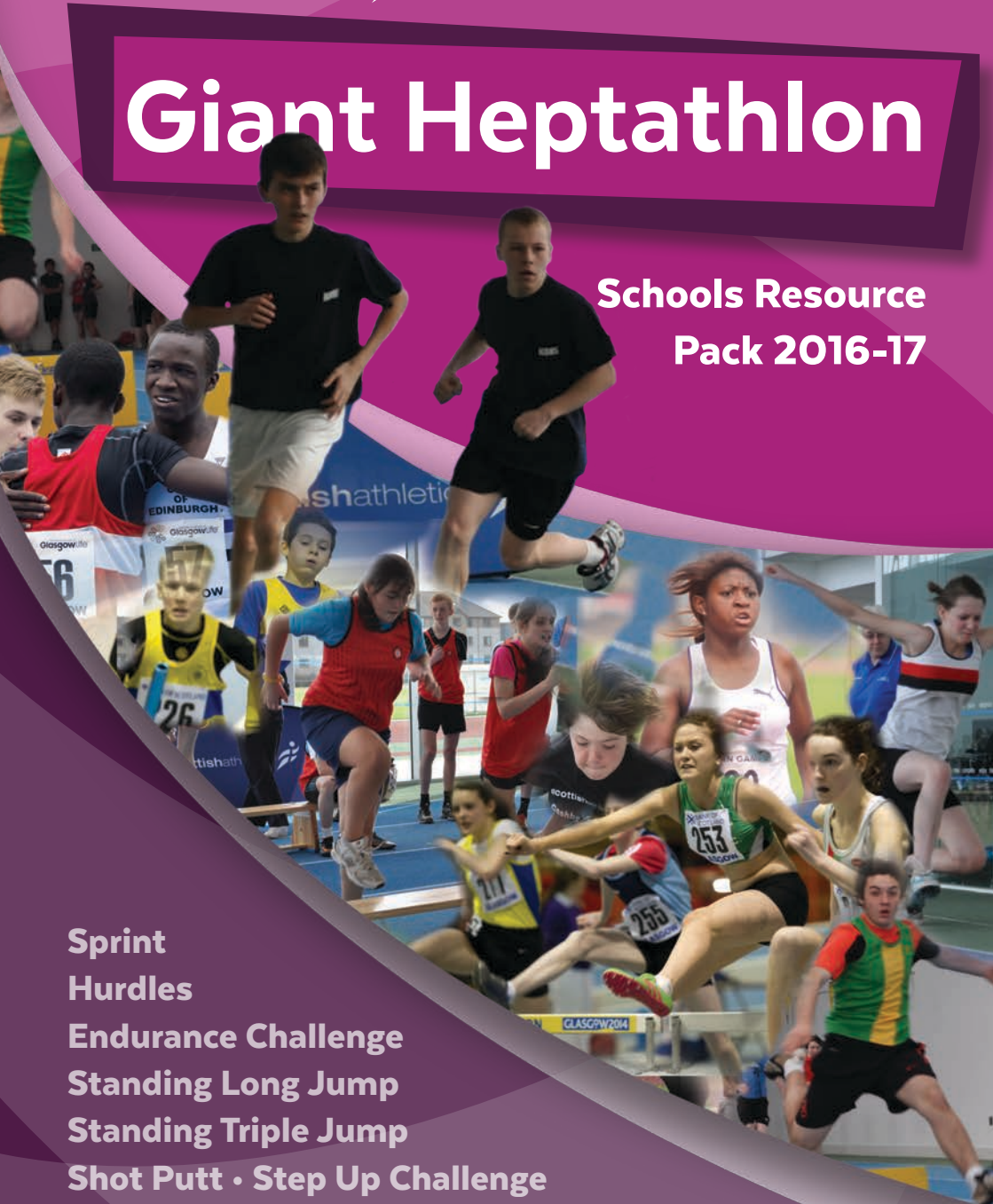


Giant Heptathlon

**Schools Resource
Pack 2016-17**

**Sprint
Hurdles
Endurance Challenge
Standing Long Jump
Standing Triple Jump
Shot Putt • Step Up Challenge**



Giant Heptathlon



Giant Heptathlon is an exciting participation and competition format for Secondary One and Two year groups. It provides a great opportunity for secondary schools to introduce the basic principles of athletics within a fun, team based environment that can be used as part of PE curriculum sessions or in a more formal competitive structure within the school or across local authority areas.

Events can be organised at a variety of levels, with fourteen pupils (seven boys, seven girls) competing as a team:

- In a Secondary school (class/interhouse matches)
- Local Authority wide/Local Athletics Partnership wide (schools competing against schools)

Regional Finals

This year, **scottishathletics** having reviewed last year's Virtual Giant Heptathlon event and taken on board the feedback that was received, **scottishathletics** have re-introduced Regional Giant Heptathlon Finals.

The events which will be contested at the Regional Finals will be;

- 40 m (2 x 20m), 40 m Hurdles (2 x 20m), Endurance Challenge, Shot, Step Up Challenge, Standing Long Jump, Standing Triple Jump.

*Organisers can adapt events as required when delivering local events, however the events at the Regional Finals will be delivered as per the booklet guidelines.

2016 National Giant Heptathlon Winning School

Following the Regional Finals, overall team performances from all participating schools will be run through a points scoring table. The school with the highest overall points total will be announced as the winners of the 2016 Virtual National Giant Heptathlon.

The winning school will be presented with an award alongside an International Athlete visit.

WHAT'S INVOLVED?

Giant Heptathlon is delivered within a standard games hall using a range of athletics equipment.

AM – Teaching/Coaching sessions To introduce the basic skills required in running, jumping and throwing events. Teams of seven girls and seven boys will rotate around events with school teaching staff moving around with the children and assisting where required with sessions.

PM – Competition Teams rotate round the activities with each child participating in each event. Athletes will work around 7 stations, taking part in each event and will remain in their school teams at each event.

The 4-5 hour session can be flexible and if required it can be run over two evenings or only with the competition element, which takes 2 hours.

Further information can be found on the **scottishathletics** website: www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/ or contact your **scottishathletics** National Club Manager for further information on events in your local area.

Event 1 - SPRINT (2 x 20m Lap Sprint)

Equipment: 2 x Officials, 2 x Flags; Stopwatch; 4 x Cones

Sprint Length must be 40m. This can be 2 x 20m using reversaboard or 2 x laps of 20m depending on availability of space.

Athletes must begin from a standing start on instruction. No rolling starts crouch starts permitted. All Athletes to record a minimum of 1 time (with a maximum of 3 attempts each) All times must be rounded up to the nearest 0.1sec – e.g. 4.12 becomes 4.2.

Set Up and Instructions:

2 x Cones are set 1.5m apart to denote starting point: A reversaboard or a cone is placed 20m away to denote 20m turning point.

A deceleration area should be included beyond the Finish line.

The Timekeeper stands at the Finish line and signals to the Starter that they are ready.

The starter (situated at start line) instructs the athlete “On Your Marks, Get Set and GO”.

On the ‘Go’ Signal they drop their flag to indicate to the timekeeper to begin timing.

The athlete sprints to the finish line, the watch is stopped when the athletes torso crosses the finish line and is rounded up to the next 0.1 seconds.

Distances: Acceleration Zone 2m; Start to Finish 40m;
Deceleration Zone 10m

Event 2 - HURDLES (2 x 20m Lap Sprint Hurdle with 4 Hurdles to Clear)

Equipment: 1 x Official; 4 x Cones; Stopwatch; 2 x Hurdles (Large sportshall hurdle size).

(sportshall hurdles, allowing athletes to safely run over both directions. Hurdles should be no more than 50cm in height)

Total Circuit length should be 20m per lap and should have 2 hurdles in each lap.

Athletes must begin from a standing start on instruction. No rolling starts/crouch starts permitted.

All Athletes to record a minimum of 1 time (with a maximum of 3 attempts each)

All times must be rounded up to the nearest 0.1sec – e.g. 12.54 becomes 12.6

Set Up and Instructions:

2 x Cones are set 1.5m apart to denote starting point: A reversaboard or a cone is placed 20m away to denote 20m turning point.

A deceleration area should be included beyond the Finish line.

Distances: 2 hurdles to be placed evenly over each lap

Event 3 - ENDURANCE CHALLENGE

Move 100 Bean Bags from one hoop to another

Equipment: 1 x Official; 2 x Hoops; Stopwatch; 100 x Bean Bags (or Equivalent)

Distance between hoops should be 20m. Hoops may be taped to the floor to prevent movement. Athletes should be instructed not to throw bags under any circumstances. Teams are split into Boys and Girls groups and each team will be timed separately. All times must be rounded up to the nearest 0.1 sec – e.g. 2:30.41 becomes 2:30.5

Set Up and Instructions:

Hoops are placed/taped to the floor 20m apart. 100 bean bags are placed in one of the hoops. Each team (7 x Boys or 7 x Girls) run at once to retrieve the bean bags continuously rather than in a relay format.

Athletes collect one bag at a time and move them to the designated hoop, once all 100 bags have been moved the watch is stopped when the final athlete has passed the hoop. This may include an athlete who does not have a bean bag. Times are rounded up to the nearest 0.1 seconds.

Distances: Hoop to Hoop 20m

Event 4 - STEP UP CHALLENGE

Perform as many step ups onto a bench as possible in 1 minute

Equipment: 3 x Officials; Bench; Stopwatch

Athletes perform as many step ups onto a standard gym bench as possible in 1minute.

Set Up and Instructions:

Timing official instructs 2 x athletes at either end of the bench to perform using correct technique. Each athlete is accompanied by an official to count the number of step ups. 1 step up is counted every time their feet touch the floor.

On instruction of "On Your Marks; Get Set; GO" athletes perform step ups for 1 minute.

Officials to ensure correct technique is used, poor technical step ups are not counted.



Event 5 - SHOT PUTT

Equipment: 3kg Shot Putts (females) / 4kg Shot Putt (males); Tape Measure; Mats

Set Up and Instructions:

Standing efforts only, no glides or rotations.

Athletes are positioned within the throwing area and from a standing stance throw the Shot as far as possible into a matted area.

The athlete must stay behind the throwing line or the throw is a foul. Athlete is given one practice throw followed by a maximum of three measured efforts.

Throws are measured to the nearest 25cms rounded down closest to the throwing line.

The best throw is highlighted for recording at the scoring team.

For safety reasons only one athlete to throw at a time.



Event 6 - STANDING LONG JUMP

Equipment: Standing Long Jump Mat.

If SLJ not available a tape measure and gym mats will be sufficient. Or a Sandpit could be used.

Set Up and Instructions:

Standing efforts only, no run ups.

Athletes are positioned on the Standing Long Jump Mat with their toes behind the take off line.

They are given one practice jump followed by a maximum of three measured jumps.

Distances: Measurement is taken from closest landing mark to the take off line.



Event 7 - STANDING TRIPLE JUMP

Equipment: Standing Triple Jump Mat.

If STJ not available a tape measure and gym mats will be sufficient.

Or a Sandpit could be used.

Set Up and Instructions:

Standing efforts only, no run ups.

Athlete are positioned on the Standing Triple Jump Mat with their toes behind the take off line.

They are given one practice jump followed by a maximum of three measured jumps.

Measurement is taken from closest landing mark to the take off line.

A valid jump consists of a HOP, a STEP and a JUMP in consecutive order and in one movement.

NB Athlete lands on the same foot, other foot then two feet.

Extra Team Event (Optional non scoring)

Relay: 7x1 Lap Relay Race. Each athlete runs approx 60m.

Equipment: 2 x Cones for each team, Relay Baton for each team, Mat for each team to sit on, 2 x cones for Start/Finish Line. Stopwatches, Whistle.

Set Up and Instructions:

Start/Finish cones are placed in the middle of the hall to denote line. One mat per team is placed along the start/finish line for non-running athletes to sit on. Cones for each team are placed at each end of the hall for athletes to sprint around.

On instruction of "On Your Marks, Get Set and GO" the first athlete sprints from the start line around the cone at one end of the hall, they then proceed towards the cone at the other end of the hall, around this and back towards the start line. The next athlete is then waiting to take the baton and follow the same circuit. The final athlete in the relay will stop the clock when their torso crosses the finish line.

Athletes who have completed their run also sit on the mats.

Distances: Start/Finish Line to Cone 15m, Cone to Cone 30m.



Giant Heptathlon

EVENT SCORING - Local Events different from Virtual Scoring - see note

The team score at each event will be determined by the cumulative total of every athlete's performance. The 14 (7 boys and 7 girls) best results in each event, should be added together to reach the total time/distance.

Please see Appendix 1 (pg 14) ... for an example of a completed Event Score Sheet.

Overall scores will now be done electronically and the master electronic score sheet can be downloaded from the scottishathletics website. **A laptop will be required for your event.**

At the completion of each rotation, team results should then be transferred on to the master electronic score sheets and the overall points allocated.

Winning scores are based on the overall team points score after all seven events have been completed.

Visit <http://www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/> for downloads. If you are unable to submit your results electronically, contact your National Club Manager who will be able to give you an alternative scoring system.

It is advisable that you allocate at least one person to be in charge of the overall results. This person should collate team sheets after each event and input the results into the overall electronic score sheets.



General

- All associated paperwork • Table and chair for scoring • Whistle/Horn for changeover
- Clipboards/Pens/spare paper/Calculator/Blue Tac
- Certificates and any other appropriate prizes **optional** • PA System if **required**



scottishathletics GIANT HEPTATHLON

EVENT	EQUIPMENT
Sprint	Stopwatches, Whistle
Hurdles	Stopwatches, Whistle, suitable size & number of Hurdles, Cones
Endurance Challenge	100 Bean Bags, Stopwatch, 2 Hoops, Whistle Cones, Measured Area
Standing Long Jump	Standing Long Jump Mat, or Sandpit or Mats, Tape Measures
Standing Triple Jump	Standing Triple Jump Mats or Sandpit or Mats, Tape Measures
Shot Putt	3kg Shot Putt (female) / 4kg Shot Putt (male), Designated Throwing Area, Tape Measure
Step Up Challenge	Gym Bench, Whistle to start challenge, Stopwatch
Relay	Stopwatches, Whistle, Relay Batons, Cones, Mats

Resources to support your event can be downloaded from the scottishathletics website or be emailed, on request, by contacting your National Club Manager.

EXAMPLE TIMETABLE

TIME	ACTIVITY
0800	Set up of activity areas
0900	Briefing with event coaches and their set up
0930	Teams arrive, brief team managers/helpers on their role
0945	Welcome, Introductions and teams directed to first rotation
1000	Competition Sessions - 13 minutes at each station and 2 minutes between each station
1145	Relays
1200	Final scores announced, prize awarded (if appropriate), follow on activity information provided, thanks to team managers, coaches and other helpers

Giant Heptathlon

EXAMPLE ROTATIONS

NB. The change of each station will be by 3 blows on the whistle. This is a warning for the coaches and they should finish the session within the next minute and send to next station.

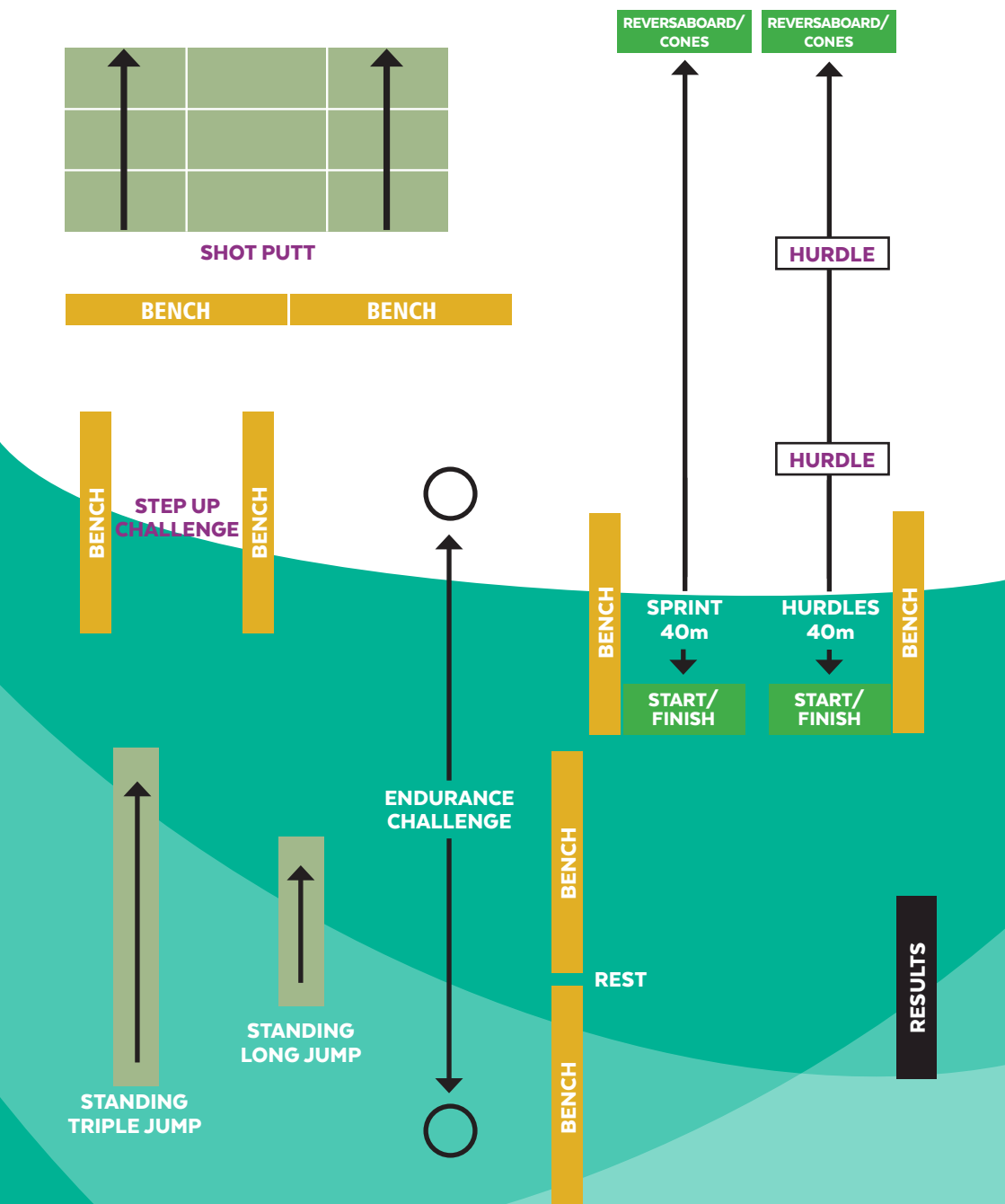
ROTATION
Sprint
▼ TO
Shot Putt
▼ TO
Standing Long Jump
▼ TO
Endurance
▼ TO
Standing Triple
▼ TO
Jump
▼ TO
Sprint Hurdles
▼ TO
Step Up Challenge
▼ TO
Sprint

STARTING STATIONS	
Team One	Sprint
Team Two	Shot Putt
Team Three	Standing Long Jump
Team Four	Endurance
Team Five	Standing Triple Jump
Team Six	Sprint Hurdles
Team Seven	Step Up Challenge



Giant Heptathlon

EXAMPLE GAMES HALL LAYOUT



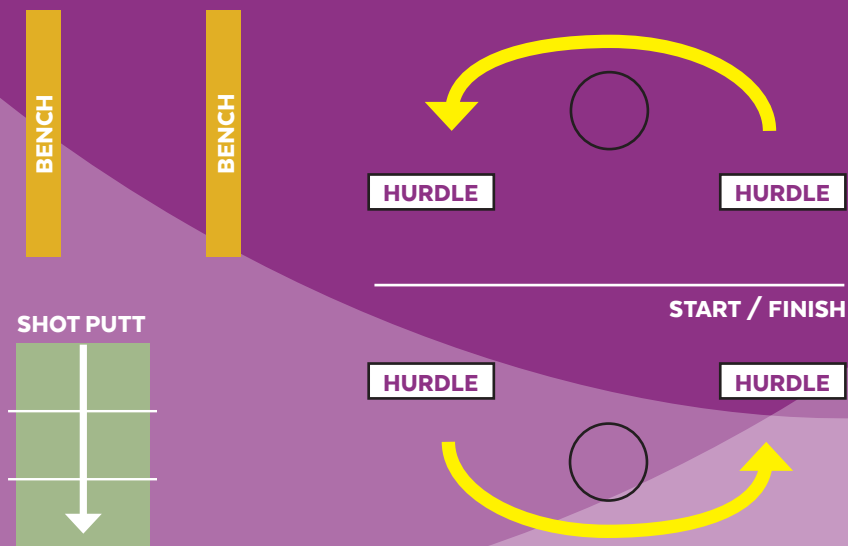
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EXAMPLE SMALL GAMES HALL ROTATION & LAYOUT

ROTATION
Endurance
▼ TO
Shot Putt
▼ TO
Hurdles
▼ TO
Endurance
▼ TO
Rest (reset hall)
▼ TO
Standing Triple Jump
▼ TO
Sprint
▼ TO
Standing Long Jump
▼ TO
Endurance
▼ TO
Standing Long Jump

STARTING STATIONS	
Team One	Endurance
Team Two	Shot Putt
Team Three	Hurdles
Team Four	Rest
FOLLOWING HALL RESET	
Team One	Standing Triple Jump
Team Two	Sprint
Team Three	Standing Long Jump
Team Four	Endurance

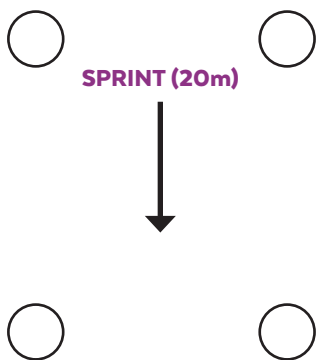
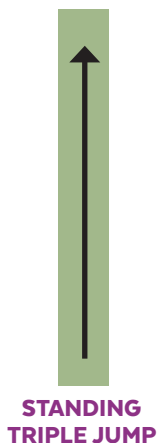
SESSION 1



Giant Heptathlon

EXAMPLE SMALL GAMES HALL ROTATION & LAYOUT

SESSION 2



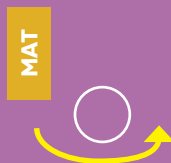
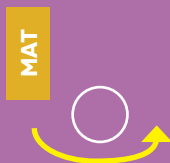
STANDING LONG JUMP



RELAYS



START / FINISH



EVENT	STANDING LONG JUMP
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GIRLS

NAME	TRIAL 1	TRIAL 2	TRIAL 3	BEST
	3.01	3.11	3.18	3.18
	3.04	3.12	3.19	3.19
	3.05	3.13	3.20	3.20
	3.06	3.14	3.21	3.21
	3.07	3.15	3.22	3.22
	3.08	3.16	3.23	3.23
	3.09	3.17	3.24	3.24
				TOTAL 22.47

BOYS

NAME	TRIAL 1	TRIAL 2	TRIAL 3	BEST
	3.01	3.11	3.18	3.18
	3.04	3.12	3.19	3.19
	3.05	3.13	3.20	3.20
	3.06	3.14	3.21	3.21
	3.07	3.15	3.22	3.22
	3.08	3.16	3.23	3.23
	3.09	3.17	3.24	3.24
				TOTAL 22.47

COMBINED TOTAL OF GIRLS & BOYS

44.94



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