



Multi-Skills Competition

Instructions

This competition is made up of 8 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:

- Cones – weave around, start and finish lines
- Speed bounce
- 2 x benches
- Wobble cushion
- 6 x Stop watches
- 1 x Hurdle
- 1 x ladder
- Balls of choice / paper balls/ rolled up socks
- 2 x hoops
- 2 x target tubs or buckets

Stations

1. In the bucket
2. Obstacle challenge
3. Sprint
4. Ball shuttle
5. Boing boing
6. Speed bounce
7. Balance
8. Weaving dribble



STATION 1

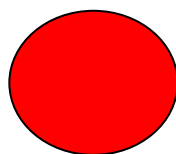
IN THE BUCKET – Can you kick or throw ball into target?

Equipment Needed:

- Large bucket or bin
- Ball
- Cones to identify throwing line

Scoring:

- Each person has 5 goes. How many will be successful?
- 10 points for in the target
- 5 points for hitting the top edge of target



3 M

Pupils kick or throw from

Other pupils behind a safety line

At least 2 metres away



STATION 2

OBSTACLE COURSE – How quick can you complete the course?

Equipment Needed:

- Stop watch
- Upturned bench
- Start and finish line
- Ladder
- 2 x hurdles

Scoring:

- The number of complete runs in 1 min is your score

USE 2 CONES AS A
START AND
FINISH LINE



Jump hurdle



Run/ walk along upturned bench



Run down ladder one foot in each section



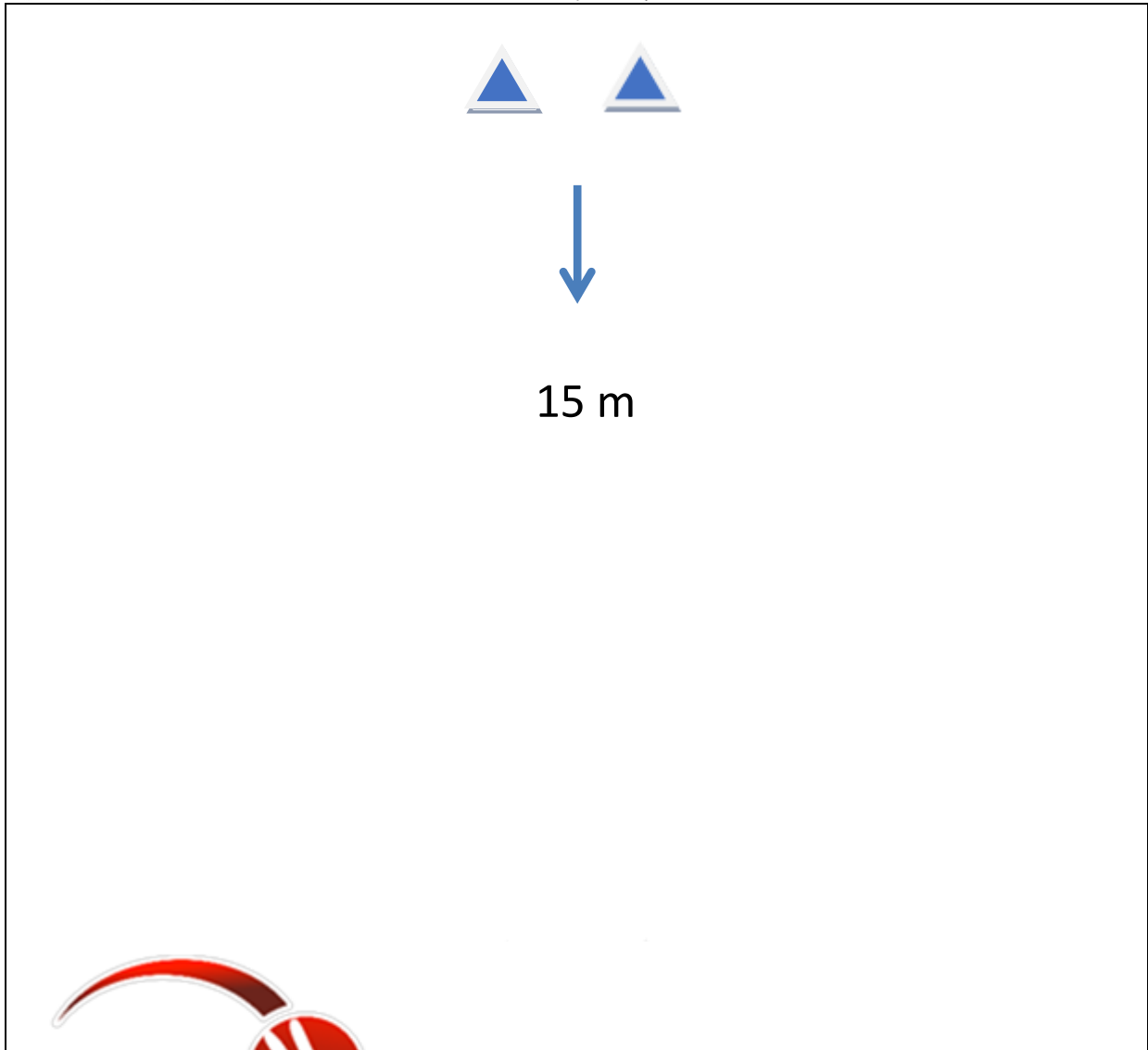
Under hurdle



STATION 3

20m SPRINT

Equipment Needed: <ul style="list-style-type: none">• Stop Watch• Start and finish line	Scoring: <ul style="list-style-type: none">• How many 15m runs can you do in a minute?
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STATION 4

PAPER BALL SHUTTLE – How quick can you transfer the balls

from one hoop to another?

Equipment Needed:

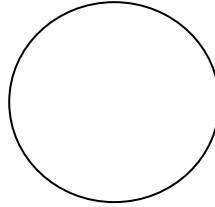
- Stop watch
- 6 Paper balls / Objects

Scoring:

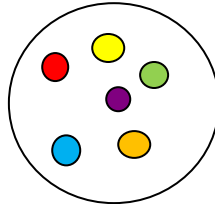
- How many balls can you transfer in a minute?

- 2 Hoops (or spots)

Transfer the balls from one hoop to another



10 M



START/ HOME HOOP

Other pupils behind a safety line 2 metres apart



STATION 5

BOING BOING – Bounce the ball in the target

Equipment Needed:

- Ball

Scoring:

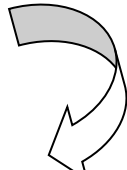
- 5 goes
- 10 points for every ball in target

- Target – box or tub
- Cones for throw line

- **5 points if hit edge of target**

The ball has to bounce once before landing in

Throw line
3m from target



1 Bounce

Target



Other pupils behind a safety line (2 metres)

STATION 6

SPEED BOUNCE - How many bounces in 1 minute?

Equipment Needed:

- Stopwatch
- Speed bounce

Scoring:

Over and back = 1 bounce

60+ = 10 points

50+ = 8 pts

40+ = 6 pts

30+ = 4 pts

< 30+ = 2 pts



Other pupils behind a safety line

BALANCE – How long can you hold a balance without wobbling?

Equipment Needed:

- Stop watch
- Wobble / balance cushion
- Upturned bench

Scoring:

- 50+ secs = 10 points
- 40+ secs = 8 pts
- 30+ secs = 6 pts
- 20+ secs = 4 pts
- < 20 secs = 2 pts

Stand on one foot
If standing on bench foot is 90
degrees to bench



DRIBBLE RUN - Can you dribble a ball without losing control or touching the cones?

Equipment Needed:

- Stop watch
- 4 cones
- start and finish line
- Football / basketball / ball & racket

Scoring:

- Clean run = 10 points
- 1 touch = 8 pts
- 2 touches = 6pts
- 3 touches = 4pts
- 3+ touches = 2pts

