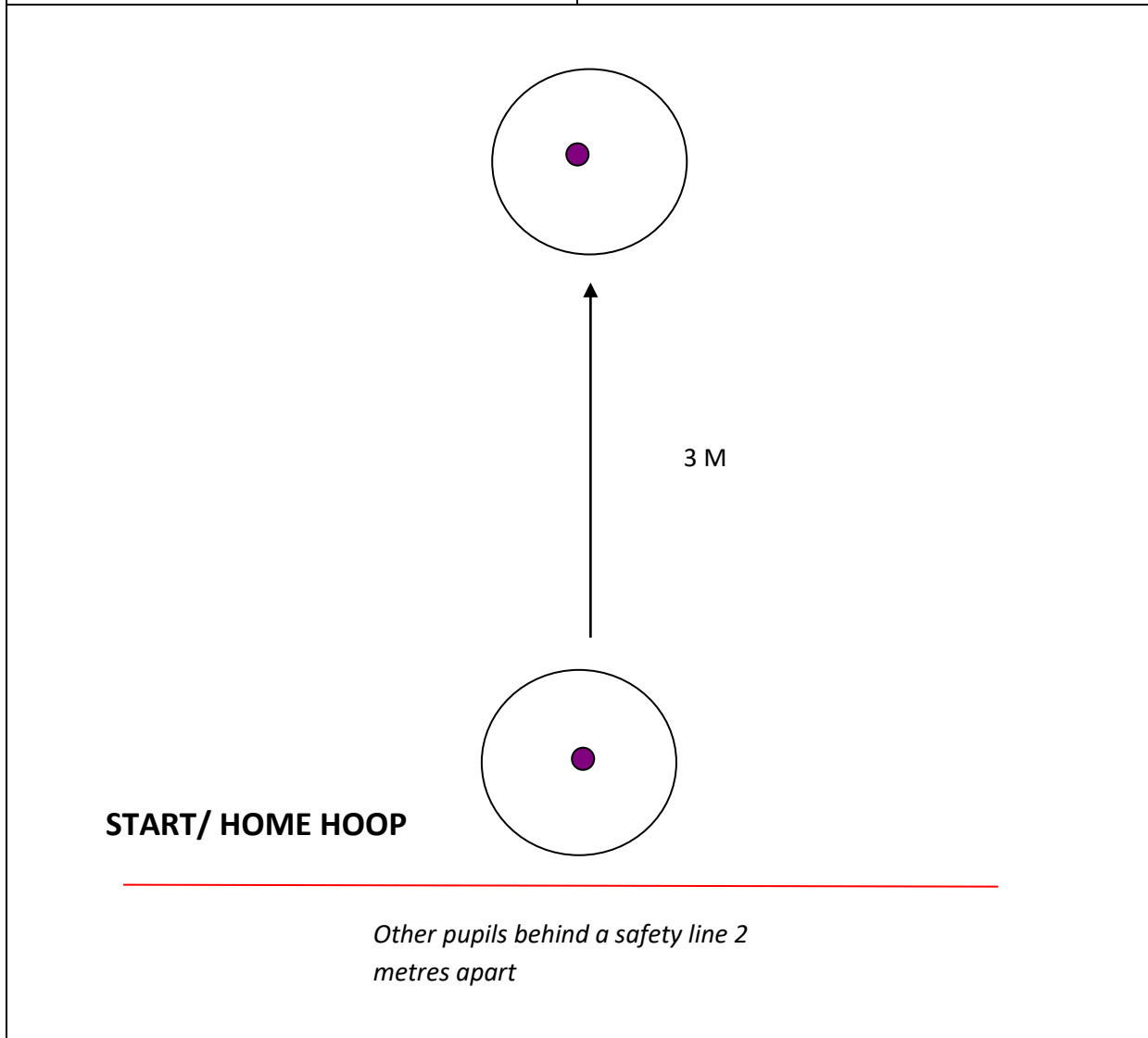
MULTI-SKILL CIRCUIT

PAPER BALL SHUTTLE

STATION 4

Individual scoring

Equipment Needed: <ul style="list-style-type: none">• Stop watch• 2 Paper balls / Objects• 2 Hoops (or spots)	Scoring: <ul style="list-style-type: none">• Pupils start in one hoop and keep transferring the paper ball / object between the hoops.• Pupils are awarded 1 point for each object that is transferred.• Time – 1 minute
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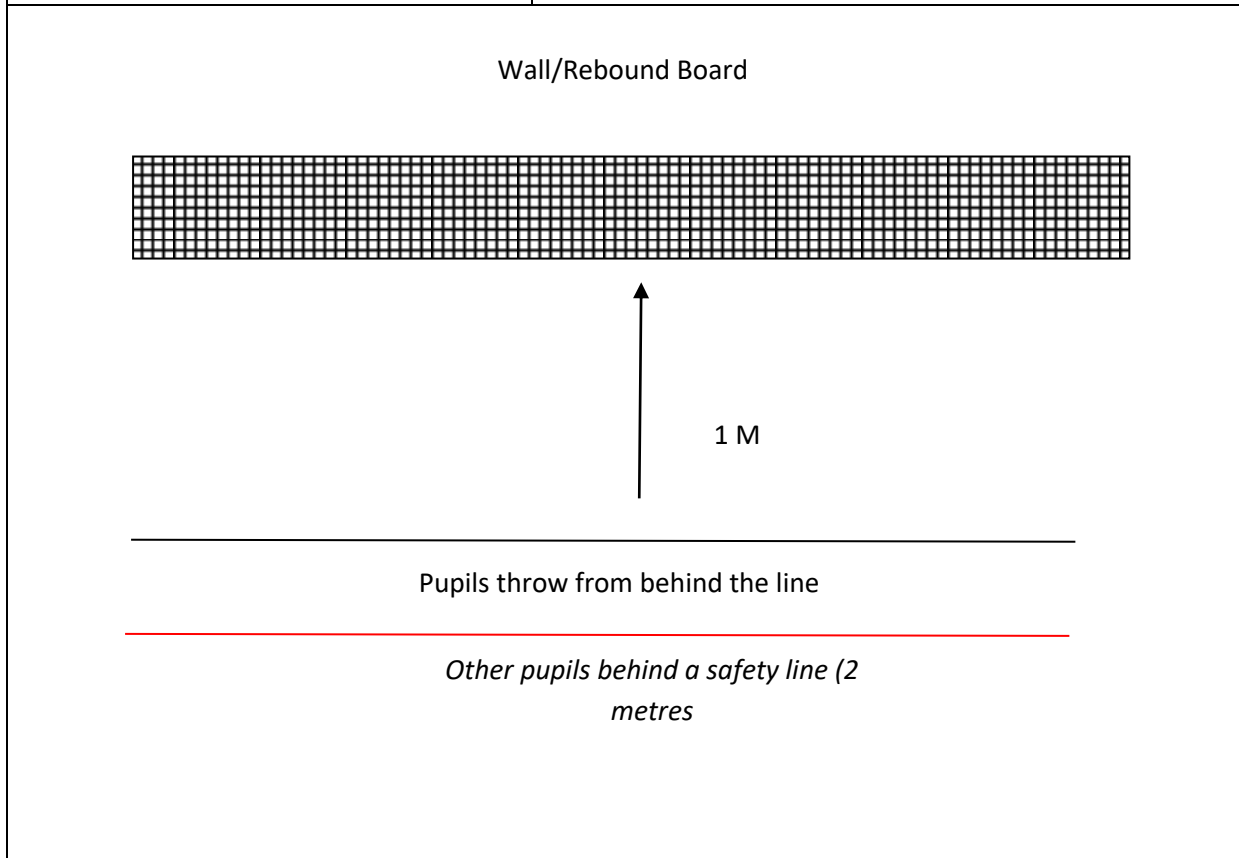
MULTI-SKILL CIRCUIT

Rebound

STATION 5

Individual scoring

Equipment Needed: <ul style="list-style-type: none">• Stop watch• 1 ball (per child, do not share equipment)• Cones to identify throwing line or chalk line	Scoring: <ul style="list-style-type: none">• 1 point awarded every time the ball hits the wall• Total time 1 minute
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MULTI-SKILL CIRCUIT

SPEED BOUNCE SHUTTLES

STATION 6

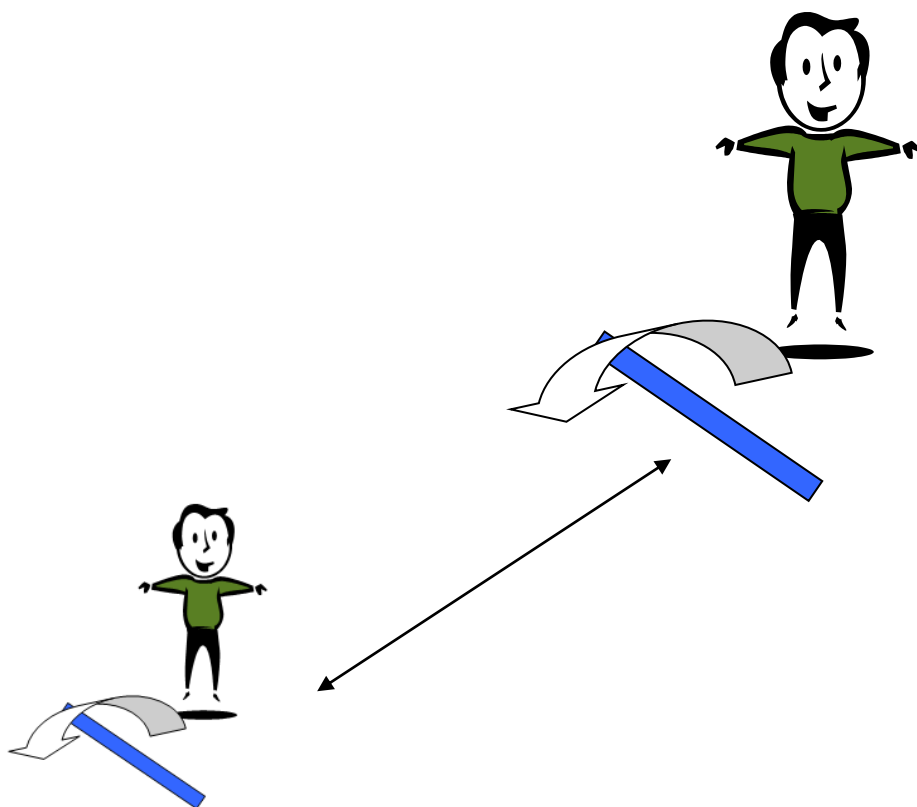
Individual scoring

Equipment Needed:

- Stopwatch
- Throw down line/ line on floor

Scoring:

- Over and back= 1 bounce
- 10 bounces then run to the opposite line and do another 10 bounces.
- How many bounces can you do in 1 minute?



Other pupils behind a safety line



MULTI-SKILL CIRCUIT

BALANCE MOVE

STATION 7

Individual scoring

Equipment Needed: <ul style="list-style-type: none">• Stop watch• 2 ball (different colours) or paper balls, or pairs or socks (different colours)• 3 markers (cones, chalk markers)	Scoring: <ul style="list-style-type: none">• 1 point for every circuit moved in balance• How many circuits completed in 60 seconds
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Stand on one foot

Move ball with any hand

Move blue ball to marker 3

Move red ball to marker 2

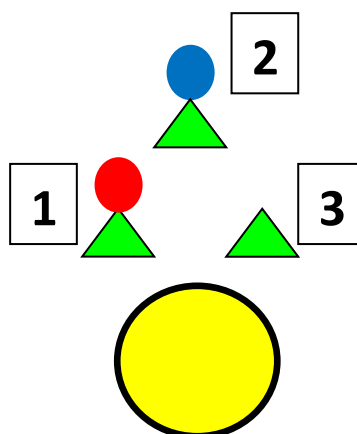
Move blue ball marker 1

Move red ball to marker 3

Move blue ball to marker 2

Move the red ball to marker 1

- **This is 1 circuit**
- **Complete as many circuits as you can**
- **1 circuit = 1 point**
- **How many circuits completed in 60 seconds**





MULTI-SKILL CIRCUIT

Mini Hurdles

STATION 8

Individual scoring

Equipment Needed: <ul style="list-style-type: none">• Stop watch• 4 Hurdles• Chalk (start and finish line)	Scoring: <ul style="list-style-type: none">• Pupils run the route over hurdles• Timed event – how many hurdles can you jump over in 1 minute?
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