



# WHY ATHLETICS

## What are the benefits of playing my sport?

Athletics helps young people develop the fundamental movement skills (strength, speed, balance and agility) that lead to a successful and lifelong enjoyment of this and many other sports. The multi event competition formats detailed within this guidance are grounded in the fundamental running, jumping and throwing skills so important not just for sport but for life.

Designed to be fast, fun and educational, athletics is a sport that can appeal to participants of all abilities. Athletics can be delivered with minimal facilities and equipment and is an inclusive sport that can be enjoyed by both individuals and teams.

The competition formats included in this guidance also promote a strong volunteering ethos.

# ATHLETICS

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Athletics is fast paced, exciting and is highly popular. The sport offers a wide range of events to suit a wide range of abilities. It evokes great memories of the fastest, the strongest and the most athletic of performers who have spanned this great sport at past Olympic and Paralympic Games.



Competitors are encouraged to respect the opponent and team-mates alike but most of all to respect the officials and volunteers who put so much time into ensuring competitions can take place safely and enjoyably.



The sport of athletics prides itself on honesty of human effort and performance. It is a highly competitive sport where the smallest of inches and differences in times can make the world of difference. It is important to respect this tradition and to uphold this spirit and sportsmanship.



Preparation and self belief are fundamentally important to ensuring the competitor can give their all and perform to the best of their abilities. Supporting each other and your fellow team-mates will help to ensure that the individual parts add up to a successful team performance, so get behind each other!

## Priority competitions:

Many schools are now delivering athletics competition 365 days a year. Therefore England Athletics has developed flexible, adaptable and seasonal formats for competition organisers to choose from. For instance, KS2 Sportshall takes place from Autumn to Spring and Quadkids/Super8 during Spring/Summer. In summary priority competitions are:

- KS2 – Quadkids Start (Spring/Summer) Sportshall Primary, Years 3&4 and Years 5&6 (Autumn - Spring)
- KS3 – Super8 Junior (Spring/Summer) – default Super6 if facilities and capacity don't allow Sportshall Secondary (Autumn/Winter)
- KS4/5 – Super8 Inter (Spring/Summer)

### Sportshall Primary

- KS2 – Years 5/6 and Years 3/4
- Can be run as mixed or single sex competitions
- Intra School Competition (Level 1) or Inter School Competition (Level 2) run in autumn/winter at school cluster, partnership or local authority level
- Run by teachers, Sportshall and School Games Organisers – guidance available from [www.sportshall.org](http://www.sportshall.org)
- Local schools co-ordinate entry
- Qualifying rounds and local events/leagues lead to County Final - Inter School Competition (Level 3) co-ordinated through LOCs

### Quadkids Primary

- KS2 – Years 5/6
- Can be run as mixed or single sex competitions
- Intra School Competition (Level 1) (early spring) or Inter School Competition (Level 2) (late spring) run at school cluster, partnership or local authority level
- Run by teachers QK and School Games Organisers – guidance available from [www.quadkids.org](http://www.quadkids.org)
- Local schools co-ordinate entry
- Qualifying rounds and local events/leagues lead to County Final - Inter School Competition (Level 3) event in Summer term co-ordinated through LOCs

### Sportshall Secondary

- KS3 – Years 7/8
- Can be run as single sex competitions
- Intra School Competition (Level 1) (qualifiers) run in autumn to spring or Inter School Competition (Level 2) (spring) at school cluster, partnership or local authority level
- Run by teachers, Sportshall and School Games Organisers – guidance available from [www.sportshall.org](http://www.sportshall.org)
- Local schools co-ordinate entry
- Qualifying rounds and local events/leagues lead to County Final - Inter School Competition (Level 3) (early spring) co-ordinated through LOCs

### Super8

- Key Stage 3 – years 7/8/9 and Key Stage 4 years 10/11
- Can be run as mixed or single sex competitions
- Run by teachers, QK and School Games Organisers – guidance from [www.quadkids.org](http://www.quadkids.org)
- Intra School Competition (Level 1) (early spring) or Inter School Competition (Level 2) (late spring)
- Run at school cluster, partnership or local authority level
- Local schools co-ordinate entry
- Qualifying rounds and local events/leagues lead to County Final - Inter School Competition (Level 3) event in Summer term co-ordinated through LOCs

## Relevant web links:

[www.sportshall.org](http://www.sportshall.org) • [www.quadkids.org](http://www.quadkids.org)

# ATHLETICS

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Individual performances add up to team success so it's important that all work as a team. The relay event in athletics typifies the need for teamwork; however, the individual events also require the team to pull together and to support one another in search of the greater collective goal.



Sometimes competition can be hard work but the satisfaction that a competitor can feel when they have met or exceeded their expectations can outweigh the sweat! Think of the end result to spur you and your team mates on, even when it seems you cannot keep going.

## Signposted competitions:

English School Athletics Association run a number of national competitions starting at KS3 (Year 8) and concluding at KS5 (Under 19s):

- English Schools Track and Field Championships
- Track & Field Cup Competition for schools
- English Schools Cross Country Championships

The major one is the Track and Field Championships with county championships being held in June and the National Championships being held in mid-July followed by the home country international (four home country select teams picked from their respective home nation championships), at the end of July. Visit the ESAA website at [www.esaa.net](http://www.esaa.net) for full details of these competitions that run throughout the calendar year covering all the seasons.

## Virtual competitions:

There are also a number of Virtual Competitions open to schools which can be used as personal challenges and intra school competition (level 1):

**World Marathon Challenge** (Secondary) & **World 5000m Challenge** (Primary) – complete a Marathon or 5000m as a team and enter your times at [www.competitioncentre.net](http://www.competitioncentre.net) to compete virtually against other groups around the UK and the world.

**Sportshall Award Virtual League** – Use the Sportshall Pentathlon and submit the results spreadsheet [www.sportshall.org/primary/primary-sportshall/primary-sportshall-awards](http://www.sportshall.org/primary/primary-sportshall/primary-sportshall-awards) [www.sportshall.org](http://www.sportshall.org) to compete as a class against teams across the UK.

**Med Ball Challenge Virtual League** - complete a Med Ball Award and submit the results spreadsheet [www.sportshall.org/clubs/med-ball-challenge-clubs](http://www.sportshall.org/clubs/med-ball-challenge-clubs) [www.sportshall.org](http://www.sportshall.org) to compete as a class against teams across the UK.

## Young Leader/Officials courses/qualifications available:

Quadkids and Sportshall young leaders' competition courses are available – certificated courses only – non-qualification. Leaders' courses are available via [www.englandathletics.org](http://www.englandathletics.org) for over 16s – these are qualification based with a licence at the end of the course. Assistant officials' courses can also be sourced for the schools concerned via [www.englandathletics.org](http://www.englandathletics.org) – these include basic guidance on assisting at competitions.

## Relevant web links:

- [www.englandathletics.org/schools](http://www.englandathletics.org/schools)
- [www.sportshall.org](http://www.sportshall.org)
- [www.quadkids.org](http://www.quadkids.org)
- [www.esaa.net](http://www.esaa.net) – English Schools Athletic Association

# ATHLETICS

## Competition Card 1

### Primary or Secondary:

Primary

### Name of competition:

Sportshall Primary

### Age group:

Years 3 and 4 & years 5 and 6

### How to enter:

Intra School Competition (Level 1) and Inter School Competition (Level 2) competitions are organised locally. A school team competing at County Final - Inter School Competition (Level 3) may be drawn from across the two years. County Final - Inter School Competition (Level 3) competition will be co-ordinated through each SGO and Sportshall's Development Officer.

### Tournament format:

Inter School Competition (Level 2) competitions usually accommodate 4–8 teams/schools drawn from one family or cluster of schools and are staged at a central venue, e.g. a secondary school sports hall.

### Simple rules:

- Introducing athletics competition in a fun team based format.
- Large team format permitting a maximum of 15 girls and 15 boys, minimum nine girls and nine boys.
- Exciting range of relays and six field events.
- Athletes able to complete a maximum of two track and two field events.
- Full resources including competition format, running order, team declaration sheets, scoring support and comprehensive rules and guidance notes may be found at [www.sportshall.org](http://www.sportshall.org)

### Think inclusively!

All Sportshall activities may be adapted for young people with a disability. A separate resource details these adaptations. A new programme and resource (Sportshall Parallel) has been developed to enable athletes of all abilities to take part in Sportshall Athletics.

[www.sportshall.org/primary/primary-sportshall/disability-team-challenge](http://www.sportshall.org/primary/primary-sportshall/disability-team-challenge)

[www.sportshall.org](http://www.sportshall.org)

### Roles for young people:

Sportshall Leaders workshops will prepare young people to support competition as:

- Event organisers
- Officials — track judges, time keepers, field event officials and scorers
- Team managers, assisting teaching staff as required — this may include introducing activities prior to the day of competition.

Leaders may also take on additional duties including photography and reports.

### How can depth in competition through extra teams be achieved?

Sportshall Primary provides for large teams, including the possible engagement of an entire class. Intra-school competition may be organised on a class basis whilst further teams may be included at Inter School Competition (Level 2).

### The route from here to County Final - Inter School Competition (Level 3)

The leading team or teams within each area/ district will be invited to a County Final - Inter School Competition (Level 3) competition (Sportshall Primary County Final). These are staged annually, usually between January and April and are organised locally and can be delivered by the Sportshall Team.

### How can regularity be achieved?

Schools are encouraged to support a series of events/ league format. The Sportshall Award provides an ideal solution to provision at Intra School Competition (Level 1) enabling the participation of entire year groups, whilst also offering an alternative for Inter School Competition (Level 2) competition.



### Relevant web links:

[www.sportshall.org/primary/primary-sportshall/primary-sportshall-competition](http://www.sportshall.org/primary/primary-sportshall/primary-sportshall-competition)  
[www.sportshall.org](http://www.sportshall.org)

# ATHLETICS

## Competition Card 2

### Primary or Secondary:

Primary

### Name of competition:

Quadkids Start

### Age group:

KS2 – Years 3 and 4

### How to enter:

Teams of four girls and four boys. Intra School Competition (Level 1) is whole school QuadKids where all children in the year group participate. Inter School Competition (Level 2) is clusters of schools competing (this can be a virtual competition); inter cluster the focus should be on real locality and frequency.

### Tournament format:

Central Venue – on an athletics track, grass or tarmac.  
Virtual Event – Inter School Competition (Level 2) events can be competed virtually.

### Simple rules:

- Four or five boys and four or five girls compete as a team.
- There are four events – 75m sprint, 600m run, vortex howler throw and standing long jump, plus optional relay.
- The four events take place in a rotational sequence.
- Each athlete is placed in a pool and competes in **all** events.
- Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically).
- The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.
- More than one team can be entered from each school.
- A competition of 240 athletes can be completed in 2½ hours.
- Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheet are available from the QuadKids website.

### Think inclusively!

QuadKids are currently working alongside England Athletics to produce an inclusive format of QuadKids Primary.

While the resource is being developed, consider the basic adaptations that can be considered e.g. different throwing equipment, different distances, etc.

### Relevant web links:

For more information please look at the QuadKids website [www.quadkids.org](http://www.quadkids.org)

### Roles for young people:

Young Leaders – Quadkids and Sportshall competition courses are available via [www.englandathletics.org](http://www.englandathletics.org). For over 16s, these are qualification based with a licence at the end of the course.

- Assistant officials courses can also be sourced for the schools concerned via [www.englandathletics.org](http://www.englandathletics.org)
- Organising IT – running the spreadsheets

### How can depth in competition through extra teams be achieved?

At Intra School Competition (Level 1) all children can participate in whole school QuadKids either over a series of weeks as part of their PE lessons or in a one off mass participation event. At Inter School Competition (Level 2), schools are able and encouraged to enter more than one team.

### The route from here to County Final - Inter School Competition (Level 3)

Quadkids start will not get to County Final - Inter School Competition (Level 3) and will peak at Inter School Competition (Level 2).

### How can regularity be achieved?

QuadKids Start can take place at an intra- school level (whole school QuadKids), within PE lessons throughout the term. Children are able to track improvements in their performances; the new UKA Quad Award can be used to reward improvement and achievement. At Inter School Competition (Level 2), schools are able and encouraged to enter a local league format where they have capacity.



# ATHLETICS

## Competition Card 3

### Primary or Secondary:

Primary

### Name of competition:

Quadkids Primary

### Age group:

KS2 – Years 5 and 6

### How to enter:

School teams of four girls and four boys

### Tournament format:

Central Venue – on an athletics track, grass or tarmac.  
Virtual Event – Inter School Competition (Level 2) events can be competed virtually.

### Simple rules:

- Four or five boys and four or five girls compete as a team.
- There are four events – 75m sprint, 600m run, vortex howler throw and standing long jump, plus optional relay.
- The four events take place in a rotational sequence.
- Each athlete is placed in a pool and competes in **all** events.
- Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically).
- The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.
- More than one team can be entered from each school.
- A competition of 240 athletes can be completed in 2½ hours.
- Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheet are available from the QuadKids website.

### Think inclusively!

QuadKids are currently working alongside England Athletics to produce an inclusive format of QuadKids Primary.

While the resource is being developed, consider the basic adaptations that can be considered e.g. different throwing equipment, different distances, etc.

### Relevant web links:

For more information please look at the QuadKids website [www.quadkids.org](http://www.quadkids.org)

### Roles for young people:

**Young Leaders** – Quadkids and Sportshall competition courses are available via [www.englandathletics.org](http://www.englandathletics.org). For over 16s, these are qualification based with a licence at the end of the course.

- Assistant officials courses can also be sourced for the schools concerned via [www.englandathletics.org](http://www.englandathletics.org)
- Organising IT – running the spreadsheets

### How can depth in competition through extra teams be achieved?

At Intra School Competition (Level 1) all children can participate in whole school QuadKids either over a series of weeks as part of their PE lessons or in a one off mass participation event. At Inter School Competition (Level 2), schools are able and encouraged to enter more than one team.

### The route from here to County Final - Inter School Competition (Level 3)

Intra School Competition (Level 1) is Whole School QuadKids where all children in the year group participate. Inter School Competition (Level 2) is clusters of schools competing (this can be a virtual competition) and County Final - Inter School Competition (Level 3) is the winners/top two or three teams of the cluster events competing against each other.

### How can regularity be achieved?

At Inter School Competition (Level 2), schools are able and are encouraged to enter a local league format. QuadKids Primary can also take place at an intra-school level (whole school QuadKids), within PE lessons throughout the term. Children are able to track improvements in their performances; the new UKA Quad Award can be used to reward improvement and achievement.



# ATHLETICS

## Competition Card 4

### Primary or Secondary:

Secondary

### Name of competition:

Sportshall Secondary

### Age group:

Separate competitions are held for Year 7 girls, Year 7 boys, Year 8 girls and Year 8 boys.

### How to enter:

Intra School Competition (Level 1) and Inter School Competition (Level 2) competitions are organised locally. County Final - Inter School Competition (Level 3) competition will be co-ordinated through each SGO and Sportshall's Development Officer.

### Tournament format:

Inter School Competition (Level 2) competitions usually accommodate 4–8 teams drawn from one partnership or district and are staged at a central venue, e.g. a secondary school sports hall. Two competitions would usually be staged in tandem, say Year 7 boys and Year 8 boys or alternatively Year 7 girls and Year 7 boys.



### Simple rules:

- Providing athletics competition in a team based format.
- Separate competitions for girls and boys.
- Maximum eight athletes, minimum five athletes in a team.
- Exciting mix of individual races, relays and field events.
- Athletes able to complete a maximum of three track and two field events.
- Full resources including competition format, running order, team declaration sheets, scoring support and comprehensive rules and guidance notes may be found at [www.sportshall.org](http://www.sportshall.org)

### Think inclusively!

All Sportshall activities may be adapted for young people with a disability. A new programme and resource (Sportshall Parallel) has been developed to enable athletes of all abilities to take part in Sportshall Athletics.

[www.sportshall.org/primary/primary-sportshall/disability-team-challenge](http://www.sportshall.org/primary/primary-sportshall/disability-team-challenge)

[www.sportshall.org](http://www.sportshall.org).

### Relevant web links:

[www.sportshall.org/secondary/secondary-sportshall/secondary-sportshall-competition](http://www.sportshall.org/secondary/secondary-sportshall/secondary-sportshall-competition)

[www.sportshall.org](http://www.sportshall.org)

### Roles for young people:

Sportshall Leaders workshops will prepare young people to support competition as:

- Event organisers
- Officials — track judges, time keepers, field event officials and scorers
- Team managers, assisting teaching staff as required — this may include introducing activities prior to the day of competition.

Leaders may also take on additional duties including photography and reports.

### How can depth in competition through extra teams be achieved?

Sportshall Secondary provides a flexible solution to indoor athletics competition. Intra-school competition may be organised on a class or house basis whilst further teams may be included at Inter School Competition (Level 2).

### The route from here to County Final - Inter School Competition (Level 3)

The leading team(s) within each Partnership/ District will be invited to a County Final - Inter School Competition (Level 3) competition (Sportshall Secondary County Final). These are staged annually, usually between January and April and are organised locally and can be delivered by the Sportshall Team.

### How can regularity be achieved?

Schools are encouraged to support a series of events/ league formats. The Sportshall Award provides an ideal solution to provision at Intra School Competition (Level 1) enabling the participation of entire year groups, whilst also offering a alternative for Inter School Competition (Level 2) competition.

# ATHLETICS

## Competition Card 5

### Primary or Secondary:

Secondary

### Name of competition:

Quadkids Secondary

### Age group:

KS3 – Year 7

### How to enter:

School teams of four girls and four boys

### Tournament format:

Central Venue – on an athletics track, grass or tarmac.

Virtual Event – Inter School Competition (Level 2) events can be competed virtually.

### Simple rules:

- Four or five boys and four or five girls compete as a team.
- There are four events – 100m sprint, 800m run, vortex howler throw and long jump, plus optional relay.
- The four events take place in a rotational sequence.
- Each athlete is placed in a pool and competes in all events.
- Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically).
- The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.
- More than one team can be entered from each school.
- A competition of 240 athletes can be completed in 2½ hours.
- Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheet are available from the QuadKids website.

### Think inclusively!

QuadKids are currently working alongside England Athletics to produce an inclusive format of QuadKids Secondary.

While the resource is being developed, consider the basic adaptations that can be considered e.g. different throwing equipment, different distances, etc.

### Relevant web links:

For more information please look at the QuadKids website [www.quadkids.org](http://www.quadkids.org)

### Roles for young people:

- Officials
- Organising IT – running the spreadsheets

**Young leaders** – Quadkids and Sportshall competition courses are available via [www.englandathletics.org](http://www.englandathletics.org). For over 16s – these are qualification based with a licence at the end of the course. Assistant officials courses can also be sourced for the schools concerned via [www.englandathletics.org](http://www.englandathletics.org)

### How can depth in competition through extra teams be achieved?

At Intra School Competition (Level 1) all children can participate in whole school QuadKids either over a series of weeks as part of their PE lessons or in a one off mass participation event. At Inter School Competition (Level 2) schools are able and are encouraged to enter more than one team.

### The route from here to County Final - Inter School Competition (Level 3)

Intra School Competition (Level 1) is whole school QuadKids where all children in the year group participate. Inter School Competition (Level 2) is clusters of schools competing (this can be virtual competitions) and County Final - Inter School Competition (Level 3) is the winners/top two or three teams of the cluster events competing against each other.

### How can regularity be achieved?

At Inter School Competition (Level 2), schools are able and are encouraged to enter a local league format. QuadKids Secondary can take place at an intra-school level too (whole school QuadKids), within PE lessons throughout the term. Children are able to track improvements in their performances; the new UKA Quad Award can be used to reward improvement and achievement.





# ATHLETICS

## Competition Card 6

### Primary or Secondary:

Secondary

### Name of competition:

Super8 Start

### Age group:

KS3 – Year 7

### How to enter:

School teams of eight girls and eight boys

### Tournament format:

Central Venue – on an athletics track, grass or tarmac.

Virtual Event – Inter School Competition (Level 2) events can be competed virtually.

### Simple rules:

- Eight boys and eight girls compete as a team.
- There are eight events – four track (hurdles, 100m, 200m, 800m), four field (high jump, long jump, shot, javelin) and relays (4 x 100m and Medley).
- Each athlete competes in one track, one field and one relay.
- Girls do their track events first while boys do their field events (all field events start at the same time) then girls do field and boys track. The competition concludes with the relays.
- Individual performances (times and distances) are scored using a points table (the Super8 spreadsheet calculates the points automatically)
- The scores of the team are added together to give the team score and the team with the highest cumulative points score wins.
- More than one team can be entered from each school.
- A competition of 128 athletes can be completed in two hours.
- Super6 is a modified format where there are teams of six girls and six boys and no hurdles or high jump.
- Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheet are available from the QuadKids website.

### Think inclusively!

There is an inclusive format of Super8 Start; for more information please contact the QuadKids team (email [info@quadkids.org](mailto:info@quadkids.org)).

### Relevant web links:

For more information please look at the QuadKids website [www.quadkids.org](http://www.quadkids.org)

### Roles for young people:

- Officials
- Organising IT – running the spreadsheets

Young people can help as officials in Super8 competition alongside qualified officials, Inter School Competition (Level 2), but cannot lead activities – links with the local club or county association can help in facilitating this. There are short form leader modules for Super8 but they are non-qualification based and the Quadkids team can help to facilitate these.

### How can depth in competition through extra teams be achieved?

At Intra School Competition (Level 1) all children can participate in Super8 either over a series of weeks as part of their PE lessons or in a one off mass participation event. At Inter School Competition (Level 2) schools are able and are encouraged to enter more than one team.

### The route from here to County Final - Inter School Competition (Level 3)

Inter School Competition (Level 2) is clusters of schools competing in a Super8 competition (this can be virtual) and County Final - Inter School Competition (Level 3) is the winners/top two or three teams of the cluster events competing against each other.

### How can regularity be achieved?

At Inter School Competition (Level 2), schools are able and are encouraged to enter a local league format. Super8 can also take place at an intra-school level, within PE lessons throughout the term. Children are able to track improvements in their performances; the new UKA Award Scheme can be used to reward improvement and achievement.



# ATHLETICS

## Competition Card 7

### Primary or Secondary:

Secondary

### Name of competition:

Super8 Junior/Inter

### Age group:

Junior (Years 8 and 9)

Inter (Years 10 and 11)

### How to enter:

School teams of eight girls and eight boys

### Tournament format:

Central Venue — on an athletics track, grass or tarmac.

Virtual Event — Inter School Competition (Level 2) events can be competed virtually.

### Simple rules:

- Eight boys and eight girls compete as a team.
- There are eight events — four track (hurdles, 100m, 300m, 1500m), four field (high jump, long jump, shot, javelin) and relays (4 x 100m and Medley).
- Each athlete competes in one track, one field and one relay.
- Girls do their track events first while boys do their field events (all field events start at the same time) then girls do field and boys track. The competition concludes with the relays.
- Individual performances (times and distances) are scored using a points table (the Super8 spreadsheet calculates the points automatically).
- The scores of the team are added together to give the team score and the team with the highest cumulative points score wins.
- More than one team can be entered from each school.
- A competition of 128 athletes can be completed in two hours.
- Super6 is a modified format where there are teams of six girls and six boys and no hurdles or high jump.
- Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheets are available from the QuadKids website.

### Think inclusively!

There is an inclusive format of Super8 Start; for more information please contact the QuadKids team (email [info@quadkids.org](mailto:info@quadkids.org)).

### Relevant web links:

For more information please look at the QuadKids website [www.quadkids.org](http://www.quadkids.org)

### Roles for young people:

- Officials
- Organising IT – running the spreadsheets

Young people can help as officials in Super8 competition alongside qualified officials, Inter School Competition (Level 2), but cannot lead activities — links with the local club or county association can help in facilitating this. There are short form leader modules for Super8 but they are non-qualification based and the Quadkids team can help to facilitate these.

### How can depth in competition through extra teams be achieved?

At Intra School Competition (Level 1) all children can participate in Super8 either over a series of weeks as part of their PE lessons or in a one off mass participation event. At Inter School Competition (Level 2) schools are able and are encouraged to enter more than one team.

### The route from here to County Final - Inter School Competition (Level 3)

Inter School Competition (Level 2) is clusters of schools competing in a Super8 competition (this can be virtual) and County Final - Inter School Competition (Level 3) is the winners/top two or three teams of the cluster events competing against each other.

### How can regularity be achieved?

At Inter School Competition (Level 2), schools are able and are encouraged to enter a local league format. Super8 can also take place at an intra-school level, within PE lessons throughout the term. Children are able to track improvements in their performances; the new UKA Award Scheme can be used to reward improvement and achievement.

