

SCHOOL GAMES

Energise Me



# HAMPSHIRE SCHOOL GAMES ACTIVITIES AUTUMN 1 – KS1



 @HampshireSGO

 Hampshire SGO



[www.yourschoolgames.com](http://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/](http://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:

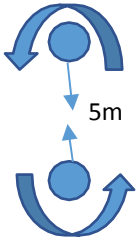

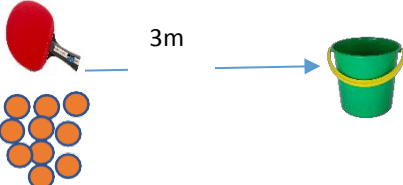
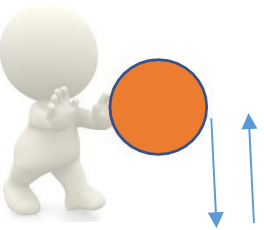
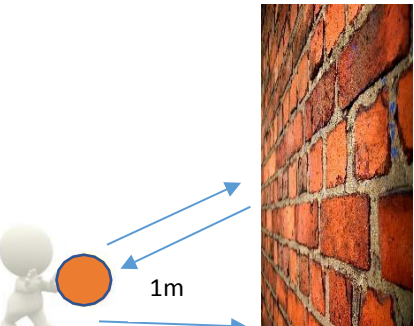
Term	Sport	Entry Deadline
Autumn Term  Entries can be made between Monday 14 <sup>th</sup> September – Friday 11 <sup>th</sup> December	TABLE TENNIS	Friday 11 <sup>th</sup> December
	CROSS COUNTRY	
	FOOTBALL	
	SPORTSHALL ATHLETICS	
	PANATHLON CHALLENGE	
	BADMINTON	
	BASKETBALL	
	HOCKEY	
	MULTI-SKILLS	

**Good Luck and we hope you enjoy the activities!**



# HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS AUTUMN – KEY STAGE 1

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

ACTIVITY	DESCRIPTION / RULES
<p><b>Balance Walk</b></p> 	<ul style="list-style-type: none"> <li>Put out 2 cones 5 metres apart</li> <li>You need a bat and a ball.</li> <li>Starting at the first cone, you must walk round the cones balancing your ball on the bat.</li> <li>Walk for 30 seconds.</li> </ul> <p><b>Keep a count of how many times the ball drops off the bat</b></p> <ul style="list-style-type: none"> <li>Smallest number is best.</li> </ul>
<p><b>Bat Bounce</b></p> 	<ul style="list-style-type: none"> <li>You need a bat and a ball.</li> </ul> <p><b>How many times you can bounce the ball on the bat in 20 seconds.</b></p>
<p><b>Hit into Bucket</b></p> 	<ul style="list-style-type: none"> <li>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!</li> <li>You will need a bat and 10 balls</li> <li>From your start line try to hit the 10 balls, one at a time, into the bucket.</li> </ul> <p><b>How many can you get in the bucket?</b></p>
<p><b>Ball Bounce</b></p> 	<ul style="list-style-type: none"> <li>You will just need a table tennis ball.</li> <li>You need to bounce the ball on the floor and catch it.</li> </ul> <p><b>How many times can you bounce and catch the ball in 30 seconds?</b></p>
<p><b>Wall Catch</b></p> 	<ul style="list-style-type: none"> <li>You will just need a table tennis ball</li> <li>You will need to be 1 metre away from a wall</li> <li>Throwing the ball underarm against the wall,</li> </ul> <p><b>How many times can you catch the ball in 30 seconds?</b></p>



## HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS AUTUMN – KEY STAGE 1

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# HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS

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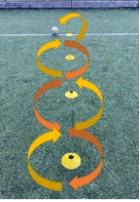




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# HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL AUTUMN – KEY STAGE 1

Welcome you to the Hampshire School Games Virtual Football Championships.

ACTIVITY	DESCRIPTION / RULES
<p><b>'The Slalom' (Dribble)</b></p> 	<p>You will need: A ball, 4 markers, a stopwatch</p> <ul style="list-style-type: none"> <li>Set 4 markers out in a straight line that are 1m apart</li> <li>On the command 'Go' the participant dribble in and out of each cone and back.</li> <li>Every completed slalom back to the start cone is 1 point.</li> <li>2 minutes to gain as many points as possible.</li> </ul> <p><b>How many slalom's can you do in 2 minutes?</b></p> <p><i>Easier: markers 0.5m apart</i> <span style="float: right;"><i>Harder: markers 1.5m apart</i></span></p>
<p><b>5-metre Dash (Running with the Ball)</b></p> 	<p>You will need: A ball, 2 markers, a stopwatch</p> <ul style="list-style-type: none"> <li>Set 2 markers out that are 5 metres apart.</li> <li>Start behind on of the markers</li> <li>On the command 'Go', the participant runs with the ball around each marker.</li> <li>Every completed 'end' is 1 point</li> <li>2 minutes to gain as many points as possible.</li> </ul> <p><b>How many runs can you do in 2 minutes?</b></p> <p><i>Easier: 3 metre distance</i> <span style="float: right;"><i>Harder: 8 metre distance</i></span></p>
<p><b>Rebound Race (Passing)</b></p> 	<p>You will need: a wall, a ball, a stopwatch</p> <ul style="list-style-type: none"> <li>Place the marker 1.5 metres away from the wall</li> <li>On 'Go', the participant passes the ball against the wall.</li> <li>Every pass against the wall is 1 point.</li> <li>Encourage participants to control the ball before each pass.</li> <li>2 minutes to gain as many points as possible.</li> </ul> <p><b>How many passes can you score in 2 minutes?</b></p> <p><i>Easier: 1 metre distance</i> <span style="float: right;"><i>Harder: 2 metre distance/use both feet</i></span></p>
<p><b>Aiming Accuracy (Passing Target)</b></p> 	<p>You will need: a ball, 5 markers</p> <ul style="list-style-type: none"> <li>Use 4 markers to create a 'target' area (2 metre square)</li> <li>Use a marker to designate where to pass from and create the target area 4m away.</li> <li>Try to pass the ball into the target area – extra points for stopping the ball in the target area.</li> </ul> <p><b>You have 10 attempts to hit the target as many times as possible.</b></p> <ul style="list-style-type: none"> <li>1 point for the ball passing through the target area, 3 points for getting the ball to stop in the target area.</li> <li>Record the score – Max 30 points available</li> </ul> <p><i>Easier: 3 metre square 'target'</i> <span style="float: right;"><i>Harder: 1 metre square 'target'</i></span></p>
<p><b>Knockdown Challenge (Shooting)</b></p> 	<p>You will need: a ball, 1 marker, 5 targets (bottles/cans etc), if possible a football goal.</p> <ul style="list-style-type: none"> <li>Place the 5 targets evenly spread across the goal line 0.5m away from each other if possible.</li> <li>Place the starter marker 3m away from the goal line.</li> <li>You have 5 attempts to knock down as many targets as possible.</li> <li>2 points per target knocked down.</li> </ul> <p><b>Record your score – Max 10 points available.</b></p> <p><i>Easier marker 2m away.</i> <span style="float: right;"><i>Harder: marker 4m away.</i></span></p>



## HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL AUTUMN – KEY STAGE 1

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3		R	G					
4		R	G					
5		R	G					
6		R	B					
7		R	B					
8		R	B					
9		R	B					
10		R	B					
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12		1	G					
13		1	G					
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# HAMPSHIRE SCHOOL GAMES VIRTUAL SPORTSHALL ATHLETICS AUTUMN – KEY STAGE 1

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

ACTIVITY	DESCRIPTION / RULES
<p><b>Catcher</b></p> 	<ul style="list-style-type: none"> <li>• Can you clap three times and then catch a ball?</li> <li>• Child must not move their feet whilst doing this activity</li> <li>• There are 6 activities and for each activity you score a point               <ol style="list-style-type: none"> <li>1. Throw – Catch</li> <li>2. Throw – Clap – Catch</li> <li>3. Throw – Clap – Clap – Catch</li> <li>4. Bounce – Catch</li> <li>5. Bounce – Clap – Catch</li> <li>6. Bounce – Clap – Clap – Catch</li> </ol> </li> </ul> <p><b>How many points did you manage to get?</b> (maximum score is 6)</p>
<p><b>Runner</b></p> 	<ul style="list-style-type: none"> <li>• Can you run fast but change direction quickly as well?</li> <li>• Place two markers out on the floor 10m apart</li> <li>• Starting on a whistle or 'Go' time how quickly it takes the runner to cover 4 x 10m</li> <li>• Make sure the runner goes around the cones at either end of the course</li> </ul> <p><b>How quick did it take you to run the distance?</b> (record the time)</p>
<p><b>Pitcher</b></p> 	<ul style="list-style-type: none"> <li>• Can you get each of the bean bags into the correct mat or target?</li> <li>• Pitcher starts behind the throw line (2m from the first target)</li> <li>• There are 4 targets placed 50cm apart in a line.</li> <li>• You have 12 bean bags and you have three attempts to try and land on each respective target</li> <li>• Try for the closest target first and leave the target furthest away until last</li> </ul> <p><b>How many times did you land on the target?</b> (maximum score is 12)</p>
<p><b>Balancer</b></p> 	<ul style="list-style-type: none"> <li>• How long can you stand in one position like a statue?</li> <li>• Stand on one foot using your partner to help you gain balance.</li> <li>• Start the stopwatch when the child lets go of partners arm and stop when free leg touches the floor</li> <li>• The maximum test time a child can score on one foot is 15 seconds</li> <li>• The child must try the activity with both legs</li> </ul> <p><b>How long did you manage to balance on both legs combined?</b> (maximum score is 30 seconds)</p>
<p><b>Jumper</b></p> 	<ul style="list-style-type: none"> <li>• Can you land comfortably on two feet?</li> <li>• Start with feet behind a line on the floor or a mat</li> <li>• Take-off and landing should be on two feet</li> <li>• Swing your arms to help you</li> <li>• As soon as you have landed one jump, jump again, swinging your arms</li> </ul> <p><b>How far did you jump when taking three back to back jumps?</b></p>

For information on teaching points and guidance for these activities look at the Infant Agility resource cards on the Sportshall website [http://www.sportshall.org/wp-content/uploads/2013/04/Sportshall\\_Infants\\_Resource\\_Cards.pdf](http://www.sportshall.org/wp-content/uploads/2013/04/Sportshall_Infants_Resource_Cards.pdf)



## HAMPSHIRE SCHOOL GAMES VIRTUAL SPORTSHALL ATHLETICS AUTUMN – KEY STAGE 1

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Name or Number		Year Group	Gender	Catcher	Runner	Pitcher	Balancer	Jumper
1		R	G					
2		R	G					
3		R	G					
4		R	G					
5		R	G					
6		R	B					
7		R	B					
8		R	B					
9		R	B					
10		R	B					
11		1	G					
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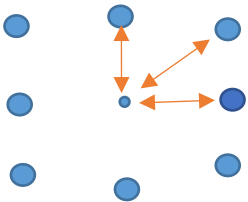
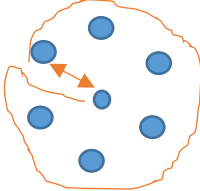
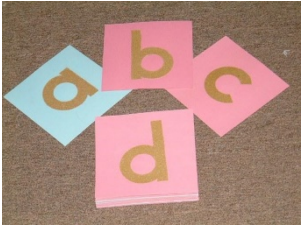
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# HAMPSHIRE SCHOOL GAMES VIRTUAL CROSS COUNTRY AUTUMN – KEY STAGE 1

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

ACTIVITY	DESCRIPTION / RULES
<p><b>Star Run</b></p> 	<ul style="list-style-type: none"> <li>Place 8 markers in a star around a central point. The radius should be 10m</li> <li>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.</li> </ul> <p><b>How long did it take you to complete the 8 runs?</b></p>
<p><b>Round the World</b></p> 	<ul style="list-style-type: none"> <li>Place 6 markers in a circle around a central point. The radius should be 10m</li> <li>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.</li> <li>Repeat 3 times.</li> </ul> <p><b>What is the fastest time?</b></p>
<p><b>Scavenger Hunt</b></p> 	<ul style="list-style-type: none"> <li>Place at least 6 objects around an area like the playground or field</li> <li>Pupils start in the middle of the area and have a piece of paper and pen to write on (or white boards)</li> <li>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.</li> </ul> <p><b>How fast can they collect all the letters?</b></p> <ul style="list-style-type: none"> <li>The letters could spell a word or you could use numbers and they have to do a sum to make it even more challenging.</li> </ul>
<p><b>Race</b></p>	<ul style="list-style-type: none"> <li>Set up a course of 500m</li> <li>Where possible to be run on a flat course grass.</li> <li>If you need to you can create laps or shuttles.</li> </ul> <p><b>How long does it take you to run 500m?</b></p>
<p><b>Relay</b></p>	<ul style="list-style-type: none"> <li>Teams of 2 boys and 2 girls (where possible).</li> <li>Design a course of 500m, a loop would be great so they can run as a relay</li> <li>Where possible to be run on a flat course grass. If the grass area is not suitable please use a hard court/playground.</li> </ul> <p><b>How long does it take to run 500m course? All athletes run 125m</b></p>



## HAMPSHIRE SCHOOL GAMES VIRTUAL CROSS COUNTRY AUTUMN – KEY STAGE 1

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