

## INFANT AGILITY

**Name of the Competition:** Infant Agility

**Age Group:** Reception/ Key Stage 1

**Gender:** Mixed

**Team Selection Criteria:** School Team

**Venue:** Bromsgrove School, Sports Hall

The Infant agility programme provides an essential introduction to Multi Skills activity for Reception/Key Stage 1 children. The programme focuses on fun, skill development, participation and self-improvement.

### Format & Rules:

- Each school will be allocated a festival time slot:

**Session 1:** 10.15am – 12pm

**Session 2:** 12.30pm – 2.15pm

- The team must consist of a minimum of 5 boys and 5 girls and a maximum of 30 children (3 teams of 10, squads of 30). There must be a mixture of boys and girls – an even split where possible.
- The competition will include 6 stations from the Infant Agility core skills. The 6 stations are as follows:

- Stepper
- Bouncer
- Thrower
- Jumper
- Runner
- Launcher

- Teams will rotate around the 6 stations spending about 10 minutes at each station. Each child will take part at every station and gain a score. Leaders will manage each of the stations, explaining the rules and scoring. Teachers should go around the stations with their team to help the children to compete (3 adults to a class is recommended).

### Scoring

- Each school will split their children into teams of 10. Each school must nominate one team to be counted for the scoring system – this scoring team of 10 should be 5 boys/5 girls. The team scores from each of the 6 stations and will be recorded and ranked with points awarded as follows:  
1<sup>st</sup> place=12, 2<sup>nd</sup> place=10, 3<sup>rd</sup> place=8, etc.
- Team scores for each activity will then be added together to make an overall competition score.
- Full resources including activity guidance notes are available at - [www.sportshall.org/primary/infant](http://www.sportshall.org/primary/infant)