

Cross Country – Core and advanced skills

Distances

Year 7 Boys – 2500m to 3000m

Year 7 Girls – 2500m to 3000m

Year 8 and 9 Boys – 4000m to 4500m

Year 8 and 9 Girls – 3500m to 4000m

Performance will be judge on:

- Performance level.
 - Fitness level.
 - Technique and fluency of running style.
 - Tactics
 - The start of the race (pens).
 - Pace judgement.
 - Hill running (both running up hills and down hills).
 - Running over different terrain.
 - Overcoming obstacles, for example ditches, gaps and turnings.
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- A very good level of fitness built up from regular training over the season which will enable them to compete strongly on hills and over difficult terrain.
 - Tactically aware when breaking out of the pen, and with good pace judgement and tactically aware at all stages of the race.
 - Running style and technique quite fluent and student can adapt to running up hills, and to cope with obstacles such as gaps and ditches.
 - May tire towards the end of a hard race.