

## ATHLETICS – QUAD KIDS

### Quick introduction

A team-based competition with four boys and four girls doing all four events. At any one stage there will be groups doing field and track events. The competition can take place anywhere, athletics track, school field, football pitch or tennis court.

### Getting started

- Each group rotates through their four events (e.g. Group A: 75m sprint/standing long jump/vortex/600m). There can also be an optional 8 x 50m relay.
- Scoring
  - Each athlete competes in all four events.
  - The time and distance for each event is measured against the point scoring table and the better the performance the better the score. The points for each event are added together to give an aggregate score for the athlete and team.
  - If an athlete misses an event they score zero.
- To download a Quad kids resources and score sheet please visit [www.quadkids.org.uk](http://www.quadkids.org.uk)



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### Hints and tips

- Give a clear brief at the start of the competition, explaining how it works and what is required.
- The event should be centrally timed with all groups rotating at the same time.
- Events should take place in a sequence with each group starting at a different event.

### Leadership and volunteering opportunities

- Record keepers can update team score cards as they complete each event and convert distances and times to points using the Quad kids score sheets.
- Equipment managers can ensure all equipment is set up correctly and available throughout the event.
- Media team can take action photos throughout the competition and conduct short interviews with participants. After the event the leader should transfer the pictures to a computer and help to create a display in school.
- Students who compete in disability athletics can inform others about their specialist events.

### Officiating

#### Running events will require:

- A starter who will brief the runners prior to the start. The starter will give the instructions: 'On your marks, get set, go.' Go can be signalled by a clacker, whistle, starting pistol or arm dropped.

- Timekeepers will record the finish time of all runners
- Spotters will record the finish order of each of the athletes.

#### Standing long jump will require:

- A field judge - to determine if each jump is valid. After each jump the field judge should mark and measure the jump. It is recommended that two judges are used. One judge to watch the throw and one to watch and record the landing.

#### Vortex howler will require:

- A field judge to mark each valid throw with a peg or cone bearing the athlete's name or number.
- If the athlete's second or third throw is longer, the peg is moved to mark the best performance.
- When all athletes have completed their throw the best performance should be measured and points awarded.

### Think inclusively (STEP)

#### Space

- Hard surface needed for wheelchair races.

#### Task

- Wheelchair users can use a seated position or stand with support (throwing frame) for throwing events.
- Athletes in electric wheelchairs or who have severe restricted movement can take part in the club throw.

#### Equipment

- Use of lightweight or alternative throwing equipment to allow comfortable grip i.e. soft ball, tennis ball, beanbag etc.

#### People

- Guide runners/visual markers to support visually-impaired athletes.
- Some disabled students will be able to participate alongside non-disabled peers with minimal or no adaption.
- Some events may need simple considerations or adaptations to enable disabled students to participate, for example:
  - manual wheelchair users can perform a distance push instead of the standing broad jump (distance travelled from standing start with one double-arm push).
- To ensure a meaningful competition opportunity the inclusion of additional races / events for disabled athletes should be considered.
- Further guidance and contact details for support is available via [www.englandathletics.org/disabilityathletics](http://www.englandathletics.org/disabilityathletics)





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SCHOOL GAMES

## Equipment required

### Athlete registration

- Numbers for each athlete.

### 100m sprint & 800m run

- A starting device (whistle, starting pistol).
- A stopwatch (with multi memory function).

### Running/standing long jump

- A standing long jump mat or long jump pit.
- A rake.
- A 5m tape measure.

### Vortex throw (per area)

- Three vortex howlers.
- Three throw markers.
- 1 x 50m tape measure.
- Pegs for each athlete.

### Results recording

- Clipboards.
- Pens/paper.

### Results processing

- A PC loaded with the Quadkids scoring spreadsheet.
- Hard copies if scoring manually.

## Quick rules

### 75m sprint

- There should be a maximum of six people per heat.
- Athletes should be put into lanes and will be required to stay in their lanes throughout the race.

### 600m run

- There should be a maximum of 16 athletes per heat.
- Athletes are not allocated a lane but start behind a slightly curved line.

### Standing long jump

- The athlete takes off from a designated start point.
- This is a two-footed jump from a standing position.
- The jump is measured from the point of contact closest to the designated start point. This is normally the heel of the back foot.

### Howler throw

- The vortex howler should be thrown overarm in a ball throw/javelin action.
- The athlete throws from behind a marked throwing line.
- The throw can be taken from a standing position or with a run-up.

## Health and safety

- Ensure throwing events are in a position where they cannot affect other events.
- Co-ordinate rotations so that each group starts, finishes and moves to the next event at the same time. A whistle, stop watch and loudhailer are useful for this.
- Ensure coats and bags are stored out of the way of the events and preferably in another space.



## FOR YOUNG PEOPLE

### Think tactics

Try to make sure you have enough energy for your best event.

### Spirit of the Games: Excellence through Competition



Can you ensure you give feedback to each other after each event and make plans of how to improve?