

Virtual Cross Country



This event consists of four cross country competitions for different age groups. Each year group will run for an allocated time and the distance each participant runs must be recorded at the end. Each competition has been broken down as follows:

- Years 3 and 4 – 4 minute run
- Years 5 and 6 - 6 minute run
- Year 7 and 8 – 8 minute run
- Year 9 and 10- 12 minute run
- On your open space / playground measure out a running space. Use cones to indicate every 5 metres.
- The children run around the lap at a steady pace over their given time.
- Count the number of laps each participant achieves.
- Multiply the distance by the number of laps, rounding off to the nearest 5 metres.
- The top three individual scores in each age group will be awarded medals.
- Certificates for all participants will be available to download.
- Spirit of the Games Certificates will be sent to participating schools for teachers to award to deserving children. – determination, passion, self-belief, teamwork, honesty and respect.
- Once you have completed the competition please complete the attached score sheet, entries close on **Friday 18th December**. and email it to D.Sweeney@kirkbyhighschool.net
- Why not share your children's achievement with us on social media @knowsleySSP