



## Multi-Skills Competition SEND

### Instructions

This competition is made up of 6 stations. 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:

- 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
- Exercise ball/ Trampoline

## MULTI-SKILL CIRCUIT

## TARGET

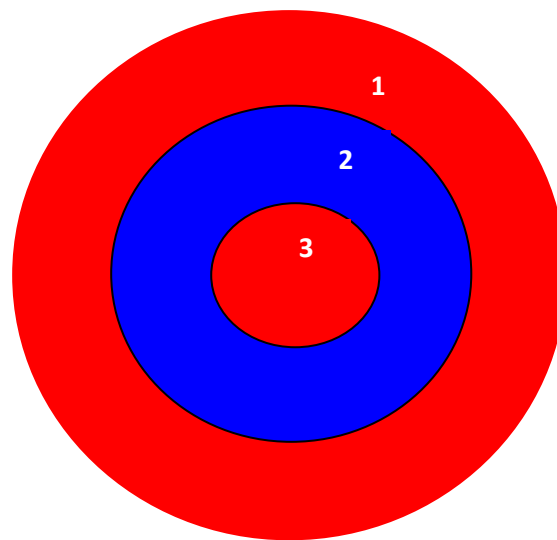
### STATION 1

#### Equipment Needed:

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

#### Scoring:

- Each person throws 3 (use either hand)
- Points are awarded for where the bean bag / ball lands. (If it lands on a line the higher score counts)
- Scores are added together.



3 M

Pupils throw from behind the line

*Other pupils behind a safety line*

*At least 2 metres away*

## MULTI-SKILL CIRCUIT

## Obstacle Challenge

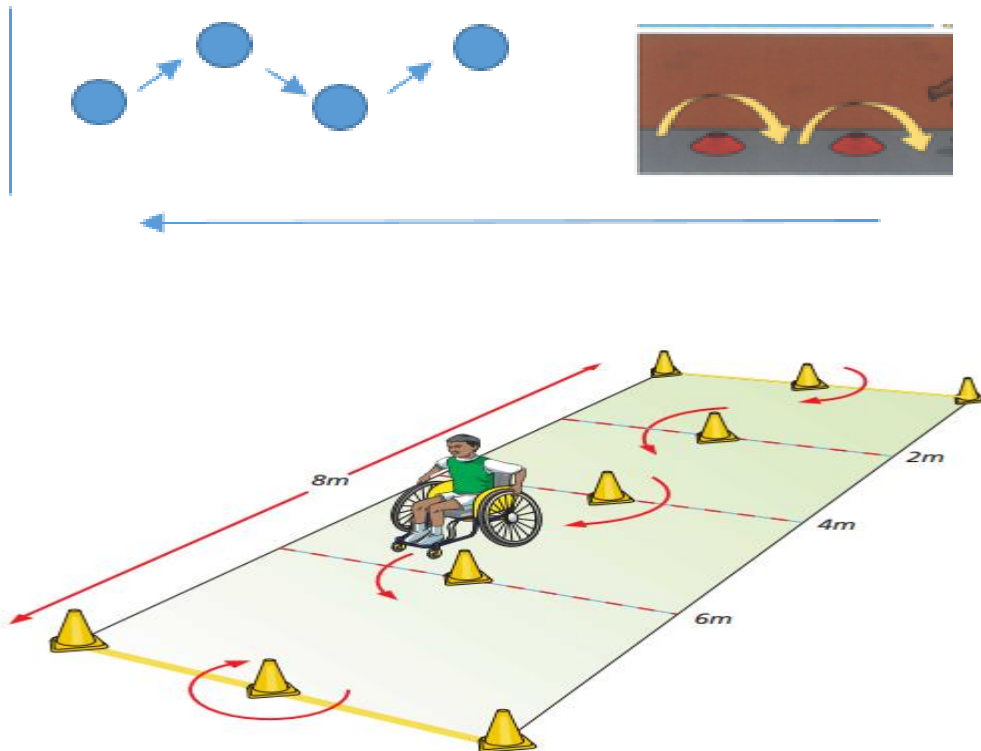
## STATION 2

### 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. **WHEEL CHAIR ADAPTION BELOW***
- *A point is awarded for every cone passed. How many can you do in 1 minute?*



## Multi-skills Circuit

## Speed Bounce

### STATION 3

Two parallel lines 2.5m apart are placed on the floor and participant's can step from side to side, placing both feet, or one foot, onto each line. This is an adaption for children who can not jump over the line.

Scoring- How many can you do in 1 minute.



## MULTI-SKILL CIRCUIT

## PAPER BALL SHUTTLE

### STATION 4

### Individual scoring

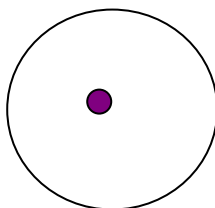
#### Equipment Needed:

- Stop watch
- 2 Paper balls / Objects
- 2 Hoops (or spots)

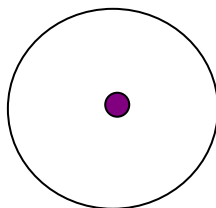
#### Scoring:

- 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**

**START/ HOME HOOP**



3 M



*Other pupils behind a safety line 2 metres apart*

## MULTI-SKILL CIRCUIT

## *Rebound*

### STATION 5

### Individual scoring

<b>Equipment Needed:</b> <ul style="list-style-type: none"> <li>• Stop watch</li> <li>• 1 Trampoline / exercise ball (per child, do not share equipment and wipe down everything after use)</li> </ul>	<b>Scoring:</b> <ul style="list-style-type: none"> <li>• <b>1 point awarded every time the ball hits floor/ feet hit the trampoline</b></li> <li>• <b>Total time 1 minute</b></li> </ul>
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*Other pupils behind a safety line (2 metres*

## MULTI-SKILL CIRCUIT

## Balance Test

### STATION 6

### Individual scoring

#### Equipment Needed:

- A flat spot
  - Stop watch
- Balance on a 50mm line on the floor.  
Participants balance on one leg without holding the free leg.

#### Scoring:

- Time how long the child can balance
- Record time

