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GAMES**

**Energise  
Me**



# **HAMPSHIRE SCHOOL GAMES ACTIVITIES AUTUMN 2 – KS&4**



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Hampshire SGO



Department  
for Culture  
Media & Sport

change  
**4life**



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[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:

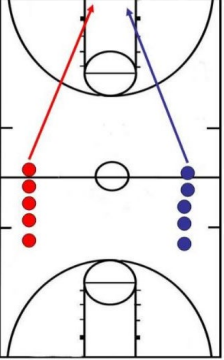
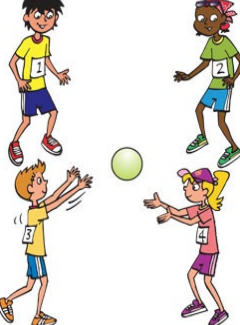
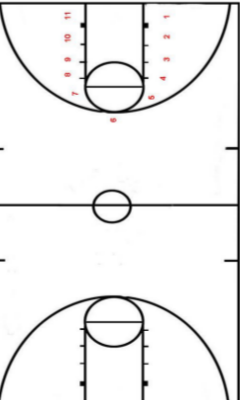
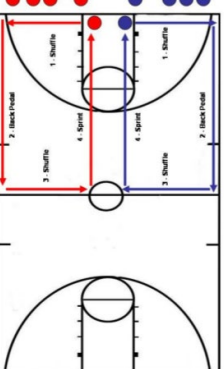
Term	Sport	Entry Deadline
Autumn Term  Entries can be made between Monday 14 <sup>th</sup> September – Friday 11 <sup>th</sup> December	TABLE TENNIS	Friday 11 <sup>th</sup> December
	CROSS COUNTRY	
	FOOTBALL	
	SPORTSHALL ATHLETICS	
	PANATHLON CHALLENGE	
	BADMINTON	
	BASKETBALL	
	HOCKEY	
	MULTI-SKILLS	

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



# HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL AUTUMN – KEY STAGE E/4

Welcome you to the Hampshire School Games Virtual Basketball Championships.

ACTIVITY	DESCRIPTION / RULES
<p><b>Half Court Relay</b></p> 	<ul style="list-style-type: none"> <li>• Divide the players into groups of 5. Two teams work towards one hoop/basket (as shown on left)</li> <li>• Starting at half court, first player in each team with the ball dribbles toward the basket and shoots.</li> <li>• Rebound the ball and dribble back to half court, pass to next player.</li> <li>• Repeat, however pupils take a 3-pointer shot, followed by a layout, before dribbling back to next player.</li> </ul> <p><b>Challenge: 21 Shooting Game. Who can get the most points?</b></p> <ul style="list-style-type: none"> <li>• Each player has to try and get 21 points, but either shooting from the 3-pointer (3 points) or lay-up (1 point), nothing if they miss.</li> <li>• Rotating through the team (as before), pupils have 7 shoots to try and get the highest points.</li> </ul>
<p><b>Countdown Pass</b></p> 	<ul style="list-style-type: none"> <li>• Players in teams of 7, form a circle in the “D”</li> <li>• Players pass the ball to each other across and around the circle – using bounce, chest or high pass</li> <li>• Time keeper stops play at 15 seconds, the person with the ball is knocked out of the game</li> <li>• Time keeper stops the game after 2 mins – players remaining in the game score 1 point</li> <li>• Keep the score after each round. Play 10 rounds – <b>who has the most points?</b></li> </ul> <p><u>Progression 1</u> Add another ball into play – so there are 2 balls in rotation – players with ball are out. <b>Who has the most points?</b></p>
<p><b>Around the Key</b></p> 	<ul style="list-style-type: none"> <li>• Place 11 marker spots around the key – as shown by the red dots on the diagram (start with being on the lines)</li> <li>• Teams can be between 2 and 11 – players find a spot/number to start on.</li> <li>• Players get 1 point for every basket they score (max. 11), rotate clockwise around all spots until they are back to starting spot – <b>who has the most points?</b></li> </ul> <p><u>Progression 1 - Timed</u> Place a basketball on each spot, taking it in turns, players have 60 seconds to score as many points as possible, working their way around the key. Can do as many rotations as possible. <b>How many points?</b></p> <p><u>Progression 2 – One on One</u> Place a basketball on all numbers (2 x balls on no “6”. Two players against each other starting at “1” and “11”, race to the top no “6”. Players have 1 attempt per spot, 1 point for every basketball, 5 points for being first to “6” and 10 points for scoring. (Make sure players are evenly matched). <b>Who has the most point? How many?</b></p>
<p><b>Box Run Relay</b></p> 	<ul style="list-style-type: none"> <li>• Divide your teams into 2 equal teams of 8 (if less, players need to make up to 8)</li> <li>• Players start under the net, side by side (shown in picture by 2 circles (red and blue) separate from rest)</li> <li>• Players shuffle along the baseline, once they reach the corner of court, they back pedal to half court. There they shuttle to the base circle and sprint back to the starting line, tagging next player who continues.</li> </ul> <p>Time the teams. <b>Which team has the quickest time?</b></p> <p><u>Progression 1 – Dribble Box</u> As above, but add a ball so they are dribbling the whole way around? Time each team. <b>Which team has the quickest time?</b></p>



# HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL

## AUTUMN – KEY STAGE E&4

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	Half Court Relay	Countdown pass		Around the Key			Box Run Relay	
					One ball rotation	Prog.1: 2 ball rotation	Players on spots	Prog.1: Timed	Prog.2: 1 on 1	Running	Prog.1: Dribble box
1		7	G								
2		7	G								
3		7	G								
4		7	G								
5		7	G								
6		7	B								
7		7	B								
8		7	B								
9		7	B								
10		7	B								
11		8	G								
12		8	G								
13		8	G								
14		8	G								
15		8	G								
16		8	B								
17		8	B								
18		8	B								
19		8	B								
20		8	B								
21		9	G								
22		9	G								
23		9	G								
24		9	G								
25		9	G								

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# HAMPSHIRE SCHOOL GAMES VIRTUAL BASKETBALL

## AUTUMN – KEY STAGE E&4

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5		9	B								
6		10	G								
7		10	G								
8		10	G								
9		10	G								
10		10	G								
11		10	B								
12		10	B								
13		10	B								
14		10	B								
15		10	B								
16		11	G								
17		11	G								
18		11	G								
19		11	G								
20		11	G								
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22		11	B								
23		11	B								
24		11	B								
25		11	B								

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# HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS AUTUMN KEY STAGE E&4

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 2m from last cone. KS4 have 5 cones horizontal.</li> <li>Starting at the first cone, weave in and out of the cones</li> <li>Once you get to the end, touch one of the 5 cones</li> <li>Run back to the start and repeat</li> <li>You must touch ALL horizontal cones (one at a time)</li> </ul> <p><b>How quickly can you do it?</b></p>
<b>Double Foot Jump</b> 	<ul style="list-style-type: none"> <li>Place a flat marker on the floor as your starting point</li> <li>Double foot jump, three times</li> <li>Use a tape measure and see how far you can get</li> <li>Pause in between each jump. If you fall to the ground, have another go</li> </ul> <p><b>How far did you manage to jump? Take three attempts and record your best score</b></p>
<b>Target Throw</b> 	<ul style="list-style-type: none"> <li>Place a tennis or badminton tube in front of you</li> <li>Stand 1 metre back</li> <li>Use a ball/bean bag and throw towards the tube and try knock it down</li> <li>If you hit the tube, go and stand it back up again</li> <li>Then repeat, but this time from 2 metres and so on</li> <li>Complete for 5 minutes. <b>How far away can you get?</b></li> <li>Place flat markers on the floor 1 metre apart before you start so you know where to stand.</li> </ul>
<b>Beat the Clock</b> 	<ul style="list-style-type: none"> <li>Place a hoop 3 metres from your starting point. Put three cones in between</li> <li>Have next to you a 20 items (cones/bean bags)</li> <li>Pick up one item, hop on your right leg to the hoop, place item in the hoop. Then hop on left leg back to the starting point. Then repeat.</li> </ul> <p><b>How many items can you place in hoop in 30 seconds?</b></p>
<b>Balance the Item</b> 	<ul style="list-style-type: none"> <li>Place 3 cones on the floor in a triangle, 1 metre apart. KS4 have 4 cones and make a diamond shape</li> <li>Grab yourself an object which you can balance on your head (bean bag/book)</li> <li>Starting at one of the cones, balance the item on your head.</li> <li>Walk to the next cone, bend down and touch the cone with your hand and then move onto the next cone.</li> <li>Once you get to the end, turn around and repeat</li> </ul> <p><b>How many times can you walk between the cones without the object falling off? Have 3 attempts and put your best score</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 – KEY STAGE E&4

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	Agility Obstacles	Double Foot Jump	Target Throw	Beat the Clock	Balance the Item
1		7	G					
2		7	G					
3		7	G					
4		7	G					
5		7	G					
6		7	B					
7		7	B					
8		7	B					
9		7	B					
10		7	B					
11		8	G					
12		8	G					
13		8	G					
14		8	G					
15		8	G					
16		8	B					
17		8	B					
18		8	B					
19		8	B					
20		8	B					
21		9	G					
22		9	G					
23		9	G					
24		9	G					
25		9	G					

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# HAMPSHIRE SCHOOL GAMES VIRTUAL MULTI SKILLS

## AUTUMN – KEY STAGE E&4

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School Name:						Total No. of participants:		
Name or Number		Year Group	Gender	Agility Obstacles	Double Foot Jump	Target Throw	Beat the Clock	Balance the Item
1		9	B					
2		9	B					
3		9	B					
4		9	B					
5		9	B					
6		10	G					
7		10	G					
8		10	G					
9		10	G					
10		10	G					
11		10	B					
12		10	B					
13		10	B					
14		10	B					
15		10	B					
16		11	G					
17		11	G					
18		11	G					
19		11	G					
20		11	G					
21		11	B					
22		11	B					
23		11	B					
24		11	B					
25		11	B					

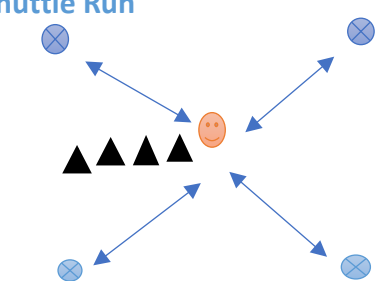
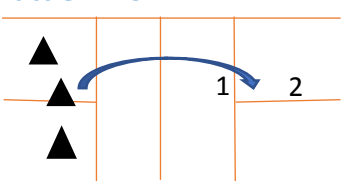
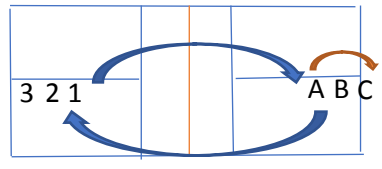
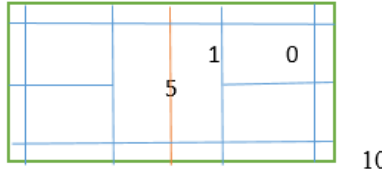

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# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON AUTUMN – KEY STAGE 3

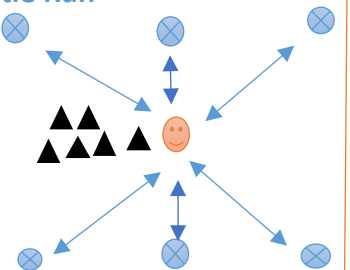
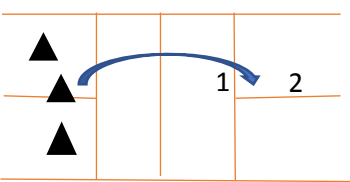
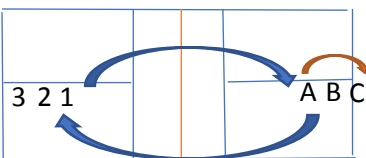
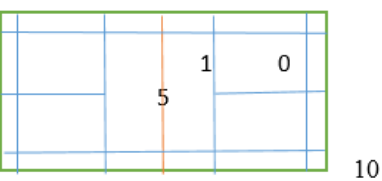

Welcome you to the Hampshire School Games Virtual Badminton Championships.

ACTIVITY	DESCRIPTION / RULES
<p><b>Shuttle Run</b></p> 	<ul style="list-style-type: none"> <li>Place 4 markers in the 4 corners of one side of the court.</li> <li>The player has 4 shuttles and starts in the middle of the court.</li> <li>Start the timer. The player takes one shuttle to one corner then comes back to the middle to collect the next shuttle.</li> <li>The player then takes this shuttle to the next corner.</li> <li>Repeat with the other shuttles.</li> </ul> <p><b>How quickly can the player complete the 6 runs?</b></p> <ul style="list-style-type: none"> <li>All players should try to keep their feet facing the net all the time.</li> </ul>
<p><b>Shuttle Throw</b></p> 	<ul style="list-style-type: none"> <li>The pupils need 3 shuttles.</li> <li>Pupils throw each shuttle in turn from the serving line of one side of the court over the net into the other side using an overarm technique.</li> <li>They get 1 point for getting the shuttle over the net in front of the opposite service line and 2 points for getting it over the service line</li> </ul> <p><b>How many points in total from 3 throws?</b></p>
<p><b>Lives</b></p> 	<ul style="list-style-type: none"> <li>Pupils are in 2 teams, one on either side of the net at the back of the court.</li> <li>Player A of one team serves the shuttle over the net to Player 1 of the other team and then runs to the back of their own line (not round the net). Player 1 tries to return the shuttle and so on.</li> <li>Each player has 3 lives. Every time they miss the shuttle or hit it in the net or out they lose a life. Lose all three lives and they are out. The last player left is the winner.</li> </ul> <p><b>How many times were you the last one standing?</b></p>
<p><b>Hit the Box</b></p> 	<ul style="list-style-type: none"> <li>A feeder stands on one side of the net and serves the shuttle over to the player.</li> <li>The player has to hit the shuttle back over the net into certain parts of the court to score points. E.g. 1 point for the front court in front of the service line, 5 points for the back quarter and 10 points for the small box at the very back corner of the court. 0 points are scored for hitting the mid court area.</li> <li>Each player has 5 shuttles to score as many points as they can</li> </ul> <p><b>How many points did you manage to get?</b></p>
<p><b>Rally Champ</b></p> 	<ul style="list-style-type: none"> <li>Players rally in pairs for 2 minutes counting up the highest rally they get in that time.</li> <li>They then swap partners and rally again counting up the longest rally with that partner in 2 minutes.</li> <li>This is repeated with a 3rd partner.</li> <li>At the end of the 3 goes, each player adds together their three scores.</li> </ul> <p><b>Who has the highest number?</b></p>



# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON AUTUMN – KEY STAGE 4

Welcome you to the Hampshire School Games Virtual Badminton Championships.

ACTIVITY	DESCRIPTION / RULES
<b>Shuttle Run</b> 	<ul style="list-style-type: none"> <li>Place 4 markers in the corners of one side of the court and to the side tramlines.</li> <li>The player has 6 shuttles and starts in the middle of the court.</li> <li>Start the timer. The player takes one shuttle to one corner then comes back to the middle to collect the next shuttle. The player then takes this shuttle to the next corner. Repeat with the other shuttles.</li> </ul> <p><b>How quickly can the player complete the 6 runs?</b></p> <ul style="list-style-type: none"> <li>All players should try to keep their feet facing the net all the time and return to 'base' each time.</li> </ul>
<b>Shuttle Throw</b> 	<ul style="list-style-type: none"> <li>The pupils need 3 shuttles. They throw from one side of the court then run round the net to the other in their time limit.</li> <li>Pupils throw each shuttle in turn from the serving line of one side of the court over the net into the other side using an overarm technique.</li> <li>They get 1 point for getting the shuttle over the net in front of the opposite service line and 2 points for getting it over the service line.</li> </ul> <p><b>How many points scored in two minutes?</b></p>
<b>Lives</b> 	<ul style="list-style-type: none"> <li>Pupils are in 2 teams, one on either side of the net at the back of the court.</li> <li>Player A of one team serves the shuttle over the net to Player 1 of the other team and then runs to the back of their own line (not round the net). Player 1 tries to return the shuttle and so on.</li> <li>Each player has 3 lives. Every time they miss the shuttle or hit it in the net or out they lose a life. Lose all three lives and they are out. The last player left is the winner.</li> </ul> <p><b>How many times were you the last one standing?</b></p>
<b>Hit the Box</b> 	<ul style="list-style-type: none"> <li>A feeder stands on one side of the net and serves the shuttle over to the player.</li> <li>The player has to hit the shuttle back over the net into certain parts of the court to score points. E.g. 1 point for the front court in front of the service line, 5 points for the back quarter and 10 points for the small box at the very back corner of the court. 0 points are scored for hitting the mid court area.</li> <li>Each player has 5 shuttles to score as many points as they can.</li> </ul> <p><b>How many points did you manage to get?</b></p>
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# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON

## AUTUMN – KEY STAGE E&4

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17		8	B					
18		8	B					
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22		9	G					
23		9	G					
24		9	G					
25		9	G					

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# HAMPSHIRE SCHOOL GAMES VIRTUAL BADMINTON

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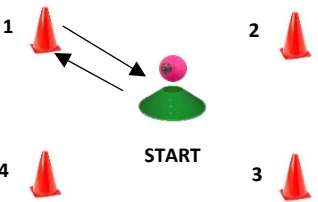
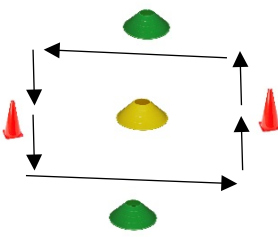
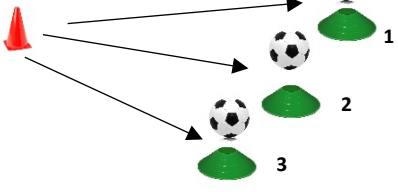
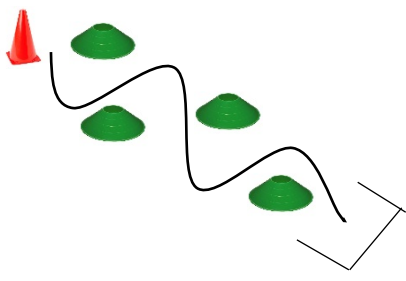
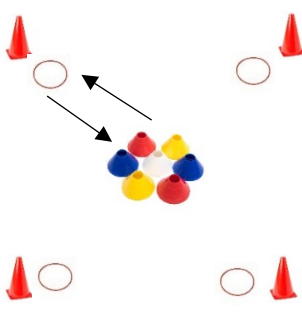


# HAMPSHIRE SCHOOL GAMES

## VIRTUAL HOCKEY

### AUTUMN – KEY STAGE E&4

Welcome you to the Hampshire School Games Virtual Hockey Championships.

ACTIVITY	DESCRIPTION / RULES
<p><b>Dribble Sprints</b></p> 	<p>You will need: 5 cones, 1 hockey ball, a stopwatch</p> <ul style="list-style-type: none"> <li>Set up a 10x10 grid with a hockey ball at each corner. Place a cone in the centre of the square.</li> <li>Each participant will dribble the ball from the middle start cone.</li> <li>Dribble up and around the 1st cone then back to the middle. Then to 2nd 3rd and 4th</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>
<p><b>Precision Passing</b></p> 	<p>You will need: 5 cones, 1 hockey ball, a stopwatch</p> <ul style="list-style-type: none"> <li>Using 2 cones set up a passing gate with the cones 1 metre apart, then place a yellow in the middle (1/2 metre)</li> <li>Combining passing and moving. Pass down one side then move back across to receive.</li> <li>In pairs, pass the ball through the gates in 1 minute.</li> <li>Pairs should stand 10 metres apart. (5 metres from centre)</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 manage to pass the ball through the gate in 1 minute?</b></p>
<p><b>Sink the Ship</b></p> 	<p>You will need: 4 cones (3 of 1 colour, 1 of a different colour), 3 large balls (eg footballs), hockey balls</p> <ul style="list-style-type: none"> <li>Place 3 footballs/basketballs on cones roughly 2 metres apart</li> <li>The idea of the game is to knock every ball in sequence off the cones in as few shots as possible.</li> <li>Standing 5 metres from the cones, players should attempt to hit the 1st ball off the cone. Once the 1st ball is knocked off then try knocking the 2nd and 3rd ball off their cones.</li> </ul> <p><b>How many shots does it take to hit all 3 balls?</b></p>
<p><b>Dribble, Shoot, Score!</b></p> 	<p>You will need: 6 cones to dribble through, a goal (or different colour cones), hockey balls</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>6 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 a one then use cones. The goal should be about 5 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 twice.</li> </ul> <p><b>How quick did the team manage to complete it?</b></p>
<p><b>Collect-a-Cone</b></p> 	<p>You will need: 8 different sized balls, 8 cones, a stopwatch</p> <ul style="list-style-type: none"> <li>Place the cones to make a 10 x 10 grid. Scatter the balls inside the grid</li> <li>Place 4 cones at the centre of the grid to create a 1x1 safe zone. Students need to be in teams of 4</li> <li>The idea of the game is that all of the balls need to be collected as put in the centre of the playing grid.</li> <li>Participants will take it in turns to run into the grid and dribble the ball to the centre where there will be a safe zone.</li> <li>After they have dribbled a ball and put it in the centre, they need to run out and the next player will have a turn.</li> <li>When all of the balls are in the safe zone, the stopwatch can be stopped.</li> </ul> <p><b>Which team has the most amount of points?</b></p>



# HAMPSHIRE SCHOOL GAMES VIRTUAL HOCKEY

## AUTUMN – KEY STAGE E&4

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		7	G					
2		7	G					
3		7	G					
4		7	G					
5		7	G					
6		7	B					
7		7	B					
8		7	B					
9		7	B					
10		7	B					
11		8	G					
12		8	G					
13		8	G					
14		8	G					
15		8	G					
16		8	B					
17		8	B					
18		8	B					
19		8	B					
20		8	B					
21		9	G					
22		9	G					
23		9	G					
24		9	G					
25		9	G					

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 HOCKEY

## AUTUMN – KEY STAGE E&4

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		9	B					
2		9	B					
3		9	B					
4		9	B					
5		9	B					
6		10	G					
7		10	G					
8		10	G					
9		10	G					
10		10	G					
11		10	B					
12		10	B					
13		10	B					
14		10	B					
15		10	B					
16		11	G					
17		11	G					
18		11	G					
19		11	G					
20		11	G					
21		11	B					
22		11	B					
23		11	B					
24		11	B					
25		11	B					

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](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


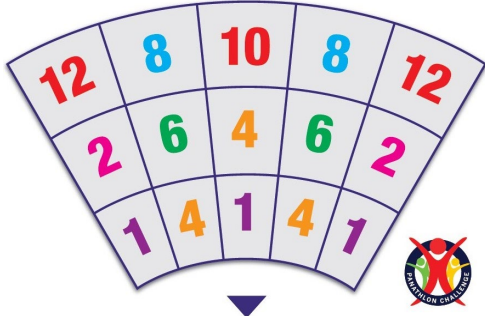


Contact Details:

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.