

Year 6 Inter-School Fitness Competition.



# The Gymrun Games.

hosted by St Paul's School

Thursday 29 June.



# Positioning **Fitness** at the **Heart** of school life.



We are passionate about the positive impact of improved fitness on PE, Sport and all areas of children's learning.

Research shows when children become fitter, their academic learning, health & well-being, resilience & self-confidence all improve.

We want to deliver a competition through which children can enjoy the short-term buzz, and better understand the long-term benefits, of exercise and fitness.



The **Gymrun Games** provides a unique opportunity for children of *all abilities* to stretch & challenge themselves physically within an inter-school competition.

12.30 – School registration

12.40 – Teachers’ briefing. Athletes’ warm up

12.50 – Welcome. Athletes’ briefing

**13.00 – Event 1 - Gymrun Challenges**

**14.00 – Event 2 - Team Competition**

14.45 – Presentation



# Event 1 – Gymrun Challenges.

Athletes perform inclusive challenges in five key indicators of fitness:  
**Speed/Agility, Core Stability, Arm Strength, Leg Power & Stamina.**

An average fitness score is generated for each athlete, matching a fitness colour.

Each athlete will receive a colour graded fitness badge, from red to pink.



All fitness badges will be delivered to your school.



## Building Fitter Futures with the Gymrun Challenges.



Your overall score will achieve a fitness award badge.



**1. LINE SPEED BOUNCE**  
30 seconds  
Speed/Agility



**2. CROSSFIT SIT UP**  
60 seconds  
Core Stability



**3. STRAIGHT LEG DIP**  
60 seconds  
Arm Strength



**4. STANDING LONG JUMP**  
In centimetres  
Leg Strength/Power



**5. THREE MINUTE RUN**  
In metres  
Stamina

Helping every child to monitor, understand & celebrate fitness development.



AGE 4-11



AGE 11+

Adaptions available to support inclusion for every child.

ICO Registered.



[gymrun.co.uk](http://gymrun.co.uk)



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## Event 2 – Team Competition.

Schools compete with two teams of four athletes. Each team takes part in a Pool Relay, to qualify for a graded Final.

Each athlete completes a set number of repetitions in one of the listed activities:

Line Speed Bounces  
CrossFit Sit Ups  
Straight Leg Dips  
Standing Jumps

Followed by a **Short Run**, before handing over the relay baton.





## St Paul's School.

80 Lonsdale Rd. Barnes. London SW13 9JT.

[gymrun.co.uk](http://gymrun.co.uk)



Gymrun Games.

### School Registration Form

School Name:
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Team 1	Team 2	Team 3

PE Lead:	
Email Address:	

ICO. Registered. | [gymrun.co.uk](http://gymrun.co.uk)

This form will be available for you to complete on the day at the registration.

[gymrun.co.uk](http://gymrun.co.uk)





For any questions about this event, please contact:

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