

**SCHOOL  
GAMES**



# HAMPSHIRE SCHOOL GAMES ACTIVITIES AUTUMN 2 – 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 BASKETBALL AUTUMN – KEY STAGE 1





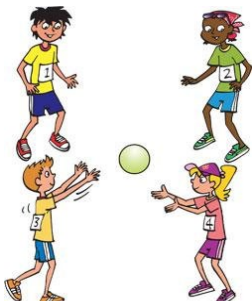
Welcome you to the Hampshire School Games Virtual Basketball Championships.

ACTIVITY	DESCRIPTION / RULES
<p><b>Count the Bounce</b></p> 	<p>In pairs, bounce the ball in different ways. When your partner is bouncing the ball it is your job to count how many bounces they can complete before losing control of the ball.</p> <p><u>Types of bounces:</u></p> <ul style="list-style-type: none"> <li>• Bounce and catch</li> <li>• Bounce using two hands</li> <li>• Bounce using right hand only and then left hand only</li> </ul> <p><b>How many bounces can you do of each?</b></p> <p><i>Progression: can you bounce the ball from one hand to the other (right to left)?</i></p>
<p><b>Bounce On</b></p> 	<p>Working in pairs; 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"> <li>• Chest pass</li> <li>• Bounce pass</li> </ul> <p><b>How many can you do in 30 seconds?</b></p> <p><u>Bounce pass:</u> place a marker spot in the middle of you both, extra point every time you bounce the ball onto the spot.</p> <p><i>Progression: how many points can you get in 30 seconds?</i></p>
<p><b>Dribble Relay</b></p> 	<ul style="list-style-type: none"> <li>• Split into two teams of 6</li> <li>• Each teams places six cones about 1m apart</li> <li>• Children number themselves 1,2,3 and so on</li> <li>• On “GO!” number 1’s dribble the ball to the end come (straight line) and back</li> <li>• Chest pass or bounce pass to the next child and repeat until all have gone</li> <li>• Time each team, <b>how it long it takes to complete?</b></li> </ul> <p><i>Progression: weave in and out of the cones both ways</i></p>
<p><b>Spots Shooting</b></p> 	<ul style="list-style-type: none"> <li>• Split into small group of 8</li> <li>• Place marker spots or cones, different distances and places around the “hoop”</li> <li>• Children assign each spot a number value, high numbers for those more difficult to shoot (8 being the hardest, 1 the easiest)</li> <li>• Children pick a spot to start from and shoot at the hoop, they get that value if they make the shot – children move around all the spots and attempt to shot from each</li> <li>• <b>How many points can each child get?</b></li> </ul> <p><i>*if you haven’t got a basketball hoop – a tripod basket or hoop on the floor is perfect</i></p>
<p><b>Countdown Pass</b></p> 	<ul style="list-style-type: none"> <li>• Children make circle</li> <li>• Ball can be passed in any direction, using either a bounce or chest pass</li> <li>• Children pass the ball to each other around/across the circle</li> <li>• After 10 seconds, time keeper blow the whistle and the person with the ball is out (<i>they can help with timing and scoring</i>)</li> <li>• Time keeper stops the game after 60 seconds – all players left remaining get a point</li> <li>• All children back in – and game starts again.</li> <li>• Play 10 rounds</li> <li>• <b>How many points can each child get?</b></li> </ul>



# HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL AUTUMN COACHING SUPPORT

Welcome to the Hampshire School Games Virtual Basketball Championships.

SKILL	COACHING POINTS
<b>Dribbling</b> 	<ul style="list-style-type: none"> <li>• Eyes facing forward and heads up</li> <li>• Fingers relaxed and spread on the ball</li> <li>• Keep the ball in the finger “pads”</li> <li>• Dribble no higher than the hip height</li> <li>• Fingers spread for max. control</li> <li>• Guide the ball with a gentle pushing action rather than “patting” the ball</li> </ul>
<b>Bounce Pass</b> 	<ul style="list-style-type: none"> <li>• Feet shoulder width apart and slight bent</li> <li>• Step forward with weight on the front foot when you make the pass.</li> <li>• Look at the player to whom the pass is being made</li> <li>• Ball must be in a ready position in front of the chest.</li> <li>• Fingers spread, thumbs nearest to the chest.</li> <li>• Reach down and push the ball hard to the floor.</li> <li>• Arms and fingers should be extended as the ball is released.</li> <li>• Receiver: Be ready to catch</li> </ul>
<b>Chest Pass</b> 	<ul style="list-style-type: none"> <li>• Feet shoulder width apart and slight bent</li> <li>• Step forward with weight on the front foot when you make the pass.</li> <li>• Look at the player to whom the pass is being made.</li> <li>• Hold the ball in both hands with fingers spread.</li> <li>• Elbows in.</li> <li>• Ball is pushed towards the receiver and released by extending arms and fingers.</li> </ul>
<b>Shooting</b> 	<ul style="list-style-type: none"> <li>• <b>B-- Balance</b> 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.</li> <li>• <b>E -- Elbow in</b> 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.</li> <li>• <b>E -- Eyes on Target</b> Stay focused on this target.</li> <li>• <b>F-- Follow Through</b> 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)</li> </ul>
<b>Receiving the ball</b> 	<ul style="list-style-type: none"> <li>• Move to the ball.</li> <li>• Flex the arms.</li> <li>• Show hands as a signal and a target and call for the ball.</li> <li>• Step toward the ball - not away.</li> <li>• Pivot to face the basket ( If playing a game)</li> <li>• Look at the ball as it goes into the hands. Use two hands, grasping the ball tightly with the fingers and thumbs.</li> <li>• Bring the ball into your chest.</li> </ul>



# HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL

## AUTUMN – KEY STAGE 1

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/](http://www.energiseme.org/schools/hampshire-school-games/)) or through your SGO

School Name:								Total No. of participants:					
Name or Number			Year Group	Gender	Count the Bounce				Bounce On		Dribble Relay (team time)	Spots Shooting	Count-down pass
					Bounce & Catch	Bounce using 2 hands	Bounce using right hand	Bounce using left hand	Chest pass	Bounce Pass			
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									
12			1	G									
13			1	G									
14			1	G									
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18			1	B									
19			1	B									
20			1	B									

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# HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL

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# HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS AUTUMN – KEY STAGE 1

Welcome to the Hampshire School Games Virtual Multi Skills Championships.

Activity	COACHING POINTS
<b>Agility Obstacles</b> 	<ul style="list-style-type: none"> <li>Lay out 4 cones in a line, 1m apart. Then 3 cones horizontal at the end 1m from last cone</li> <li>Starting at the first cone. You must weave in and out of the cones</li> <li>Once you get to the end, go and touch one of the 3 cones in front</li> <li>Run back to the start and repeat</li> <li>You must touch ALL 3 cones (one at a time)</li> </ul> <p><b>How quickly can you do it?</b></p>
<b>Cross the swamp</b> 	<ul style="list-style-type: none"> <li>Have two markers 5 metres apart</li> <li>Grab yourself two hoops or two flat markers</li> <li>The aim is to cross the swamp, but you can only stand either in your hoops or on markers.</li> </ul> <p><b>How many times can you cross the swamp in 45 seconds?</b>  <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>
<b>Target Throw</b> 	<ul style="list-style-type: none"> <li>Place a hoop 3 metres from your starting point</li> <li>Have next to you 5 bean bags</li> <li>On go throw the bean bags one at a time into the hoop. You can only pick up one bean bag one at a time</li> <li>If you miss the hoop, go and collect it and have another go</li> </ul> <p><b>How long does it take you to throw all 5 bean bags into the hoop?</b></p>
<b>Beat the Clock</b> 	<ul style="list-style-type: none"> <li>Place a hoop 5 metres from your starting point</li> <li>Have next to you a 20 items (cones/bean bags)</li> <li>Pick up one item, run as fast as you can and place item in hoop. You must place in hoop – not throw</li> <li>Run back and pick up another item</li> </ul> <p><b>How many items can you place in hoop in 30 seconds?</b></p>
<b>Sideways Stepping</b> 	<ul style="list-style-type: none"> <li>Have two markers 5 metres apart</li> <li>You must sidestep in between each cone and go right around each cone before going back to the next one.</li> </ul> <p><b>How many times can you move between the two cones in 30 seconds?</b></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
<b>Agility Obstacles</b> 	<ul style="list-style-type: none"> <li>Keep close to cones, quick feet whilst weaving in and out of cone</li> <li>Bend with your knees when touching the cone at the end</li> <li>Think about which colour cone you are going to touch when weaving in between cones.</li> </ul>
<b>Cross the swamp</b> 	<ul style="list-style-type: none"> <li>Do not throw the hoop/marker too far in front. As you are not allowed to touch floor to go collect.</li> <li>Bend with your knees when picking up hoop/marker to move forward</li> <li>Use arms to help with balance</li> </ul>
<b>Target Throw</b> 	<ul style="list-style-type: none"> <li>Bean bag in your throwing hand</li> <li>Face your target</li> <li>Once bean bag is released, follow through your throwing arm to the target</li> <li>Have a controlled throwing motion</li> </ul>
<b>Beat the Clock</b> 	<ul style="list-style-type: none"> <li>On the balls of your feet when running in between the starting point and hoop</li> <li>Use arms to help increase your speed</li> <li>Bend with your knees when picking up object and placing it in to the hoop</li> </ul>
<b>Sideways Stepping</b> 	<ul style="list-style-type: none"> <li>Sideways on, keep looking in the direction you are facing. Only look at the cones when you are nearly at each end.</li> <li>Weight on the balls of your feet</li> <li>Knees slightly bent</li> <li>Arms out at the side for balance</li> <li>Smooth rhythmical movement</li> <li>Side steps not too big</li> </ul>



# HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS

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Name or Number		Year Group	Gender	Agility Obstacles	Cross the Swamp	Target Throw	Beat the Clock	Sideways Stepping
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3		R	G					
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20		1	B					

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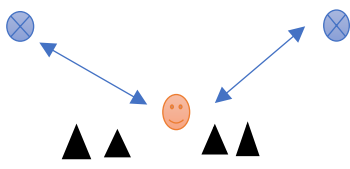


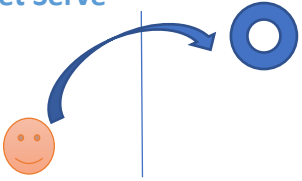

School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Agility Obstacles	Cross the Swamp	Target Throw	Beat the Clock	Sideways Stepping
1		2	G					
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# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON AUTUMN – KEY STAGE 1

Welcome you to the Hampshire School Games Virtual Badminton Championships.

ACTIVITY	DESCRIPTION / RULES
<p><b>Shuttle Run</b></p> 	<ul style="list-style-type: none"> <li>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.</li> <li>The player has 4 shuttles or bean bags and starts at the third marker.</li> <li>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.</li> </ul> <p><b>How quickly can the player complete the 4 runs?</b></p>
<p><b>Keepy Ups</b></p> 	<ul style="list-style-type: none"> <li>Using a racket and shuttle or if those are not available, a balloon, <b>how many times can the player keep the balloon or shuttle up in the air before it drops on the floor?</b></li> <li>Tell the player to try and hit the shuttle or balloon with their palm facing up.</li> </ul>
<p><b>Racket Relay</b></p> 	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul> <p><b>How quickly can the pair complete this?</b></p>
<p><b>Target Serve</b></p> 	<ul style="list-style-type: none"> <li>Each player has 5 shuttles. They stand on one side of a line 5m away from a hoop and on a diagonal.</li> <li>The player must try to 'serve' the shuttle, underarm over the line and into the hoop.</li> </ul> <p><b>How many serves can they get into the hoop?</b></p>
<p><b>Balloon Rally</b></p> 	<ul style="list-style-type: none"> <li>Players should be in pairs and have a racket each and a balloon between them.</li> </ul> <p><b>How many times can each player hit the balloon to their partner before it drops on the floor?</b></p>



# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON

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# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON

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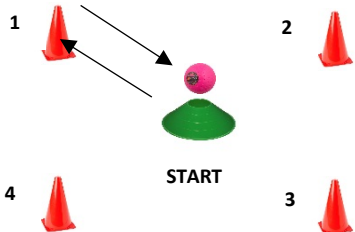
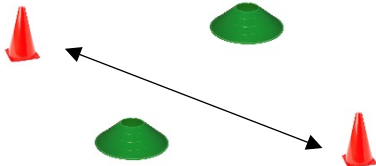
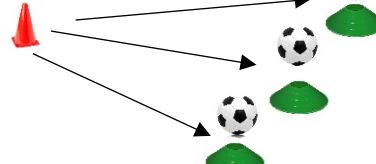
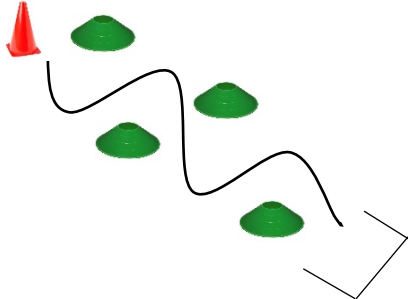
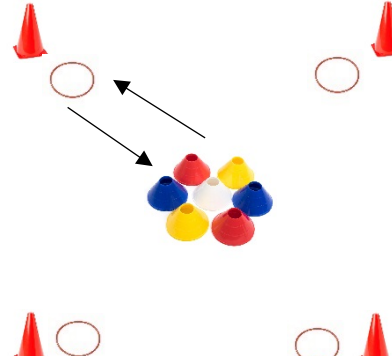


# HAMPSHIRE SCHOOL GAMES

## VIRTUAL HOCKEY

### AUTUMN – KEY STAGE 1

Welcome you to the Hampshire School Games Virtual Hockey Championships.

ACTIVITY	DESCRIPTION / RULES
<b>Dribble Sprints</b> 	<p>You will need: 5 cones, 1 hockey ball, a stopwatch</p> <ul style="list-style-type: none"> <li>Set up a 5m x 5m grid with a hockey ball at each corner. Place a cone in the centre of the square.</li> <li>This event will have a time as the score</li> <li>Each participant will dribble the ball from the middle start cone. Dribble up and around the 1st cone then back to the middle.</li> <li>Then to 2nd 3rd and 4<sup>th</sup></li> <li>When they finish the 4th then stop the clock.</li> </ul> <p><b>How quick did you manage to complete the square?</b></p>
<b>Precision Passing</b> 	<p>You will need: 4 cones (2 different colours), 1 hockey ball, a stopwatch</p> <ul style="list-style-type: none"> <li>Using 2 cones (green) set up a passing gate with the cones 1 metre apart.</li> <li>In pairs, pass the ball as many times as possible through the gate in 1 minute.</li> <li>Pairs should stand 2 metres apart (red cones).</li> <li>Increase or decrease the size of the passing gate to make it easier or more difficult</li> </ul> <p><b>How many times did you pass through in one minute?</b></p>
<b>Sink the Ship</b> 	<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"> <li>Place 3 footballs/basketballs on cones 1 metre apart</li> <li>The idea of the game is to hit every ball off the cone with as few shots as possible. (In any order)</li> </ul> <p><b>How many shots did it take?</b></p>
<b>Dribble, Shoot, Score!</b> 	<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"> <li>This part of the competition will use all of the skills in the previous activities.</li> <li>Students need to be in groups of 4.</li> <li>4 cones should be placed at a metre interval.</li> <li>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)</li> <li>Participants should dribble between the cones, be careful to go in between each one before shooting at the goal</li> <li>If they miss, they need to retrieve the ball and shoot again until they score.</li> <li>Stop the clock when all 4 players have completed.</li> </ul> <p><b>How quick did the team manage to complete it?</b></p>
<b>Collect-a-Cone</b> 	<p>You will need: 4 hockey balls, 4 hoops, 20 - 30 cones</p> <ul style="list-style-type: none"> <li>Place the cones to make a 10m x 10m grid (min)</li> <li>Scatter the cones inside the grid</li> <li>Students need to be in teams of 4</li> <li>The idea of the game is to get as many cones back in your hoop.</li> <li>Students 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.</li> <li>When all of the cones are collected count them up to see which team wins.</li> <li>1st 4 points 2nd 3 points 3rd 2 points 4th 1 point</li> </ul> <p><b>Which team has the most amount of points?</b></p>



# HAMPSHIRE SCHOOL GAMES VIRTUAL HOCKEY

## AUTUMN – KEY STAGE 1

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/](http://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		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					
12		1	G					
13		1	G					
14		1	G					
15		1	G					
16		1	B					
17		1	B					
18		1	B					
19		1	B					
20		1	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11th DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL TWO AND THREE EVENTS.



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1		2	G					
2		2	G					
3		2	G					
4		2	G					
5		2	G					
6		2	B					
7		2	B					
8		2	B					
9		2	B					
10		2	B					

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# **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](http://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](mailto: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


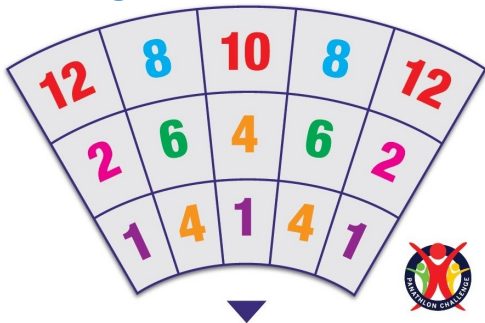


Contact Details:

Tony Waymouth

The Panathlon Foundation

0780798103

[tony@panathlon.com](mailto:tony@panathlon.com)

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

**Scoring:** Add the total number of skittles knocked over.