

SCHOOL GAMES

Energise Me



HAMPSHIRE SCHOOL GAMES ACTIVITIES AUTUMN 1 – INCLUSIVE



 @HampshireSGO

 Hampshire SGO



www.yourschoolgames.com



HAMPSHIRE SCHOOL GAMES AUTUMN TERM VIRTUAL COMPETITIONS

The Hampshire SGO's made the decision in June 2020 to make the Autumn Term competitions virtual events due to the uncertainty of Covid-19, and the advice given to ensure the safety of all involved.

We have created a programme of 9 activities based on the competitions that would normally have occurred in the Autumn term. All the activities are skill based, and are designed to use as little equipment as possible.

You can choose which competitions you enter, whilst we would encourage you to participate as part of PE lessons, there is not a requirement to do them all.

To score towards the Level 2 and Level 3 events you must enter the total number of participants in the competition, plus the actual scores of the top 5 girls and top 5 boys in each year group using the table supplied. You are able to enter up to three teams of 10 pupils, per year group, in each sport.

The top three teams in each SGO area will be rewarded Level 2 medals and the Top three teams across the County will be awarded Level 3 medals.

EnergiseMe are collating the entries and you can either submit your scores directly onto their website (www.energiseme.org/schools/hampshire-school-games/) OR you can email the results to your SGO who can enter them for you. Entries can be submitted from Monday 14th September to Friday 11th December.

The activities for Autumn Term are:

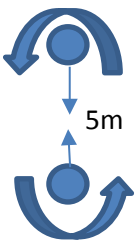


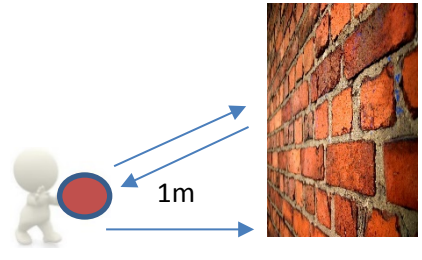
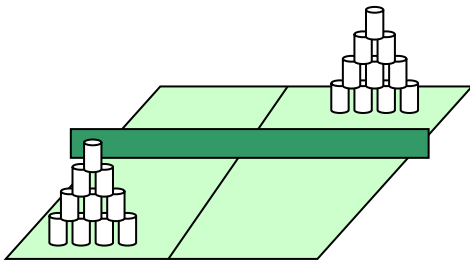
Term	Sport	Entry Deadline
Autumn Term Entries can be made between Monday 14 th September – Friday 11 th December	TABLE TENNIS	Friday 11 th December
	CROSS COUNTRY	
	FOOTBALL	
	SPORTSHALL ATHLETICS	
	PANATHLON CHALLENGE	
	BADMINTON	
	BASKETBALL	
	HOCKEY	
	MULTI-SKILLS	

Good Luck and we hope you enjoy the activities!



HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS AUTUMN – INCLUSIVE

Welcome you to the Hampshire School Games Virtual Table Tennis Championships.

ACTIVITY	DESCRIPTION / RULES
<p>Balance Travel</p> 	<ul style="list-style-type: none"> Put out 2 cones 5 metres apart You need a bat and a ball. Starting at the first cone, travel round the cones balancing your ball on the bat. Travel for 30 seconds. Keep a count of how many times the ball drops off the bat <p>How many times did the ball drop off the bat, in 30 seconds? (Remember low numbers are best).</p>
<p>Bat Bounce</p> 	<ul style="list-style-type: none"> You need a bat and a ball. <p>How many times you can bounce the ball on the bat in 30 seconds.</p>
<p>Hit into Bucket</p> 	<ul style="list-style-type: none"> Place a bucket 3 metres away from your start line. Put a bib in the bottom of the bucket so balls don't bounce out! You will need a bat and 10 balls From your start line try to hit the 10 balls, one at a time, into the bucket. <p>How many can you get in the bucket?</p>
<p>Wall Catch</p> 	<ul style="list-style-type: none"> You will just need a table tennis ball You will need to be 1 metre away from a wall Throwing the ball underarm against the wall, <p>How many times can you catch the ball in 30 seconds?</p>
<p>Table Tennis Bowling</p> 	<ul style="list-style-type: none"> You need a table, 20 plastic cups, bat and a ball. 10 plastic cups per half court, stacked up in a pyramid. Each player has 5 goes to knock over as many cups as possible. You can either reset the cups after each shot or keep them off after they are knocked down. <p>How many cups did you manage to knock down in 5 goes?</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS

AUTUMN – INCLUSIVE STEP TOOL

Use this tool to help you adapt the activities to meet the needs of your pupils

	Balance Travel	Bat Bounce	Hit into Bucket	Wall Catch	Table Tennis Bowling
SPACE	<ul style="list-style-type: none"> • Make the distance smaller or change the shape. • Think about the surface you are moving on. 	<ul style="list-style-type: none"> • Can be done sitting or standing up 	<ul style="list-style-type: none"> • Move the bucket closer or further away to suit ability 	<ul style="list-style-type: none"> • Start with a shorter distance depending on throwing ability. 	<ul style="list-style-type: none"> • Set up cups closer to the participant
TASK	<ul style="list-style-type: none"> • Make the task time shorter 	<ul style="list-style-type: none"> • Make the task time shorter or longer to suit abilities 	<ul style="list-style-type: none"> • Throw balls into bucket, rather than using a bat 	<ul style="list-style-type: none"> • Make the task time shorter or longer to suit abilities • If unable to catch, count number of times can throw or roll the ball to hit a wall target (piece of paper stuck on wall). 	<ul style="list-style-type: none"> • Have fewer cups to knock down
EQUIPMENT	<ul style="list-style-type: none"> • Follow a line or a wall aiding understanding. • Use electric wheelchairs or wheelchairs/mobility aids. • Use a bigger bat and/or ball 	<ul style="list-style-type: none"> • Use a bigger bat and/or ball • If you don't have a table tennis bat, use something solid and flat like a small hardback book 	<ul style="list-style-type: none"> • Use a bigger target than a bucket • Use a bigger bat and/or ball 	<ul style="list-style-type: none"> • Use bigger a ball, or lighter/heavier objects to suit participants 	<ul style="list-style-type: none"> • Use a ramp to roll the ball at the cups. • Can use a normal table, no need for a table tennis specific table • Use a bigger or heavier object
PEOPLE	<ul style="list-style-type: none"> • Ask for ideas! • Adults can act as guides. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability.



HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS AUTUMN – INCLUSIVE

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website (www.energiseme.org/schools/hampshire-school-games/) or through your SGO





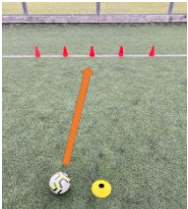
School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Balance Travel	Bat Bounce	Hit into Bucket	Wall Catch	Table Tennis Bowling
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ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11th DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL TWO AND THREE EVENTS.



HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL AUTUMN – INCLUSIVE

Welcome you to the Hampshire School Games Virtual Football Championships.

ACTIVITY	DESCRIPTION / RULES
<p>'The Slalom' (Dribble)</p> 	<p>You will need: A ball, 4 markers, a stopwatch</p> <ul style="list-style-type: none"> Set 4 markers out in a straight line that are 1m apart On the command 'Go' the participant dribble in and out of each cone and back. Every completed slalom back to the start cone is 1 point. 2 minutes to gain as many points as possible. <p>How many slalom's can you do in 2 minutes?</p> <p><i>Easier: markers 0.5m apart</i> <i>Harder: markers 1.5m apart</i></p>
<p>8-metre Dash (Running with the Ball)</p> 	<p>You will need: A ball, 2 markers, a stopwatch</p> <ul style="list-style-type: none"> Set 2 markers out that are 8 metres apart. Start behind on of the markers On the command 'Go', the participant runs with the ball around each marker. Every completed 'end' is 1 point 2 minutes to gain as many points as possible. <p>How many runs can you do in 2 minutes?</p> <p><i>Easier: 5 metre distance</i> <i>Harder: 10 metre distance</i></p>
<p>Rebound Race (Passing)</p> 	<p>You will need: a wall, a ball, a stopwatch</p> <ul style="list-style-type: none"> Place the marker 1.5 metres away from the wall On 'Go', the participant passes the ball against the wall. Every pass against the wall is 1 point. Encourage participants to control the ball before each pass. 2 minutes to gain as many points as possible. <p>How many passes can you score in 2 minutes?</p> <p><i>Easier: 1 metre distance</i> <i>Harder: 2 metre distance/use both feet</i></p>
<p>Aiming Accuracy (Passing Target)</p> 	<p>You will need: a ball, 13 markers</p> <ul style="list-style-type: none"> Use 4 markers to create a 'target' area (2 metre square) Use a marker to designate where to pass from and create the 3 target area 2m, 4m, 6m away Using different types of passes try and hit each target area – the ball doesn't have to remain in the target area. <p>You have 10 attempts to hit the target as many times as possible – can only pass through each target once on each attempt</p> <ul style="list-style-type: none"> 2m target hit = 1 point, 4m target hit = 2 points, 6m target hit = 3 points Record the score – Max 30 points available <p><i>Easier: 3 metre square 'target'</i> <i>Harder: 1 metre square 'target'</i></p>
<p>Knockdown Challenge (Shooting)</p> 	<p>You will need: a ball, 5 marker, 5 targets (bottles/cans etc), if possible a football goal.</p> <ul style="list-style-type: none"> Place the 5 targets evenly spread across the goal line 0.5m away from each other if possible. Place the starter marker 2m away from the goal line, then the other 4 markers a metre further back each time. You have 1 attempt from each marker to knock down a target 2m – 1 point, 3m – 2 points, 4m – 3 points, 5m – 4 points, 6m – 5 points <p>Record your score – Max 15 points available.</p> <p><i>Easier marker 0.5m away.</i> <i>Harder: marker 2m away.</i></p>



HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL

AUTUMN – INCLUSIVE STEP TOOL

Use this tool to help you adapt the activities to meet the needs of your pupils

	The Slalom	8-metre Dash	Rebound Race	Aiming Accuracy	Knockdown Challenge
SPACE	<ul style="list-style-type: none"> • Make the distance bigger between cones. • Use less cones on the slalom. 	<ul style="list-style-type: none"> • Make the distance of the dash smaller 	<ul style="list-style-type: none"> • Increase or decrease distance from the wall. 	<ul style="list-style-type: none"> • Increase the size of the target areas. • Reduce the amount of target areas. 	<ul style="list-style-type: none"> • Start with a shorter distance away from the targets. • Shoot from the same distance that can be decided per participant.
TASK	<ul style="list-style-type: none"> • Extend time to complete exercise • Allow use of hands to keep the ball under control. 	<ul style="list-style-type: none"> • Extend time to complete exercise. • Allow use of hands to keep the ball under control. 	<ul style="list-style-type: none"> • Extend time to complete exercise. • Allow use of hands to keep the ball under control. 	<ul style="list-style-type: none"> • Allow use of hands to roll the ball. • Use one target area to aim for. 	<ul style="list-style-type: none"> • Allow the use of hands to aid shooting. • Include more targets closer together for more success.
EQUIPMENT	<ul style="list-style-type: none"> • Mark out a line on the floor with tape for pupils to follow • Use different size balls or balls that make a sound. • Use brightly coloured cones to aid vision 	<ul style="list-style-type: none"> • Use bigger markers. • Use brightly coloured markers to aid vision. • Use different size balls or balls that make a sound. 	<ul style="list-style-type: none"> • Use bigger balls/lighter objects. • Use objects which make sound when such as goal balls. 	<ul style="list-style-type: none"> • Use bigger balls/lighter objects or goal balls that will make a sound. • Use brightly coloured cones to aid vision. • Use bigger markers for target area. 	<ul style="list-style-type: none"> • Use a larger ball or larger targets to help- assist success. • Brightly coloured targets for visual aid.
PEOPLE	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability.



HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL AUTUMN – INCLUSIVE

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website (www.energiseme.org/schools/hampshire-school-games/) or through your SGO

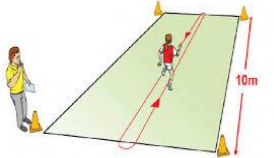
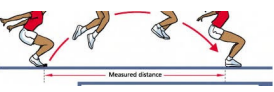
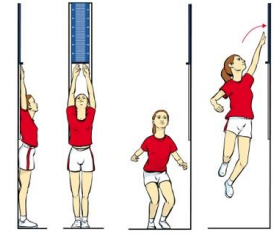

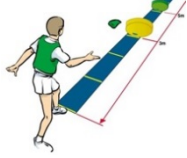
School Name:						Total No. of participants:		
Name or Number	Year Group	Gender	The Slalom	8-metre Dash	Rebound Race	Aiming Accuracy	Knockdown Challenge	
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HAMPSHIRE SCHOOL GAMES VIRTUAL SPORTSHALL ATHLETICS AUTUMN – INCLUSIVE

Welcome you to the Hampshire School Games Virtual Sportshall Athletics Championships.

ACTIVITY	DESCRIPTION / RULES
<p>Shuttle Run</p> 	<ul style="list-style-type: none"> • Set 2 cones out that are 10m apart • This will create the running lane. • On the command 'Go' the athlete runs the 5m distance a total of 8 times for Year 7/8 pupils and 10 times for Year 9 - 11 pupils to complete the equivalent of 80m or 100m • Record the score using a stopwatch <p>How quick did you manage to run those laps?</p>
<p>Standing Long Jump</p> 	<ul style="list-style-type: none"> • Can you land comfortably on two feet? • Start with feet behind a line on the floor or a mat • Take off and landing should be on two feet • Swing your arms to help you • As soon as you have landed one jump, jump again, swinging your arms <p>How far can you jump, when taking three back to back jumps?</p>
<p>Vertical Jump</p> 	<ul style="list-style-type: none"> • The participant stands with their back and heels touching the wall. • Both arms should be stretched upwards and legs straight. • The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched. • Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. • You can also use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved <p>How high did you manage to jump? <i>Record the number reached and calculate the difference between stretched height and jumped height.</i></p>
<p>Speed Bounce</p> 	<ul style="list-style-type: none"> • Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet • The feet should leave the mat simultaneously and land on the mat simultaneously. • The athlete should cross the wedge as many times as possible within the allocated time period as follows: • The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge. <p>How many 'good' jumps did you do in 30 secs?</p>
<p>Target Throw</p> 	<ul style="list-style-type: none"> • The participant stands behind a line and throws three items into the target placed at 3m. • The target is then moved to 5m and the process is repeated. • 4 points if the item lands in the target. • 2 points if the item bounces out of the target or if the item touches the floor before the target <p>How many points did you manage to get in 6 throws?</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL SPORTSHALL ATHLETICS

AUTUMN – INCLUSIVE STEP TOOL

Use this tool to help you adapt the activities to meet the needs of your pupils

	Shuttle Run	Standing Long Jump	Vertical Jump	Speed Bounce	Target Throw
SPACE	<ul style="list-style-type: none"> • Make the distance smaller or change the shape. • Different people moving different distances will motivate everyone. • Think about the surface you are moving on. 	<ul style="list-style-type: none"> • Can be done on the floor as part of physio routine (stretch/roll not jump) • Consider softer environment eg. In bed. • Start small and build up. 	<ul style="list-style-type: none"> • Consider laying flat and stretching instead of jumping. • Wheelchair users can measure a stretch above head. • Make sure space appropriate for each individual it's all about stretching yourself. 	<ul style="list-style-type: none"> • Can be done in a wheelchair just tapping foot or feet from one side to another. • Use laying on the floor to aid mobility. • Decreasing height and distance moving. 	<ul style="list-style-type: none"> • Start with a shorter distance depending on throwing ability. • Consider stretching and pushing object towards a target you can hit. Eg. off a wheelchair tray. • Use a table to push object across towards a target.
TASK	<ul style="list-style-type: none"> • Can it be a repetition/stretch or number of pushes in a time. • Static activity for those who can't run eg. stretching from one side to the other as many times as possible. • Use a target or something to hit/knock over at each end. 	<ul style="list-style-type: none"> • Use 1 wheelchair push instead of a jump. • How far can you stretch forwards in 3 attempts instead of jumping. • Could be a hop skip or one step. 	<ul style="list-style-type: none"> • Activity could be a grab/stretch not jump. • Any activity can be measured as long as its movement above normal range. • Could be repetition based 	<ul style="list-style-type: none"> • Could be done laying down and moving feet to hit object on either side. • Loose the object and use as a side step rather than jump. • Use a foot side stretch rather than jump. 	<ul style="list-style-type: none"> • Use a ramp (old guttering etc) instead of throwing. • Stretch and release an object rather than throw. • Use objects which make sound when hit and released such as balloons with rice in.
EQUIPMENT	<ul style="list-style-type: none"> • Follow a line or a wall aiding understanding. • Use electric wheelchairs or wheelchairs/mobility aids. • Use a line or rope to pull a distance rather than move physically. 	<ul style="list-style-type: none"> • Use a throw instead of a jump. • Move an object as far as you can with one push eg. A ball. • Use any marking on the floor to show personal best effort. 	<ul style="list-style-type: none"> • Range of objects that could be grabbed eg rolled up socks. • Balloons could be used to stretch up and keep in the air. • String or line to move hands up. 	<ul style="list-style-type: none"> • Use objects to knock over or feel and touch • Use brightly coloured object to aid vision. • Markings on the floor using chalk or tape if height restrictive. 	<ul style="list-style-type: none"> • Adjust the target to a pole or post if needed • Use bigger targets or those that are flat. • Use bigger balls, lighter objects or anything that moves!
PEOPLE	<ul style="list-style-type: none"> • Ask for ideas! • Different family members compete over different distances. • Adults can act as guides. 	<ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability.



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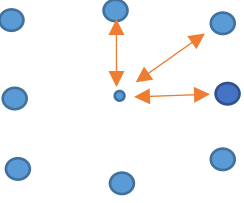
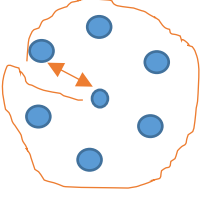



School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Shuttle Run	Standing Long Jump	Virtual Jump	Speed Bounce	Target Throw
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HAMPSHIRE SCHOOL GAMES VIRTUAL CROSS COUNTRY AUTUMN – INCLUSIVE

Welcome you to the Hampshire School Games Virtual Cross Country Championships.

ACTIVITY	DESCRIPTION / RULES
<p>Star Run</p> 	<ul style="list-style-type: none"> Place 8 markers in a star around a central point. The radius should be 10-15m Starting in the middle, run out to one marker and back to the middle. Repeat to each marker making sure you go round each marker. <p>How long did it take you to complete the 8 runs?</p>
<p>Round the World</p> 	<ul style="list-style-type: none"> Place 6 markers in a circle around a central point. The radius should be 10m Starting from the middle, run out to one marker and then run round the outside of all the markers and back to the first marker and back to the middle. Repeat 3 times. <p>What is the fastest time?</p>
<p>Scavenger Hunt</p> 	<ul style="list-style-type: none"> Place at least 6 objects around an area like the playground or field Pupils start in the middle of the area and have a piece of paper and pen to write on (or white boards) On 'go' they have to go find an object and then come back and write down the first letter of the object then go and find the next one and come back and so on. <p>How fast can they collect all the letters?</p> <ul style="list-style-type: none"> The letters could spell a word or you could use numbers and they have to do a sum to make it even more challenging.
<p>Deck of Cards</p> 	<ul style="list-style-type: none"> Place playing cards (numbers only, not the picture cards) around a predetermined route. You could use 2-3 packs depending on your group size. Pupils run 2 laps and pick up cards as they go. At the end of the 2 laps, they have to add up the value of their cards. They have the choice then of running another lap in exchange for swapping one of their cards for another from a separate pile that has mostly high numbers and the picture cards that are worth 11 (J), 12 (Q), 13 (K) points. They have to choose the card without looking at it. <p>Who can get the highest points score?</p>
<p>Hurdler</p> 	<ul style="list-style-type: none"> Set up a course of about 400m with 6 – 8 barriers in it. Pupils have to run the course going over the barriers as quickly as possible. <p>Who can run it the fastest?</p> <ul style="list-style-type: none"> Increase the length of the run or number of barriers to make it more challenging.



HAMPSHIRE SCHOOL GAMES VIRTUAL CROSS COUNTRY AUTUMN – INCLUSIVE

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School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Star Run	Round the World	Scavenger Hunt	Deck of Cards	Hurdler
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