

SCHOOL GAMES

Energise Me



HAMPSHIRE SCHOOL GAMES ACTIVITIES AUTUMN 1 – KS2



 @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:

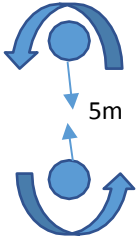

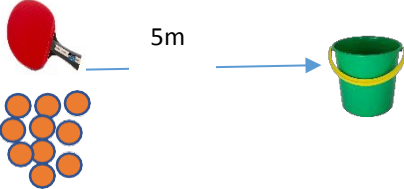
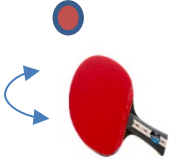
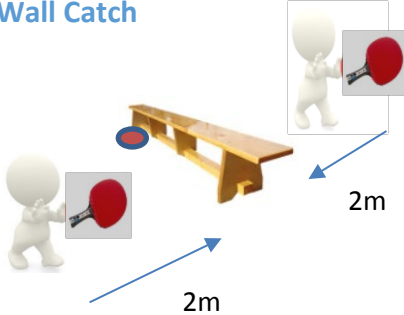
Term	Sport	Entry Deadline
Autumn Term Entries can be made between Monday 14 th September – Friday 11 th December	TABLE TENNIS	Friday 11 th December
	CROSS COUNTRY	
	FOOTBALL	
	SPORTSHALL ATHLETICS	
	PANATHLON CHALLENGE	
	BADMINTON	
	BASKETBALL	
	HOCKEY	
	MULTI-SKILLS	

Good Luck and we hope you enjoy the activities!



HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS AUTUMN – KEY STAGE 2

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

ACTIVITY	DESCRIPTION / RULES
<p>Balance Walk</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, you must walk round the cones balancing your ball on the bat. Walk for 1 minute. <p>Keep a count of how many times the ball drops off the bat</p> <ul style="list-style-type: none"> Smallest number is best.
<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 5 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>Front to Back Bat Bounce</p> 	<ul style="list-style-type: none"> You will just need a table tennis ball. You need to bounce the ball on the floor and catch it. <p>How many times can you bounce and catch the ball in 45 seconds?</p>
<p>Wall Catch</p> 	<ul style="list-style-type: none"> You will just need a table tennis ball In partners, stand facing each other with the bench in-between. Each person should be 2m from the bench Hit the ball so that it bounces off the bench to your partner. They then complete the pass by hitting the ball back to you off the bench. <p>How many passes can you make in 1 minute?</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL TABLE TENNIS AUTUMN – KEY STAGE 2

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School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Balance Walk	Bat Bounce	Hit into Bucket	Front to Back Bat Bounce	Wall Catch
1		3	G					
2		3	G					
3		3	G					
4		3	G					
5		3	G					
6		3	B					
7		3	B					
8		3	B					
9		3	B					
10		3	B					
11		4	G					
12		4	G					
13		4	G					
14		4	G					
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18		4	B					
19		4	B					
20		4	B					

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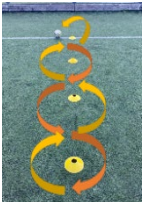
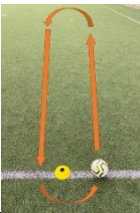



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Name or Number		Year Group	Gender	Balance Walk	Bat Bounce	Hit into Bucket	Front to Back Bat Bounce	Wall Catch
1		5	G					
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HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL AUTUMN – KEY STAGE 2

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 – KEY STAGE 2

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Name or Number		Year Group	Gender	The Slalom	8-metre Dash	Rebound Race	Aiming Accuracy	Knockdown Challenge
1		3	G					
2		3	G					
3		3	G					
4		3	G					
5		3	G					
6		3	B					
7		3	B					
8		3	B					
9		3	B					
10		3	B					
11		4	G					
12		4	G					
13		4	G					
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17		4	B					
18		4	B					
19		4	B					
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HAMPSHIRE SCHOOL GAMES VIRTUAL FOOTBALL

AUTUMN – KEY STAGE 2

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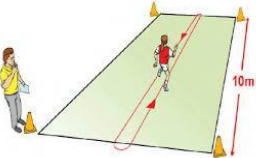
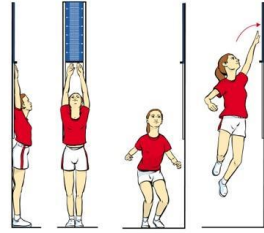
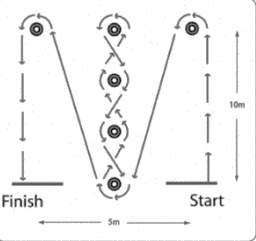
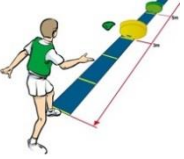
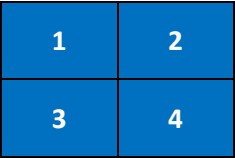
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HAMPSHIRE SCHOOL GAMES VIRTUAL SPORTSHALL ATHLETICS AUTUMN – KEY STAGE 2

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 5m apart This will create the running lane. On the command 'Go' the athlete runs the 5m distance a total of 12 times for Year 3/4 pupils and 16 times for Year 5/6 pupils to complete the equivalent of 60m or 80m. Record the score using a stopwatch or smart phone <p>How quick did you manage to run those laps?</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>Agility Run</p> 	<ul style="list-style-type: none"> Mark out a start and finish area that are 5m apart width ways From the start line place a marker 10m away from it and then do the same for the finish line In the middle of the start and finish lines place 4 cones in a line to act as a slalom On 'Go' the athlete runs up to the first cone and goes around it before running back towards the first of the middle cones Go around the cone and then go in and out of the remaining cones and copy on the way back Lastly run to the cone opposite the finish line go around it Stop the watch when the athlete crosses the finish line <p>How quick did you manage to run it?</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>
<p>Highland Steps</p> 	<ul style="list-style-type: none"> Step over the wedges one foot followed by the other so both feet have impacted with the floor in each section. Follow the sequence 1, 2, 3, 4 for 30 seconds. Both feet must land in each section of the Highland Steps Mat. If the participant stands on the wedge then they can either return to space number one or the space before the error occurred and continue. If they do not and continue the cycle will not count. 1 point for 1 cycle (1, 2, 3, 4) finished in the correct sequence. <p>How many points did they get after 30 seconds? (only count full cycles)</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL SPORTSHALL ATHLETICS AUTUMN – KEY STAGE 2

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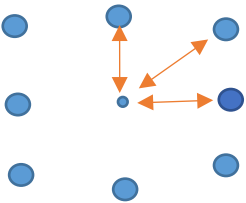

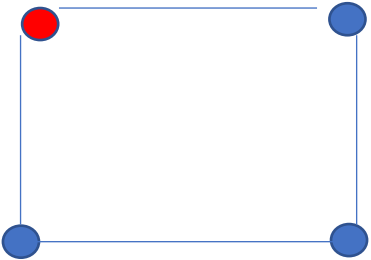
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HAMPSHIRE SCHOOL GAMES VIRTUAL CROSS COUNTRY AUTUMN – KEY STAGE 2

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 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>Race</p>	<ul style="list-style-type: none"> Year 3/4 Time how long it takes to run a 1000 m course. Year 5/6 Time how long it takes to run a 2000m course Where possible to be run on a flat course grass. If the grass area is not suitable please use a hard court/playground. <p>Yr 3/4: How quickly can you run 1000m? Yr 5/6: How quickly can you run 2000m?</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. Increase the length of the run or number of barriers to make it more challenging. <p>Who can run it the fastest?</p>
<p>Varied Pace Running</p> 	<p>Place down 4 cones to create 4 corners of a box. The distances between cones is 20m. Pick a start point.</p> <ol style="list-style-type: none"> Run all 4 sides Run 3 sides Sprint 1 Run 2 sides Sprint 2 Run 1 side Sprint 3 Sprint all 4 sides <p>How long it takes to complete the circuit?</p>
<p>Relay</p>	<ul style="list-style-type: none"> Teams of 2 boys and 2 girls (where possible). Year 3/4 and Year 5/6 will be running the same distances as in the “Race” activity Where possible run on a flat course grass – if you need to use shuttles or laps then you can. <p>Year 3/4: How long does it take to run 1000m course? All athletes run 250m Year 5/6: How long does it take to run 2000m course? All athletes run 500m</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL CROSS COUNTRY AUTUMN – KEY STAGE 2

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4		3	G					
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