

**Primary Panathlon Rules**

**\*Primary Panathlon runs on a rotational system whereby students get to take part in each of the 8 activities for 10 minutes.**

**Flight Path**

* 1 person at a time (per target).
* Students throw Velcro balls at target from 1.5m away, 1m for wheelchair users.
* 5 shots each then rotate student (continue for 10mins).
* 1 point every time the ball is thrown and sticks on the inner two rings (green and yellow ring)
* Teams points are added together.

**Boccia Blast**

* All students must be sat on chairs in a line.
* Students take it in turns to throw a boccia ball at the beach ball.
* The beach ball and hoop should be placed 2m from students sat down.
* Each time the beach ball is hit out of the plastic hoop, the team score 1 point.

**New Age Kurling**

* 1 person at a time
* 3 shots each then rotate students (continue for 10mins)
* Students try to slide kurling stones on to the scoring target
* Students slide from a marked area which is 2m away from the target area. This can be varied, depending upon floor surface.
* Take the highest score from the team over the 10 mins.

**Parachute Popcorn**

* Students stand spread out around the outside of the parachute, holding a part of the parachute and begin to shake it.
* Once the parachute is shaking the teacher/ leader can add 30 balls.
* The balls fly off the parachute and then the children are timed to collect all balls back in (putting in to a bucket).
* Do this intermittently for 10 mins allowing students to rest in between.

**Table Cricket**

* Involves 2 players at a time, 1 batter and 1 bowler.
* Other students stand around the outside of the table and rotate with batter and bowler.
* Each student has 6 bats and 6 bowls (time depending)
* Bowler rolls the ball down the ramp and then batter hits the ball against the side of the table (aiming for the scoring targets- 6,4 and 2)
* If a player misses the ball they score 0
* If ball is hit off the table it counts as -5 runs.
* If they hit the ball to a fielder target they score -5 runs.
* The teams score is added together.

**Volleybat**

* Students rally up and down the table tennis table.
* The ball must stay on the surface of the table.
* The ball may hit the side of the table but if it hits the barrier in the middle of the table, the rally breaks down.
* Rotate children after each rally
* The highest rally for the team is recorded.
* If the rally reaches 40, then the rally should be stopped and children rotate. Max score is 40.

**Messi Football**

* Dribble the ball through the blue cones and then through red cones (either right or left side is fine).
* Once through the red cones, the student may shoot the ball at the goal.
* Every goal is recorded for the team.
* Wheelchair users may hold the ball in hands and throw rather than kick.

**Precision Beanbag**

* 1 student at a time (rotate students)
* Player is seated
* 6 beanbags to throw at numbered target mat
* Each beanbag must go in to a different target area (eg if 2 beanbags are thrown in the same box, only one counts.
* Take the score from where the beanbag finishes, not where it lands
* Highest score and lowest score from the team are added together to give the team score.