

SCHOOL GAMES

Energise Me



HAMPSHIRE SCHOOL GAMES ACTIVITIES

AUTUMN 2 – 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:




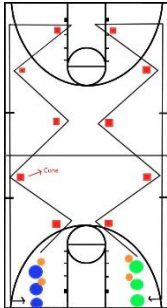
Term	Sport	Entry Deadline
Autumn Term Entries can be made between Monday 14 th September – Friday 11 th December	TABLE TENNIS	Friday 11 th December
	CROSS COUNTRY	
	FOOTBALL	
	SPORTSHALL ATHLETICS	
	PANATHLON CHALLENGE	
	BADMINTON	
	BASKETBALL	
	HOCKEY	
	MULTI-SKILLS	

Good Luck and we hope you enjoy the activities!



HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL AUTUMN – INCLUSIVE


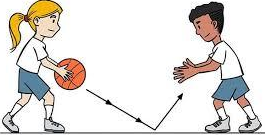


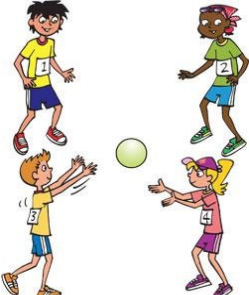
Welcome you to the Hampshire School Games Virtual Basketball Championships.

ACTIVITY	DESCRIPTION / RULES
<p>Basketball Golf</p> 	<ul style="list-style-type: none"> Place 6 cones or floor makers at various points around the basket. Players must score a basket at each “hole” to complete the round Each “hole” should be given a par – the no. of attempts to try and shoot. The total number of attempts to complete the round is the players score. Lower score wins. Could use a target on the wall for anyone who struggles with the height of hoop. <p><u>Progression 1</u> Move the cones further away from the hoop.</p>
<p>Countdown Pass</p> 	<ul style="list-style-type: none"> Players in teams of 7, form a circle Players pass the ball to each other across and around the circle – using bounce, chest or high pass Time keeper stops play at 15 seconds, the person with the ball is knocked out of the game Time keeper stops the game after 2 mins – players remaining in the game score 1 point Keep the score after each round. Play 10 rounds – who has the most points? <p><u>Progression 1</u> Add another ball into play – so there are 2 balls in rotation – players with ball are out. Who has the most points?</p>
<p>Bounce On</p> 	<p>Working in pairs; stand 1m apart, with a marker spot in the middle of you both. Pass the ball to each other as many times as you can without dropping it.</p> <p><u>Types of passes:</u></p> <ul style="list-style-type: none"> Chest pass Bounce pass Overhead pass <p>How many can you do in 45 seconds?</p> <p><i>Progression: Make the marker spot smaller. Move 2m apart, then 3m if necessary.</i></p>
<p>Dribble Relay</p> 	<ul style="list-style-type: none"> Split into two teams of 6 Each teams places six cones about 2m apart Children number themselves 1,2,3 and so on On “GO!” number 1’s dribble the ball (with your dominant hand), weaving through the cones and back Chest pass or bounce pass to the next child and repeat until all have gone Time each team, how it long it takes to complete? <p><i>Progression: use your non-dominant hand only.</i></p>



HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL AUTUMN COACHING SUPPORT

Welcome to the Hampshire School Games Virtual Basketball Championships.

SKILL	COACHING POINTS
<p>Dribbling</p> 	<ul style="list-style-type: none"> • Eyes facing forward and heads up • Fingers relaxed and spread on the ball • Keep the ball in the finger “pads” • Dribble no higher than the hip height • Fingers spread for max. control • Guide the ball with a gentle pushing action rather than “patting” the ball
<p>Bounce Pass</p> 	<ul style="list-style-type: none"> • Feet shoulder width apart and slight bent • Step forward with weight on the front foot when you make the pass. • Look at the player to whom the pass is being made • Ball must be in a ready position in front of the chest. • Fingers spread, thumbs nearest to the chest. • Reach down and push the ball hard to the floor. • Arms and fingers should be extended as the ball is released. • Receiver: Be ready to catch
<p>Chest Pass</p> 	<ul style="list-style-type: none"> • Feet shoulder width apart and slight bent • Step forward with weight on the front foot when you make the pass. • Look at the player to whom the pass is being made. • Hold the ball in both hands with fingers spread. • Elbows in. • Ball is pushed towards the receiver and released by extending arms and fingers.
<p>Shooting</p> 	<ul style="list-style-type: none"> • B-- Balance Keep feet shoulder-width apart with the foot on the shooting side of the body toe-to-heel in front of the other foot; knees bent, hips square to target, and back straight. • E -- Elbow in Hold ball close to chest, underneath the chin with the shooting hand a little more toward the back and slightly under the ball. Other hand is placed on the side of the ball and used only as a guide. • E -- Eyes on Target Stay focused on this target. • F-- Follow Through The ball is released by a quick extension of the elbow and a flick of the wrist and fingers of the shooting hand. (Follow through is like reaching up and putting your hand in a cookie jar)
<p>Receiving the ball</p> 	<ul style="list-style-type: none"> • Move to the ball. • Flex the arms. • Show hands as a signal and a target and call for the ball. • Step toward the ball - not away. • Pivot to face the basket (If playing a game) • Look at the ball as it goes into the hands. Use two hands, grasping the ball tightly with the fingers and thumbs. • Bring the ball into your chest.



HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL AUTUMN – INCLUSIVE STEP TOOL

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

	Basketball Golf	Countdown Pass	Bounce On	Dribble Relay
SPACE	<ul style="list-style-type: none"> Increase or Decrease the distance from the markers to the basket according to the ability of the child. 	<ul style="list-style-type: none"> Increase or decrease the circle size to support play. 	<ul style="list-style-type: none"> Increase or decrease the distance you are passing the ball depending on the ability of the child. 	<ul style="list-style-type: none"> Increase or decrease the total distance; mobility- impaired players can cover shorter distance. Increase or decrease the gap between cones depending on ability or space needed.
TASK	<ul style="list-style-type: none"> Vary the number of holes that need to be completed. 	<ul style="list-style-type: none"> Add a second ball to make it harder. Choose one type of pass to focus on developing. Change timings to stop the game or length of the game. 	<ul style="list-style-type: none"> Make the marker spot target bigger. Change the length of time for the activity. 	<ul style="list-style-type: none"> Wheelchair players use ‘two pushes, one bounce’ rule. Players with restricted movement can carry the ball and bounce and catch at each cone.
EQUIPMENT	<ul style="list-style-type: none"> Provide alternative targets if the regular basket is not appropriate; for example, a tripod basket or a large box on the floor beneath the hoop. 	<ul style="list-style-type: none"> Use different size balls depending on ability. Use a balloon but times will need to be adjusted. Use a ball with a bell inside for visually impaired players. 	<ul style="list-style-type: none"> Use different size balls depending on the players’ ability. Use a larger hoop as the target for the bounce pass to make it easier or a spot marker to make it harder. 	<ul style="list-style-type: none"> Taller cones or posts will be seen more easily by manual or power chair users.
PEOPLE	<ul style="list-style-type: none"> Add a caller beneath the hoop providing verbal assistance for visually impaired players. 	<ul style="list-style-type: none"> Say the name of the player you are passing the ball too. 	<ul style="list-style-type: none"> Add more players. Play in a square. Let the player know you are passing to them. Place hands out as a target for chest pass. 	<ul style="list-style-type: none"> Visually-impaired players can have manual or verbal guidance around the course.



HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL 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

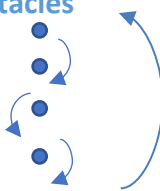

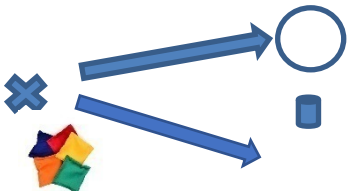

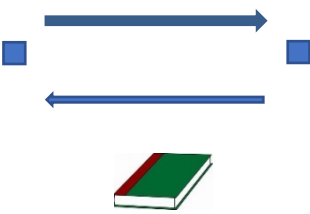
School Name:						Total No. of participants:			
Name or Number	Year Group	Gender	Basketball Golf	Countdown Pass		Bounce On			Dribble Relay (team time)
				<i>One ball rotation</i>	<i>Prog.1: 2 ball rotation</i>	<i>Chest pass</i>	<i>Bounce Pass</i>	<i>Overhead pass</i>	
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ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11th DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL TWO AND THREE EVENTS.



HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS AUTUMN INCLUSIVE

Welcome to the Hampshire School Games Virtual Multi Skills Championships.

Activity	COACHING POINTS
<p>Agility Obstacles</p> 	<ul style="list-style-type: none"> • Lay out 5 cones in a line, 1m apart. • Starting at the first cone. You must weave in and out of the cones • Once you get to the end, • Travel back to the start and repeat <p>How many times can you complete the course in 45 seconds?</p>
<p>Cross the swamp</p> 	<ul style="list-style-type: none"> • Have two markers 5 metres apart • Grab yourself two hoops or two flat markers • The aim is to cross the swamp, but you can only stand either in your hoops or on markers. <p>How many times can you cross the swamp in 45 seconds? <i>Remember – do not throw hoop/marker too far in front, otherwise you will not be able to reach it to help you across the swamp.</i></p>
<p>Target Throw</p> 	<ul style="list-style-type: none"> • Place a hoop/goal 3 metres from your starting point • Have next to you 5 bean bags • On go throw/push/kick the bean bags one at a time into the hoop/goal. You can only pick up one bean bag one at a time • If you miss the hoop, go and collect it and have another go <p>How long does it take you to throw all 5 bean bags into the hoop? <i>If you are struggling, stand closer to the target</i></p>
<p>Beat the Clock</p> 	<ul style="list-style-type: none"> • Place a hoop/goal 5 metres from your starting point • Have next to you 20 items (cones/bean bags) • Pick one item, travel to the hoop/goal and place item in hoop or push through goal. You must be right in front of hoop/goal • You can either throw/push/kick the item • Travel back to the start and pick up another item <p>How many items can you place in hoop/through goal in 30 seconds?</p>
<p>Balance the Item</p> 	<ul style="list-style-type: none"> • Have two markers 5 metres apart • Grab yourself an object which you can balance on a part of your body (bean bag/book) • Starting on one of the markers, balance the item on your head. You must walk between the cones for 1minute. Can you complete without the object falling off? • Put in the score sheet, how many times the object falls off. • Have 3 attempts and put your best score • If you are struggling balance the object on your palm of your hand. <p>How many items can you place in hoop/through goal in 30 seconds?</p>

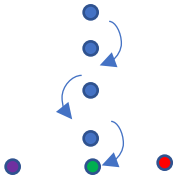




For information on teaching points and guidance for these activities look on the Your School Games website - <https://www.yourschoolgames.com/coronavirus-support/ngb-activities/multi-skill-festivals/>

If you are unable to use cones/hoops. Use chalk to mark out starting points, hoop/goal on floor for target activities and use for agility obstacle course.



HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS AUTUMN COACHING SUPPORT

Welcome to the Hampshire School Games Virtual Multi Skills Championships.

Activity	COACHING POINTS
<p>Agility Obstacles</p> 	<ul style="list-style-type: none"> • Keep close to cones, quick feet whilst weaving in and out of cone • Bend with your knees when touching the cone at the end • Think about which colour cone you are going to touch when weaving in between cones.
<p>Cross the swamp</p> 	<ul style="list-style-type: none"> • Do not throw the hoop/marker too far in front. As you are not allowed to touch floor to go collect. • Bend with your knees when picking up hoop/marker to move forward • Use arms to help with balance
<p>Target Throw</p> 	<ul style="list-style-type: none"> • Bean bag in your throwing hand • Face your target • Once bean bag is released, follow through your throwing arm to the target • Have a controlled throwing motion
<p>Beat the Clock</p> 	<ul style="list-style-type: none"> • On the balls of your feet when running in between the starting point and hoop • Use arms to help increase your speed • Bend with your knees when picking up object and placing it in to the hoop
<p>Sideways Stepping</p> 	<ul style="list-style-type: none"> • Sideways on, keep looking in the direction you are facing. Only look at the cones when you are nearly at each end. • Weight on the balls of your feet • Knees slightly bent • Arms out at the side for balance • Smooth rhythmical movement • Side steps not too big



HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS AUTUMN – INCLUSIVE STEP TOOL

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

	Agility Obstacle	Cross the Swamp	Target Throw	Beat the Clock	Balance the Item
SPACE	<ul style="list-style-type: none"> • Make the distance bigger between cones • Use less cones 	<ul style="list-style-type: none"> • Make the distance of the swamp smaller 	<ul style="list-style-type: none"> • Have the hoop/goal closer • Consider stretching and pushing object towards target Eg. off a wheelchair tray. 	<ul style="list-style-type: none"> • Place the hoop/goal closer • Consider stretching and pushing object towards target Eg. off a wheelchair tray. 	<ul style="list-style-type: none"> • Start with a shorter distance • Think about the surface you are moving on
TASK	<ul style="list-style-type: none"> • Extend time to complete exercise 	<ul style="list-style-type: none"> • Lay out markers already on the floor across swamp and pupil can step onto markers to get across 	<ul style="list-style-type: none"> • Use a ramp if need be • Use objects which make sound when hit and released such as balloons with rice in • Use a big hoop and make the goal wider 	<ul style="list-style-type: none"> • Have items on a table next to starting point • Wheelchair users can start with items on wheelchair tray 	<ul style="list-style-type: none"> • Static activity for those who can't run eg. How long can you balance item on hand/head
EQUIPMENT	<ul style="list-style-type: none"> • Mark out a line on the floor with tape for pupils to follow • Use electric wheelchairs or wheelchairs/mobility aids. • Use brightly coloured cones to aid vision 	<ul style="list-style-type: none"> • Use bigger markers • Use brightly coloured markers to aid vision 	<ul style="list-style-type: none"> • Use bigger balls/lighter objects • Use brightly coloured objects as hoop/goal to aid vision 	<ul style="list-style-type: none"> • Use bigger balls/lighter objects • Use brightly coloured objects as hoop/goal to aid vision 	<ul style="list-style-type: none"> • Use a larger item which is flat and light
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 MULTI SKILLS AUTUMN – INCLUSIVE

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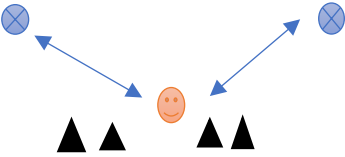


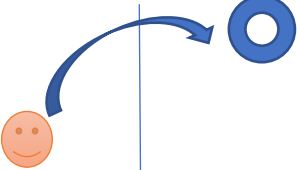

School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Agility Obstacles	Cross the Swamp	Target Throw	Beat the Clock	Balance the Item
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HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON AUTUMN – INCLUSIVE

Welcome you to the Hampshire School Games Virtual Badminton Championships.

ACTIVITY	DESCRIPTION / RULES
<p>Shuttle Run</p> 	<ul style="list-style-type: none"> Place 2 markers down on the ground the width of a badminton court (about 5m apart). Place a third marker in between the two but at an angle. The player has 4 shuttles or bean bags and starts at the third marker. Start the timer. The player takes one shuttle to the left hand cone then comes back to the marker to collect the next shuttle. The player then takes this shuttle to the right hand cone. Repeat with the other 2 shuttles. <p>How quickly can the player complete the 4 shuttles runs?</p>
<p>Keepy Ups</p> 	<ul style="list-style-type: none"> Using a racket and shuttle or if those are not available, a balloon <p>How many times can the player keep the balloon or shuttle up in the air before it drops on the floor?</p> <ul style="list-style-type: none"> The player should try and hit the shuttle or balloon with their palm facing up.
<p>Racket Relay</p> 	<ul style="list-style-type: none"> In 2s. Place a bucket or hoop at one end of the area about 10m away from the starting marker. Players have a racket each or a flat object like a book and 5 shuttles or bean bags or rolled up pieces of paper. On 'Go', player 1 carries one of their 'objects' on their racket (egg and spoon style) to the bucket/hoop and leaves it there. They then run back to their partner who then does the same. Repeat until each person has deposited all their objects. <p>How quickly can the pair complete this?</p>
<p>Target Serve</p> 	<ul style="list-style-type: none"> Each player has 5 shuttles. They stand/sit on one side of a line 5m away from a hoop and on a diagonal. The player must try to 'serve' the shuttle, underarm over the line and into the hoop. <p>How many serves can they get into the hoop?</p>
<p>Balloon Rally</p> 	<ul style="list-style-type: none"> Players should be in pairs and have a racket each and a balloon between them. <p>How many times can each player hit the balloon to their partner before it drops on the floor?</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON AUTUMN – INCLUSIVE STEP TOOL

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

	Shuttle Runs	Keepy Ups	Racket Relay	Target Serve	Balloon Rally
SPACE	<ul style="list-style-type: none"> • Make the distance smaller or change the shape • Different people moving different distances • Think about the surface 	<ul style="list-style-type: none"> • Make the area smaller or bigger depending on wheelchairs • Each player stays in a certain zone • Think about the surface 	<ul style="list-style-type: none"> • Make the area smaller or bigger depending on wheelchairs • Each player stays in a certain zone • Think about the surface 	<ul style="list-style-type: none"> • Make the area smaller or bigger depending on wheelchairs • Each player stays in a certain zone • Think about the surface 	<ul style="list-style-type: none"> • Make the area smaller or bigger depending on wheelchairs • Each player stays in a certain zone • Think about the surface
TASK	<ul style="list-style-type: none"> • Can it be a repetition/stretch or no. of pushes in time • Static activity for those who can't run • Use a target to knock over at each end 	<ul style="list-style-type: none"> • Use any part of the body to keep the "shuttle" up in the air • Can be done sat down • Add a time limit 	<ul style="list-style-type: none"> • Use any part of the body to hold the shuttle • Can be done sat down • Decrease the number of legs required to be done 	<ul style="list-style-type: none"> • "Serve" straight without a barrier/net if necessary • Throw the shuttle/ball if necessary 	<ul style="list-style-type: none"> • Use the bigger/smaller bat/racket/object • Use the different object • How many balloons can you keep up?
EQUIPMENT	<ul style="list-style-type: none"> • Follow a line or wall aiding understanding • Use electric wheelchairs or other aids • Use a rope or cord to pull distance 	<ul style="list-style-type: none"> • Use bigger/smaller objects • Use different objects 	<ul style="list-style-type: none"> • Use bigger/smaller objects • Use different objects • Play without a net/barrier 	<ul style="list-style-type: none"> • Use bigger/smaller objects • Use different objects • Use different sized targets 	<ul style="list-style-type: none"> • Use bigger/smaller objects • Use different objects
PEOPLE	<ul style="list-style-type: none"> • Ask for ideas! • Different families members to complete over distances • Adults can acts as guides 	<ul style="list-style-type: none"> • Ask for ideas! • Each young person is different can compete challenges based on activities 	<ul style="list-style-type: none"> • Ask for ideas! • Each young person is different can compete challenges based on activities 	<ul style="list-style-type: none"> • Ask for ideas! • Each young person is different can compete challenges based on activities 	<ul style="list-style-type: none"> • Ask for ideas! • Each young person is different can compete challenges based on activities



HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON AUTUMN – INCLUSIVE

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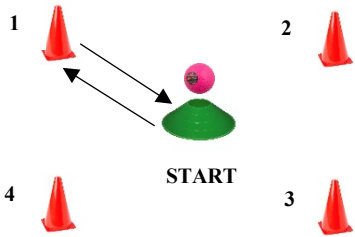
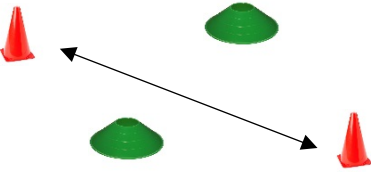
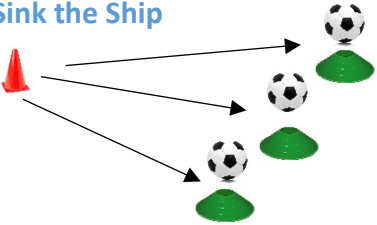
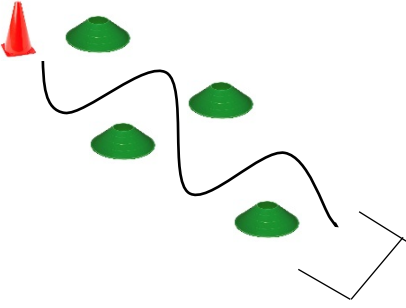
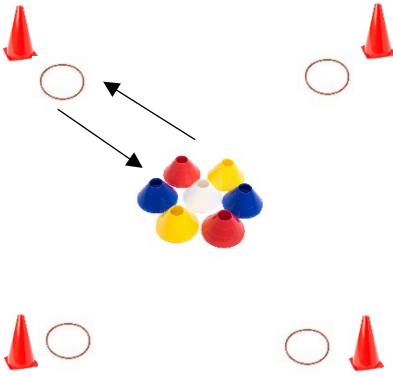
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HAMPSHIRE SCHOOL GAMES VIRTUAL HOCKEY AUTUMN – INCLUSIVE

Welcome you to the Hampshire School Games Virtual Hockey Championships.

ACTIVITY	DESCRIPTION / RULES
<p>Dribble Sprints</p> 	<p>You will need: 5 cones, 1 hockey ball, a stopwatch</p> <ul style="list-style-type: none"> Set up a 5m x 5m grid with a hockey ball at each corner. Place a cone in the centre of the square. Each participant will dribble the ball from the middle start cone. Dribble up and around the 1st cone then back to the middle. Then to 2nd 3rd and 4th When they finish the 4th then stop the clock. Larger hockey balls can be used and plastic sticks <p>How quick did you manage to complete the square?</p>
<p>Precision Passing</p> 	<p>You will need: 4 cones (2 different colours), 1 hockey ball, a stopwatch</p> <ul style="list-style-type: none"> Using 2 cones (green) set up a passing gate with the cones 1 metre apart. This can be made wider if it is too difficult Pairs should stand 2 metres apart (red cones). Decrease the distance to each other to make this easier. Increase or decrease the size of the passing gate to make it easier or more difficult Larger hockey balls can be used and plastic sticks <p>How many times did you pass through in one minute in pairs?</p>
<p>Sink the Ship</p> 	<p>You will need: 4 cones (3 of 1 colour, 1 of a different colour), 3 large balls (e.g footballs), hockey balls</p> <ul style="list-style-type: none"> Place 3 footballs/basketballs on cones 1 metre apart The idea of the game is to hit every ball off the cone with as few shots as possible. (In any order) Larger hockey balls can be used and plastic sticks <p>How many shots did it take?</p>
<p>Dribble, Shoot, Score!</p> 	<p>You will need: 4 cones to dribble through, a goal (or different colour cones), at least 1 hockey ball</p> <ul style="list-style-type: none"> This part of the competition will use all of the skills in the previous activities. Students need to be in groups of 4 4 cones should be placed at a metre interval. Increase the gap between the cones to make it easier to dribble between. At the end of the cones, you will need a goal, if you don't have one then use cones. The goal should be 3 metres from the cones (increase if this is too easy) Students should dribble between the cones, be careful to go in between each one before shooting at the goal. If they miss, the ball needs to be retrieved and shoot again until they score. Stop the clock when all 4 players have completed. Larger hockey balls can be used and plastic sticks <p>How quick did the team manage to complete it?</p>
<p>Collect-a-Cone</p> 	<p>You will need: 4 hockey balls, 4 hoops, 20 - 30 cones.</p> <ul style="list-style-type: none"> Place the cones to make a 10m x 10m grid (min). Scatter the cones inside the grid. Students need to be in teams of 4. The idea of the game is to get as many cones back in your hoop. Participants will take it in turns to run into the grid dribbling the ball. Once you have dribbled the ball to a cone, pick it up and dribble back and place the cone in the hoop. Then the next player has a go. When all of the cones are collected count them up to see which team wins. 1st 4 points 2nd 3 points 3rd 2 points 4th 1 point Larger hockey balls can be used and plastic sticks <p>Which team has the most amount of points?</p>



HAMPSHIRE SCHOOL GAMES VIRTUAL HOCKEY AUTUMN – INCLUSIVE STEP TOOL

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

	Dribble Sprints	Precision Passing	Sink the Ship	Dribble, Shoot, Score!	Collect-a-Cone
SPACE	<ul style="list-style-type: none"> The space can be made bigger or smaller The surface will need to be considered and whether it should be done inside or outside 	<ul style="list-style-type: none"> Make the gate wider or smaller <ul style="list-style-type: none"> Increase or decrease the distance between Consider the surface 	<ul style="list-style-type: none"> Decrease the distance to the target balls Place the target balls closer together Consider the surface being played on 	<ul style="list-style-type: none"> Increase the amount of space between the cones to make it easier to go in between Decrease the distance to the goal from the final cone <ul style="list-style-type: none"> Consider the surface 	<ul style="list-style-type: none"> Make the area much larger to allow more space inside the zone Think about where the balls are being placed in the zone <ul style="list-style-type: none"> Consider the surface
TASK	<ul style="list-style-type: none"> Make a straight line as opposed to round each cone 	<ul style="list-style-type: none"> Increase the amount of time given for the task 	<ul style="list-style-type: none"> Participants could hit the ball into a zone Participants may roll the ball into a zone 	<ul style="list-style-type: none"> Cones removed so that it is a straight line to the goal <ul style="list-style-type: none"> Ball placed in the lap of participant or held before being placed on the floor to shoot 	<ul style="list-style-type: none"> Participants move into the zone one at a time All balls could be placed in a target zone with the space
EQUIPMENT	<ul style="list-style-type: none"> Larger balls can be used Longer and shorter sticks can be used If possible use an electric wheelchair 	<ul style="list-style-type: none"> Larger balls can be used Longer and shorter sticks can be used Use poles or more visible equipment for the gate 	<ul style="list-style-type: none"> Larger balls can be used Use bean bags to push with sticks 	<ul style="list-style-type: none"> Larger balls can be used Longer or shorter hockey sticks can be used The goal should be easily visible 	<ul style="list-style-type: none"> Large brightly coloured objects could be used instead of a ball Something easy to carry or hold in one hand
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 HOCKEY 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	Dribble Sprints	Precision Passing	Sink the Ship	Dribble, Shoot, Score!	Collect-a-Cone
1								
2								
3								
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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 PANATHLON AUTUMN ALL KEY STAGES

Welcome you to the Hampshire School Games Virtual Panathlon Championships.

The Panathlon Foundation are inviting schools in Hampshire to take part in the 2020 – 2021 programme which will be delivered virtually in the Autumn Term.

The Panathlon Challenge is a national charity who provides sporting opportunities for over 20,000 young people with disabilities and Special Educational Needs each year.

The primary version of the programme, develops skills in line with the National Curriculum (Key Stage 1 & 2), and has been designed to help address basic physical literacy needs for primary-aged children. The Primary Panathlon activities include: Parachute Popcorn, Polybat, Precision Bean Bag, New Age Kurling, Boccia Blast, Flight Path, Skittles, Slam Dunk, Messi Football Skills and Table Cricket. See attached for more information

You can find details about Panathlon through their website www.panathlon.com

The Panathlon Mainstream SEN offer for Autumn Term is described in the following YouTube video: <https://youtu.be/LSOZ1kd7MR0> or <https://youtu.be/E6Q3NME5wYE>

Panathlon will create local, county and national league tables for participating schools.

Panathlon will provide the following to all schools who register:

- COVID-19 Safety Plan (includes advice on signage, cleaning and hygiene, equipment, school bubbles, contact tracing, physical distancing)
- Each child will receive a medal at the end of the competition, an individual certificate, stickers for children to place on certificate, wallets to keep them in
- Online training for pupils in Year 5/6 to lead activities safely for KS1/2 pupils with SEND
- Event pack for leaders to include simplified rules of activities and result sheets, team leader roles
- Leaders will be given a Panathlon Cap and a medal after leading 3 events

To Register please see the process below:

- Schools see video clip
- Schools express an Interest to tony@panathlon.com
- Schools sent an Audit Form, which contains information around equipment and space, School Bubbles, Leaders, Extended Activity within school
- School return form
- Panathlon puts together the schools in-school pack, to be sent in October for school to start the internal activity when it wants in Autumn 2


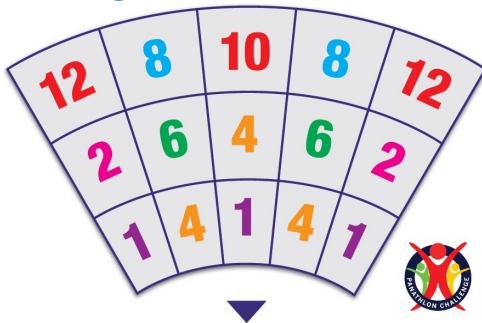


Contact Details:

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The Panathlon Foundation

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tony@panathlon.com

ACTIVITY	DESCRIPTION / RULES
<p>Boccia Hoop Basic</p> 	<p>Objective: Throw Boccia Balls into Hula Hoop</p> <p>Rules</p> <ul style="list-style-type: none"> • Players are seated • Throw from behind the line • After 12 balls have been thrown, score 1 point for every ball remaining in the hoop • For ramp user, remove the hula hoop (for their go), Score if the ball ends up on the towel. <p>Structure of Game</p> <ul style="list-style-type: none"> • Players receive 1 or 2 balls each (depending on numbers of players) • Each player throwing one ball in turn, one at a time, going down the line • Play again. Continue until the time is up. <p>Scoring: The overall team score is their best score (out of 12), from one of their goes.</p>
<p>Bean Bag</p> 	<p>Objective: Throw a beanbag into various scoring zones on a mat</p> <p>Rules</p> <ul style="list-style-type: none"> • Players throw from a seated position, 4 or 5 bean bags each • The scoring zones are numbered. • Only one bean bag can be counted per zone • Score where the bean bag finishes up / rests. • Involve players one at a time • Continue until the time is up, players can have another go if time. <p>Scoring: The overall team score is: "The Best Score" + "The Worst Score" = Team Score</p>
<p>Kurling Sliders</p> 	<p>Objective: Propel the stone onto a target to score points</p> <p>Rules:</p> <ul style="list-style-type: none"> • Each player has 3 stones • The target contains scoring zones, 1-5, If a stone ends up in-between 2 scoring zones, score highest number • Add the score of the stones ONLY after all 3 stones have been pushed • Wheelchair players can use a ramp <p>Extra Rule:</p> <ul style="list-style-type: none"> • Place a different coloured stone outside the target, at front, next to the 1 score. This can be pushed on the target for double points. <p>Structure of Game:</p> <ul style="list-style-type: none"> • Involve players one at a time • Continue until the time is up <p>Scoring: The overall team score is: "The Best Score" + "The Worst Score" = Team Score</p>
<p>Messi Football Skills</p> 	<p>Objective: Dribble a football through the cones then score a goal</p> <p>Rule</p> <ul style="list-style-type: none"> • The player runs through a set of cones controlling the ball, then shoots for goal. • Score the number of goals for each team • For Wheelchair Users: Either Play with a Power chair Football, or, hold the football and throw it to score. <p>Structure of Game:</p> <ul style="list-style-type: none"> • Involve players one at a time. • Continue until the time is up, players can have 2nd, 3rd goes etc., <p>Scoring: Total number of goals scored during the allotted time.</p>

Parachute Popcorn



Objective: To throw balls off a parachute then collect them all in a bucket as quick as possible.

Rules

The balls start in the middle of the parachute

- Players knock the balls off parachute, start the clock
- They need to collect the balls & put them in the bucket (involve a leader to count the balls back in)
- Once all the balls are back in the bucket, stop the clock
- If the team contains a wheelchair player, give the team a -3 seconds bonus per wheelchair user

Structure of Game:

- The whole team plays together, all holding the side & handles of the parachute
- Play a number of games, until they're too tired / had enough. Then play either parachute games with them, or, let them relax under the parachute etc.,

Scoring: Count just the team's fastest time.

Polybat



Objective: To have the longest rally in Polybat

Structure of Game:

- Polybat Doubles: 4 players, 2 players at either end of the table
- Give the players a couple of goes each, then rotate them, continually, until the time is up.

Rules:

- Players have a rally in Polybat, the rally ends when:
- The ball goes off the table
- The ball bounces too high on the table
- The ball hits the cone in the middle of the tablet
- The ball hits a player's body, including hand
- Maximum rally is 25 hits. Finish the rally if it gets to 25

Scoring: Count just the longest rally of the team

Flight Path



Objective: To throw a ball onto the target finishing on colours that match the ball. Throw from different distances.

Rules

Player can underarm or overarm the ball on to the target

- The player has 4 throws with 1 yellow, 1 blue, 1 red & 1 green ball.
- 4 throwing lines - different distances
- They need to match the colours of the ball to the colour on the target.
- Score from where the ball sticks or hits the target
- If the player cannot throw, they can use a boccia ramp / come closer if needed.

Structure of Game:

- Involve players one at a time
- Continue until the time is up, players can have 2nd goes etc.

Scoring: For ease, score how many times they get '4 out of 4' and '3 out of 4'

Basketball Team Game



Objective: Throw the ball in the hoop as many times as possible, within a minute

Rules

- Everyone is involved
- Must throw from outside the cones
- Players can enter the cones to get the ball back
- Can use Ramp, for those who cannot throw.

Structure of Game

Continue until the time is up

- One leader to count as hoops are scored
- A second leader watched the time, call out at "30 seconds", then count from 10 seconds to 1
- Give the group another to try to beat their score.
- Re-adjust the cones to their correct place for each new team.

Scoring: Record highest number of hoops scored.

Slalom



Objective: Navigate around a slalom course whilst balancing a bean bag (then tennis ball) on a tennis racket (not bouncing the ball)

Rules:

- Timed event, add 3 seconds to time if bean bag / tennis ball drops off
- Teachers can walk with the children

Structure of Game:

- Continue until the time is up

Scoring: The overall team score is: "The Best Time" + "The Worst Time" = Team Score

Boccia Blast



Objective: Players have the choice of 3 tasks, with a bocchia ball: to hit a large inflatable ball out of a hoop, to throw a bocchia ball into a hoop, to knock a skittle over.

Rules:

- Players are seated
- Throw from behind the line
- 8 balls per team
- Score 1 point every time the inflatable is knocked out of hula hoop. Replace the inflatable back into the hoop after each go.
- Score 2 points for every bocchia ball thrown into the further hula hoop.
- Score 3 points for each skittle knocked over. A fallen skittle is not put back upright until the next go.

Score: Add the team score for each go. Record the best score only.

Ten Pin



Objective: Knock over as many skittles as possible in the allotted time

Rules:

- 10 skittles in a line
- 1 throw per player
- Remove each knocked over skittle
- Wait until all the skittles have been knocked over, then replenish all 10 skittles back on the line

Structure of Game:

- One player at a time
- Continue until the time is up, players can have 2nd goes,

Scoring: Add the total number of skittles knocked over.