

VIRTUAL HAMPSHIRE SCHOOL GAMES 2020



INCLUSIVE





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 8 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.

The top three teams in each SGO area will be awarded Level 2 medals and the Top three teams across the County will be awarded Level 3 medals.

Energise Me are collating the entries and you can either submit your scores directly onto their website OR you can email the results to your SGO who can enter them for you.

<https://www.energiseme.org/schools/hampshire-school-games/>

The activities for Autumn Term are:

Badminton

Basketball

Cross Country

Football

Hockey

Multi-Skills

Sportshall Athletics

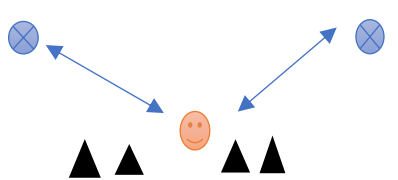

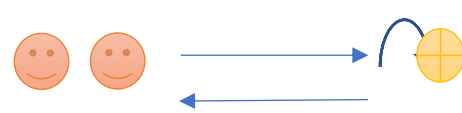
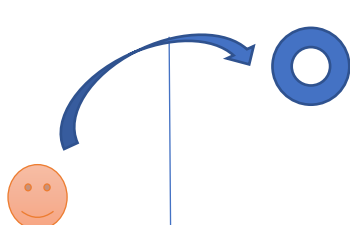
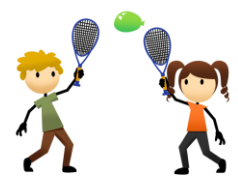
Table Tennis

ALL RESULTS MUST BE SUBMITTED BY FRIDAY 11 DECEMBER 2020

Good Luck and we hope you enjoy the activities!

HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL BADMINTON - INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;">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. How quickly can the player complete the 4 shuttle runs?
<p style="text-align: center;">KEEPY UPS</p> 	<ul style="list-style-type: none"> Using a racket and shuttle or if those are not available, a balloon, how many times can the player keep the balloon or shuttle up in the air before it drops on the floor? The player should try and hit the shuttle or balloon with their palm facing up.
<p style="text-align: center;">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. How quickly can the pair complete this?
<p style="text-align: center;">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. How many serves can they get into the hoop?
<p style="text-align: center;">BALLOON RALLY</p> 	<ul style="list-style-type: none"> Players should be in pairs and have a racket each and a balloon between them. How many times can each player hit the balloon to their partner before it drops on the floor?

HAMPSHIRE SCHOOL GAMES

VIRTUAL BADMINTON – STEP TOOL FOR INCLUSION

	SHUTTLE RUN	KEEPY UPS	RACKET RELAY	TARGET SERVE	BALLOON RALLY
SPACE	<p>Make the distance smaller or change the shape.</p> <p>Different people moving different distances will motivate everyone.</p> <p>Think about the surface you are on.</p>	<p>Make the area smaller or bigger depending on wheelchairs, walkers etc.</p> <p>Each player stays in a certain zone.</p> <p>Think about the surface you are on.</p>	<p>Make the area smaller or bigger depending on wheelchairs, walkers etc.</p> <p>Each player stays in a certain zone.</p> <p>Think about the surface you are on.</p>	<p>Make the area smaller or bigger depending on wheelchairs, walkers etc.</p> <p>Each player stays in a certain zone.</p> <p>Think about the surface you are on.</p>	<p>Make the area smaller or bigger depending on wheelchairs, walkers etc.</p> <p>Each player stays in a certain zone.</p> <p>Think about the surface you are on.</p>
TASK	<p>Can it be a repetition/stretches or number of pushes in a time.</p> <p>Static activity for those who can't run eg. stretching from one side to the other as many times as possible.</p> <p>Use a target to knock over at each end.</p>	<p>Use any part of the body to keep the 'shuttle' up in the air</p> <p>Can be done sat down.</p> <p>Add a time limit (speed)</p>	<p>Use any part of the body to hold the shuttle</p> <p>Can be done sat down.</p> <p>Decrease the number of legs required to be done</p>	<p>'Serve' straight without a barrier/net if necessary</p> <p>Throw the shuttle/ball if necessary.</p>	<p>Use bigger/smaller bats/rackets/books/flat bits of wood</p> <p>Use different shuttles/balls/rolled up socks</p> <p>How many balloons can you keep up in the air?</p>
EQUIPMENT	<p>Follow a line or a wall aiding understanding.</p> <p>Use electric wheelchairs or wheelchairs/mobility aids.</p> <p>Use a rope or cord to pull the distance rather than move.</p>	<p>Use bigger/smaller bats/rackets/books/flat bits of wood</p> <p>Use different shuttles/balls/rolled up socks</p>	<p>Use bigger/smaller bats/rackets/books/flat bits of wood</p> <p>Use different shuttles/balls/rolled up socks</p> <p>Play without a net/barrier</p>	<p>Use bigger/smaller bats/rackets/books/flat bits of wood</p> <p>Use different shuttles/balls/rolled up socks</p> <p>Use different sized targets (hoops, rope, buckets)</p>	<p>Use bigger/smaller bats/rackets/books/flat bits of wood/hands</p> <p>Use different shuttles/balls/rolled up socks/balloons</p>
PEOPLE	<p>Ask for ideas!</p> <p>Different family members compete over different distances.</p> <p>Adults can act as guides</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>

HAMPSHIRE SCHOOL GAMES - VIRTUAL BADMINTON INCLUSIVE RESULTS




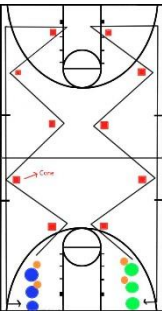
Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle Run (Time in 00:00)	Keepy Ups (Number)	Racket Relay (Time in 00:00)	Target Serve (Number)	Balloon Rally (Number)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>01:34</i>	<i>5</i>	<i>02:45</i>	<i>4</i>	<i>7</i>
1.		G					
2.		G					
3.		G					
4.		G					
5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
11.		G					
12.		G					
13.		G					
14.		G					
15.		G					
16.		B					
17.		B					
18.		B					
19.		B					
20.		B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11TH DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL BASKETBALL - INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;">Spot Shooting</p> 	<ul style="list-style-type: none"> Split into two small groups of 5 Place marker spots or cones, different distances and places around the “hoop” Children assign each spot a number value, high numbers for those more difficult to shoot (5 being the hardest, 1 the easiest). 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 shoot from each spot <p>How many points can each child get? Maximum score 15.</p> <p><i>*if you haven't got a basketball hoop – a tripod basket or hoop on the floor is perfect.</i></p>
<p style="text-align: center;">Countdown Pass</p> 	<ul style="list-style-type: none"> 10 children make circle Ball can be passed in any direction, using either a bounce or chest pass Children pass the ball to each other around/across the circle – <i>make sure each child gets the ball</i> After 10 seconds, timekeeper blow the whistle and the person with the ball is out (<i>they can help with timing and scoring</i>) Timekeeper stops the game after 60 seconds – all players left remaining get a point All children back in – and game starts again. Play 10 rounds <p>How many points can each child get at the of all the rounds?</p>
<p style="text-align: center;">Bounce On</p> 	<ul style="list-style-type: none"> Working in pairs; stand 1m apart, with a marker spot in the middle of you both. Bounce Pass the ball to each other as many times as you can without dropping it. <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 5 Each team places five cones about 1m apart Children number themselves 1,2,3 and so on On “GO!” number 1’s dribble the ball to the end come (straight line) and back Chest pass or bounce pass to the next child and repeat until all have gone <p>Time each team, how does it long it takes to complete?</p> <p><i>Progression: weave in and out of the cones both ways</i></p>

HAMPSHIRE SCHOOL GAMES

VIRTUAL BASKETBALL – STEP TOOL FOR INCLUSION

	SPOT SHOOTING	COUNTDOWN PASS	BOUNCE ON	DRIBBLE RELAY
SPACE	Increase or Decrease the distance from the markers to the basket according to the ability of the child.	Increase or decrease the circle size to support play.	Increase or decrease the distance you are passing the ball depending on the ability of the child.	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	Vary the number of holes that need to be completed.	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.	Make the marker spot target bigger. Change the length of time for the activity.	Wheelchair players use ‘two pushes, one bounce’ rule. Players with restricted movement can carry the ball and bounce and catch at each cone.
EQUIPMENT	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.	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.	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.	Taller cones or posts will be seen more easily by manual or power chair users.
PEOPLE	Add a caller beneath the hoop providing verbal assistance for visually impaired players.	Say the name of the player you are passing the ball too.	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.	Visually-impaired players can have manual or verbal guidance around the course.



HAMPSHIRE SCHOOL GAMES - VIRTUAL BASKETBALL INCLUSIVE RESULTS

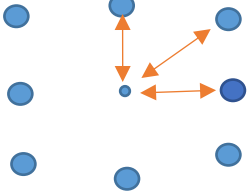
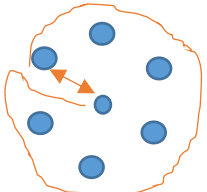

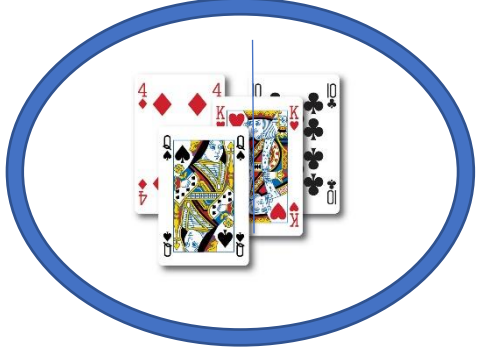

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants	
Name or Number	Year Group	Girl/Boy	Spot Shooting (number)	Countdown Pass (Number)	Bounce Pass (number)	Dribble Relay (time in 00:00)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>10</i>	<i>6</i>	<i>5</i>	<i>05:01</i>
1.		G				
2.		G				
3.		G				
4.		G				
5.		G				
6.		B				
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12.		G				
13.		G				
14.		G				
15.		G				
16.		B				
17.		B				
18.		B				
19.		B				
20.		B				

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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL CROSS COUNTRY - INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;">STAR RUN</p> 	<ul style="list-style-type: none"> Place 8 markers in a star around a central point. The radius should be 10-15m Starting in the middle, run out to one marker and back to the middle. Repeat to each marker making sure you go round each marker. Fastest time to complete 8 runs.
<p style="text-align: center;">ROUND THE WORLD</p> 	<ul style="list-style-type: none"> Place 6 markers in a circle around a central point. The radius should be 10m Starting from the middle, run out to one marker and then run round the outside of all the markers and back to the first marker and back to the middle. Repeat 3 times. What is the fastest time?
<p style="text-align: center;">SCAVENGER HUNT</p> 	<ul style="list-style-type: none"> Place at least 6 objects around an area like the playground or field Pupils start in the middle of the area and have a piece of paper and pen to write on (or white boards) On 'go' they have to go find an object and then come back and write down the first letter of the object then go and find the next one and come back and so on. How fast can they collect all the letters? The letters could spell a word or you could use numbers and they have to do a sum to make it even more challenging.
<p style="text-align: center;">DECK OF CARDS</p> 	<ul style="list-style-type: none"> Place playing cards (numbers only, not the picture cards) around a predetermined route. You could use 2-3 packs depending on your group size. Pupils run 2 laps and pick up cards as they go. At the end of the 2 laps, they have to add up the value of their cards. They have the choice then of running another lap in exchange for swapping one of their cards for another from a separate pile that has mostly high numbers and the picture cards that are worth 11 (J), 12 (Q), 13 (K) points. They have to choose the card without looking at it. Who can get the highest points score?
<p style="text-align: center;">HURDLER</p> 	<ul style="list-style-type: none"> Set up a course of about 400m with 6 – 8 barriers in it. Pupils have to run the course going over the barriers as quickly as possible. Who can run it the fastest. Increase the length of the run or number of barriers to make it more challenging.

HAMPSHIRE SCHOOL GAMES – VIRTUAL CROSS COUNTRY INCLUSIVE RESULTS






Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you.

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Star Run (Time in 00:00)	Round the World (Time in 00:00)	Scavenger Hunt (Time in 00:00)	Deck of Cards (Highest score)	Hurdler (Time in 00:00)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>01:34</i>	<i>5</i>	<i>02:45</i>	<i>4</i>	<i>7</i>
1.		G					
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19.		B					
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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL FOOTBALL – INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p>'The Slalom' (Dribble)</p> 	<ul style="list-style-type: none"> You will need: A ball, 4 markers, a stopwatch Set 4 markers out in a straight line that are 1m apart On the command 'Go' the participant dribbles in and out of each cone and back. Every completed slalom back to the start cone is 1 point. 2 minutes to gain as many points as possible. Record the score and use a stopwatch to time
<p>8 Metre Dash (Running with the Ball)</p> 	<ul style="list-style-type: none"> You will need: A ball, 2 markers, a stopwatch Set 2 markers out that are 8 metres apart. Start behind one of the markers On the command 'Go', the participant runs with the ball around each marker. Every completed 'end' is 1 point 2 minutes to gain as many points as possible. Record the score and use a stopwatch to time
<p>Rebound Race (Passing)</p> 	<ul style="list-style-type: none"> You will need: a wall, a ball, a stopwatch Place the marker 1.5 metres away from the wall On 'Go', the participant passes the ball against the wall. Every pass against the wall is 1 point. Encourage participants to control the ball before each pass. 2 minutes to gain as many points as possible Record the score and use a stopwatch to time.
<p>Aiming Accuracy (Passing Target)</p> 	<ul style="list-style-type: none"> You will need: a ball, 13 markers Use 4 markers to create 3 'target' areas (2 metre square) Use a marker to designate where to pass from and create the 3 target areas 2m, 4m and 6m away. Using different types of passes try and hit each target area – the ball does not have to remain in the target area. You have 10 attempts to hit any target – the ball can only pass through one target each attempt. E.G if it lands in target zone 1 first then you only get the point for hitting that target zone. 2m target hit – 1 point, 4m – 2 points, 6m - 3 points. Max 30 points available
<p>Knockdown Challenge (Shooting)</p> 	<ul style="list-style-type: none"> You will need: a ball, 5 markers, 5 targets (bottles/cans etc.), if possible a football goal. Place the 5 targets evenly spread across the goal line 0.5m away from each other if possible. Place the starter marker 2m away from the goal line, then the other 4 markers a metre further back each time. You have 1 attempt from each marker to knock down a target. 2m – 1 point, 3m – 2 points, 4m – 3 points, 5m – 4 points, 6m – 5 points. Record your score – Max 15 points available.

HAMPSHIRE SCHOOL GAMES

VIRTUAL FOOTBALL – STEP TOOL FOR INCLUSION

	THE SLALOM	8M DASH	REBOUND RACE	AIMING ACCURACY	KNOCKDOWN CHALLENGE
SPACE	<p>Make the distance bigger between cones.</p> <p>Use less cones on the slalom.</p>	<p>Make the distance of the dash smaller</p>	<p>Increase or decrease distance from the wall.</p>	<p>Increase the size of the target areas.</p> <p>Reduce the amount of target areas.</p>	<p>Start with a shorter distance away from the targets.</p> <p>Shoot from the same distance that can be decided per participant.</p>
TASK	<p>Extend time to complete exercise</p> <p>Allow use of hands to keep the ball under control.</p>	<p>Extend time to complete exercise.</p> <p>Allow use of hands to keep the ball under control.</p>	<p>Extend time to complete exercise.</p> <p>Allow use of hands to keep the ball under control.</p>	<p>Allow use of hands to roll the ball.</p> <p>Use one target area to aim for.</p>	<p>Allow the use of hands to aid shooting.</p> <p>Include more targets closer together for more success.</p>
EQUIPMENT	<p>Mark out a line on the floor with tape for pupils to follow</p> <p>Use different size balls or balls that make a sound.</p> <p>Use brightly coloured cones to aid vision</p>	<p>Use bigger markers.</p> <p>Use brightly coloured markers to aid vision.</p> <p>Use different size balls or balls that make a sound.</p>	<p>Use bigger balls/lighter objects.</p> <p>Use objects which make sound, such as goal balls.</p>	<p>Use bigger balls/lighter objects or goal balls that will make a sound.</p> <p>Use brightly coloured cones to aid vision.</p> <p>Use bigger markers for target area.</p>	<p>Use a larger ball or larger targets to help- assist success.</p> <p>Brightly coloured targets for visual aid.</p>
PEOPLE	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>

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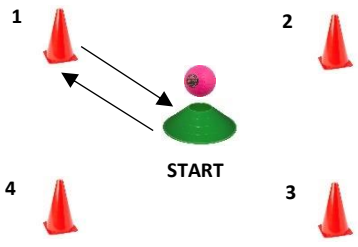
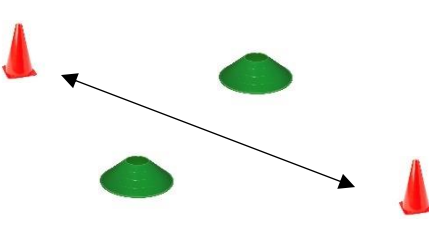
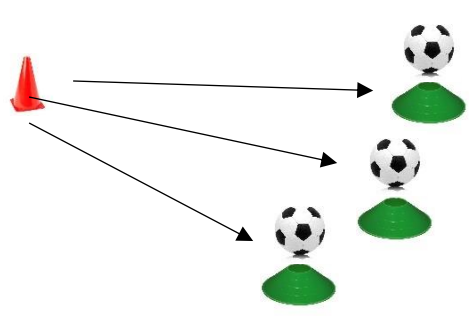
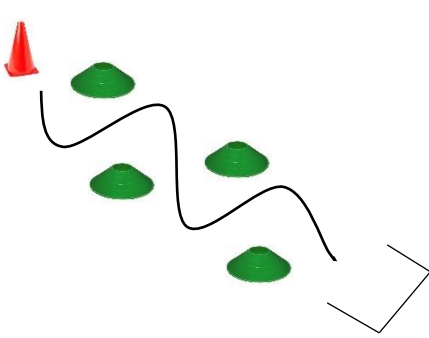
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<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>5</i>	<i>6</i>	<i>4</i>	<i>3</i>	<i>4</i>
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5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
11.		G					
12.		G					
13.		G					
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15.		G					
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17.		B					
18.		B					
19.		B					
20.		B					

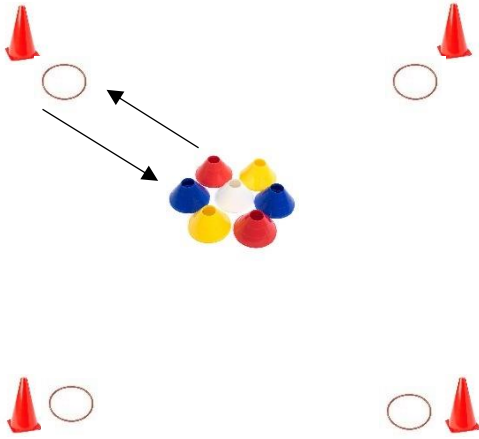
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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL HOCKEY – INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p>Dribble Sprints – (Individual)</p> 	<ul style="list-style-type: none"> You will need: 5 cones, 1 hockey ball, a stopwatch Set up a 5m x 5m grid with a hockey ball at each corner. Place a cone in the centre of the square. This event will have a time as the score 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. (LOWEST TIME AS POSSIBLE)
<p>Precision Passing – (Pairs)</p> 	<ul style="list-style-type: none"> You will need: 4 cones (2 different colours), 1 hockey ball, a stopwatch Using 2 cones (green) set up a passing gate with the cones 1 metre apart. In pairs, pass the ball as many times as possible through the gate in 1 minute. Pairs should stand 2 metres apart (red cones). Increase or decrease the size of the passing gate to make it easier or more difficult (COMBINED SCORE)
<p>Sink the Ship – (Individual)</p> 	<ul style="list-style-type: none"> You will need: 4 cones (3 of 1 colour, 1 of a different colour), 3 large balls (e.g. footballs), hockey balls 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) (LEAST AMOUNT OF ATTEMPTS)
<p>Dribble, Shoot, Score! – (Individual)</p> 	<ul style="list-style-type: none"> You will need: 4 cones to dribble through, a goal (or different colour cones), at least 1 hockey ball 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. 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) Participants should dribble between the cones, be careful to go in between each one before shooting at the goal (retrieve the ball) and start the sequence again from the red cone. How many can you do in 2 mins (HIGHEST SCORE AS POSSIBLE)

Collect-a-Cone – (Team of 4)



- You will need: 4 hockey balls, 4 hoops, 50 - 70 cones.
- Place the cones to make a 10m x 10m grid (min)
- Scatter the cones inside the grid
- Students will work in a team of 4 but each individual score will be added together to get one final score
- The idea of the game is to get as many cones back in your hoop.
- Participants have to dribble to a cone, touch the cone with the ball. Then pick the cone up and bring it back to their hoop. Then repeat.
- All 4 players go at the same time.
- 1 min to see how many they can get.
- Add all 4 players cones up to get one score.
- (HIGHEST SCORE AS POSSIBLE)



HAMPSHIRE SCHOOL GAMES VIRTUAL HOCKEY– STEP TOOL FOR INCLUSION

	DRIBBLE SPRINTS	PRECISION PASSING	SINK THE SHIP	DRIBBLE, SHOOT, SCORE!	COLLECT-A-BALL
SPACE	<p>The space can be made bigger or smaller depending on the needs of the participant</p> <p>The surface will need to be considered and whether it should be done inside or outside</p>	<p>Make the gate wider or smaller</p> <p>Increase or decrease the distance between participants</p> <p>Consider the surface being played on</p>	<p>Decrease the distance to the target balls</p> <p>Place the target balls closer together</p> <p>Consider the surface being played on</p>	<p>Increase the amount of space between the cones to make it easier to go in between</p> <p>Decrease the distance to the goal from the final cone</p> <p>Consider the surface being played on</p>	<p>Make the area much larger to allow more space inside the zone</p> <p>Think about where the balls are being placed in the zone</p> <p>Consider the surface being played on</p>
TASK	<p>The task could be made a straight line as opposed to round each cone</p>	<p>Increase the amount of time given for the task</p>	<p>Instead of hitting the ball at a target ball, participants could hit the ball into a zone</p> <p>Participants may roll the ball into a zone instead of hitting it with a hockey stick</p>	<p>Cones can be removed so that it is a straight line to the goal</p> <p>If the goal is missed, then an adult may retrieve the ball instead of the participant</p> <p>Ball could be placed in the lap of participant or held before being placed on the floor to shoot</p>	<p>Participants move into the zone one at a time</p> <p>Balls can be collected by adults and given to participants when they arrive at them</p> <p>All balls could be placed in a target zone with the space</p>
EQUIPMENT	<p>Larger balls can be used</p> <p>Longer and shorter sticks can be used</p> <p>If possible, use an electric wheelchair</p>	<p>Larger balls can be used</p> <p>Longer and shorter sticks can be used</p> <p>Use poles or more visible equipment for the gate</p>	<p>Larger balls can be used</p> <p>Hockey balls may move to quickly to stop in the zone so instead bean bags may be used to push with sticks</p>	<p>Larger balls can be used</p> <p>Longer or shorter hockey sticks can be used</p> <p>The goal should be easily visible</p>	<p>Large brightly coloured objects could be used instead of a ball</p> <p>Something easy to carry or hold in one hand</p>
PEOPLE	<p>Adults can help as needed</p> <p>Each young person is different and can complete a challenge based on their ability</p>	<p>Adults can help as needed</p> <p>Each young person is different and can complete a challenge based on their ability</p>	<p>Adults can help as needed</p> <p>Each young person is different and can complete a challenge based on their ability</p>	<p>Adults can help as needed</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed</p> <p>Each young person is different and can complete a challenge based on their ability</p>

HAMPSHIRE SCHOOL GAMES – VIRTUAL HOCKEY INCLUSIVE RESULTS

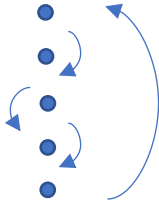

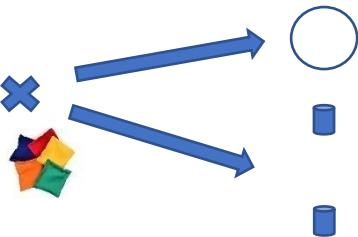

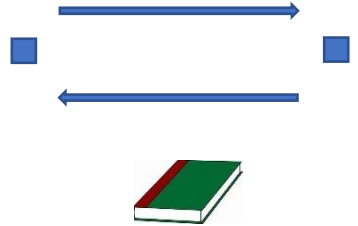
Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you.

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Dribble sprints (Time in 00:00)	Precision passing (Number)	Sink the ship (Number)	Dribble, shoot, score! (Time in 00:00)	Collect-a-ball (Time in 00:00)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>04:24</i>	<i>6</i>	<i>5</i>	<i>03:56</i>	<i>06:00</i>
1.		G					
2.		G					
3.		G					
4.		G					
5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
11.		G					
12.		G					
13.		G					
14.		G					
15.		G					
16.		B					
17.		B					
18.		B					
19.		B					
20.		B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11TH DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL MULTI SKILLS – INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<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 • How many times can you complete the course in 45 seconds?
<p>Cross the swamp</p> 	<ul style="list-style-type: none"> • Have two markers 5 metres apart • Grab yourself two flat markers • The aim is to cross the swamp, but you can only stand on your flat markers. Will you make it across? • How many times can you cross the swamp in 45 seconds • 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.
<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 • How long will it take you to throw all 5 bean bags into the hoop • If you are struggling, stand closer to the target
<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 • How many items can you place in hoop/through goal in 30 seconds.
<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. • How many items can you place in hoop/through goal in 30 seconds.

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.

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/>

HAMPSHIRE SCHOOL GAMES

VIRTUAL MULTI SKILLS – STEP TOOL FOR INCLUSION

	AGILITY OBSTACLE	CROSS THE SWAMP	TARGET THROW	BEAT THE CLOCK	BALANCE THE ITEM
SPACE	<p>Make the distance bigger between cones</p> <p>Use less cones</p>	<p>Make the distance of the swamp smaller</p>	<p>Have the hoop/goal closer</p> <p>Consider stretching and pushing object towards target Eg. off a wheelchair tray.</p>	<p>Place the hoop/goal closer</p> <p>Consider stretching and pushing object towards target Eg. off a wheelchair tray.</p>	<p>Start with a shorter distance</p> <p>Think about the surface you are moving on</p>
TASK	<p>Extend time to complete exercise</p>	<p>Lay out markers already on the floor across swamp and pupil can step onto markers to get across</p>	<p>Use a ramp if need be (old guttering etc)</p> <p>Use objects which make sound when hit and released such as balloons with rice in</p> <p>Use a big hoop and make the goal wider</p>	<p>Have items on a table next to starting point</p> <p>Wheelchair users can start with items on wheelchair tray</p>	<p>Static activity for those who can't run eg. How long can you balance item on hand/head</p>
EQUIPMENT	<p>Mark out a line on the floor with tape for pupils to follow</p> <p>Use electric wheelchairs or wheelchairs/mobility aids.</p> <p>Use brightly coloured cones to aid vision</p>	<p>Use bigger markers</p> <p>Use brightly coloured markers to aid vision</p>	<p>Use bigger balls/lighter objects</p> <p>Use brightly coloured objects as hoop/goal to aid vision</p>	<p>Use bigger balls/lighter objects</p> <p>Use brightly coloured objects as hoop/goal to aid vision</p>	<p>Use a larger item which is flat and light</p>
PEOPLE	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>

HAMPSHIRE SCHOOL GAMES – VIRTUAL HOCKEY INCLUSIVE RESULTS

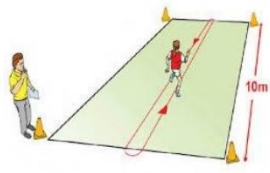
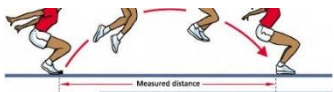
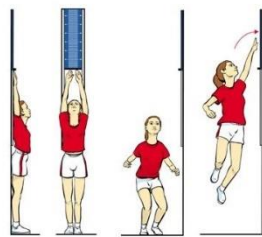

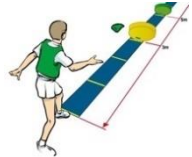
Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you.

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Agility obstacle (Number)	Cross the swamp (Number)	Target throw (Time in 00:00)	Beat the clock (Number)	Balance the item (Number)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>4</i>	<i>6</i>	<i>00:59</i>	<i>5</i>	<i>3</i>
1.		G					
2.		G					
3.		G					
4.		G					
5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
11.		G					
12.		G					
13.		G					
14.		G					
15.		G					
16.		B					
17.		B					
18.		B					
19.		B					
20.		B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11TH DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL SPORTSHALL ATHLETICS – INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p>Shuttle Run</p> 	<ul style="list-style-type: none"> • Set 2 cones out that are 10m apart • This will create the running lane. • On the command 'Go' the athlete runs the 5m distance a total of 8 times for Year 7/8 pupils and 10 times for Year 9 - 11 pupils to complete the equivalent of 80m or 100m • Record the score using a stopwatch • Make sure you count the laps as you go
<p>Standing Long Jump</p> 	<ul style="list-style-type: none"> • Can you land comfortably on two feet? • Start with feet behind a line on the floor or a mat • Take off and landing should be on two feet • Swing your arms to help you • As soon as you have landed one jump, jump again, swinging your arms • Record how far you can jump when taking three back to back jumps
<p>Vertical Jump</p> 	<ul style="list-style-type: none"> • The participant stands with their back and heels touching the wall. • Both arms should be stretched upwards and legs straight. • The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched. • Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. • Record the number reached and calculate the difference between stretched height and jumped height. • You can also use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved
<p>Speed Bounce</p> 	<ul style="list-style-type: none"> • Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet • The feet should leave the mat simultaneously and land on the mat simultaneously. • The athlete should cross the wedge as many times as possible within the allocated time period as follows: • The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge. • Record how many 'good' jumps the athlete can do in 30 secs
<p>Target Throw</p> 	<ul style="list-style-type: none"> • The participant stands behind a line and throws three items into the target placed at 3m. • The target is then moved to 5m and the process is repeated. • 4 points if the item lands in the target. • 2 points if the item bounces out of the target or if the item touches the floor before the target • Record how many points are scored with 6 throws

HAMPSHIRE SCHOOL GAMES

VIRTUAL SPORTSHALL ATHLETICS – STEP TOOL FOR INCLUSION

	SHUTTLE RUN	STANDING LONG JUMP	VERTICAL JUMP	SPEED BOUNCE	TARGET THROW
SPACE	<p>Make the distance smaller or change the shape.</p> <p>Different people moving different distances will motivate everyone.</p> <p>Think about the surface you are moving on.</p>	<p>Can be done on the floor as part of physio routine (stretch/roll not jump)</p> <p>Consider softer environment eg. In bed.</p> <p>Start small and build up.</p>	<p>Consider laying flat and stretching instead of jumping.</p> <p>Wheelchair users can measure a stretch above head.</p> <p>Make sure space appropriate for each individual it's all about stretching yourself.</p>	<p>Can be done in a wheelchair just tapping foot or feet from one side to another.</p> <p>Use laying on the floor to aid mobility.</p> <p>Decreasing height and distance moving.</p>	<p>Start with a shorter distance depending on throwing ability.</p> <p>Consider stretching and pushing object towards a target you can hit. Eg. off a wheelchair tray.</p> <p>Use a table to push object across towards a target.</p>
TASK	<p>Can it be a repetition/stretch or number of pushes in a time.</p> <p>Static activity for those who can't run eg. stretching from one side to the other</p> <p>Use a target or something to hit/ knock over at each end.</p> <p>Follow a line or a wall aiding understanding.</p>	<p>Use 1 wheelchair push instead of a jump.</p> <p>How far can you stretch forwards in 3 attempts instead of jumping.</p> <p>Could be a hop skip or one step.</p> <p>Use a throw instead of a jump.</p>	<p>Activity could be a grab/stretch not jump.</p> <p>Any activity can be measured as long as its movement above normal range.</p> <p>Could be repetition based eg. How many times something can be collected from above.</p> <p>Range of objects that could be grabbed eg rolled up socks.</p>	<p>Could be done laying down and moving feet to hit object on either side.</p> <p>Loose the object and use as a side step rather than jump.</p> <p>Use a foot side stretch rather than jump.</p>	<p>Use a ramp (old guttering etc) instead of throwing.</p> <p>Stretch and release an object rather than throw.</p> <p>Use objects which make sound when hit and released such as balloons with rice in.</p>
EQUIPMENT	<p>Use electric wheelchairs or wheelchairs/mobility aids.</p> <p>Use a line or rope to pull a distance rather than move physically.</p>	<p>Move an object as far as you can with one push eg. A ball.</p> <p>Use any marking on the floor to show personal best effort.</p>	<p>Balloons could be used to stretch up and keep in the air.</p> <p>String or line to move hands up.</p>	<p>Use objects to knock over or feel and touch</p> <p>Use brightly coloured object to aid vision.</p> <p>Markings on the floor using chalk or tape if height restrictive.</p>	<p>Adjust the target to a pole or post if needed.</p> <p>Use bigger targets or those that are flat.</p> <p>Use bigger balls, lighter objects or anything that moves!</p>
PEOPLE	<p>Ask for ideas!</p> <p>Different family members compete over different distances.</p> <p>Adults can act as guides.</p>	<p>Adults can help as needed..</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed..</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed..</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed..</p> <p>Each young person is different and can complete a challenge based on their ability.</p>

HAMPSHIRE SCHOOL GAMES – VIRTUAL SPORTSHALL ATHLETICS INCLUSIVE RESULTS

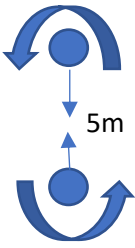

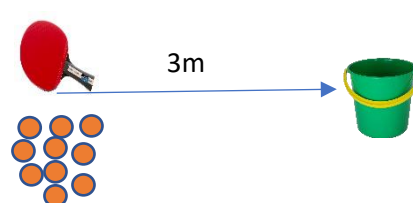
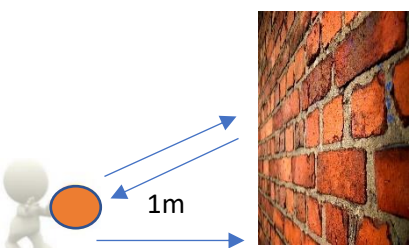
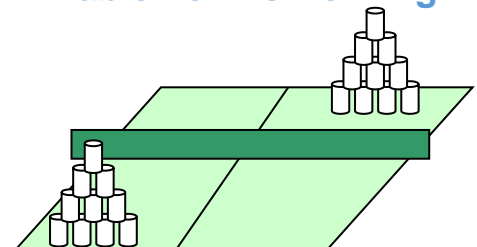
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School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle (Time in 00:00)	Standing Long Jump (Distance in cm)	Vertical Jump (Height in cm)	Speed Bounce (Number)	Target Throw (Number)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>00:45</i>	<i>55cm</i>	<u><i>35cm</i></u>	<i>32</i>	<i>21</i>
1.		G					
2.		G					
3.		G					
4.		G					
5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
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13.		G					
14.		G					
15.		G					
16.		B					
17.		B					
18.		B					
19.		B					
20.		B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11TH DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL TABLE TENNIS – INCLUSIVE

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;">Balance Travel</p> 	<ul style="list-style-type: none"> • Put out 2 cones 5 metres apart • You need a bat and a ball. • Starting at the first cone, travel round the cones balancing your ball on the bat. • Travel for 30 seconds. Keep a count of how many times the ball drops off the bat • Smallest number is best.
<p style="text-align: center;">Bat Bounce</p> 	<ul style="list-style-type: none"> • You need a bat and a ball. • Keep a score of how many times you can bounce the ball on the bat in 30 seconds.
<p style="text-align: center;">Hit into Bucket</p> 	<ul style="list-style-type: none"> • Place a bucket 3 metres away from your start line. Put a bib in the bottom of the bucket so balls don't bounce out! • You will need a bat and 10 balls • From your start line try to hit the 10 balls, one at a time, into the bucket. • How many can you get in the bucket?
<p style="text-align: center;">Wall Catch</p> 	<ul style="list-style-type: none"> • You will just need a table tennis ball • You will need to be 1 metre away from a wall • Throwing the ball underarm against the wall, how many times can you catch the ball in 30 seconds
<p style="text-align: center;">Table Tennis Bowling</p> 	<ul style="list-style-type: none"> • You will need 20 plastic cups, a table, bat and a table tennis ball • 10 plastic cups per half court, stacked up in a pyramid • Each player has 5 goes to try and knock over as many cups as possible • You can either reset the cups after each shot or keep them off after they have been knocked down.

HAMPSHIRE SCHOOL GAMES

VIRTUAL TABLE TENNIS – STEP TOOL FOR INCLUSION

	BALANCE TRAVEL	BAT BOUNCE	HIT INTO BUCKET	WALL CATCH	TABLE TENNIS BOWLING
SPACE	<p>Make the distance smaller or change the shape.</p> <p>Think about the surface you are moving on.</p>	<p>Can be done sitting or standing up</p>	<p>Move the bucket closer or further away to suit ability</p>	<p>Start with a shorter distance depending on throwing ability.</p>	<p>Set up cups closer to the participant</p>
TASK	<p>Make the task time shorter</p>	<p>Make the task time shorter or longer to suit abilities</p>	<p>Throw balls into bucket, rather than using a bat</p>	<p>Make the task time shorter or longer to suit abilities</p> <p>If unable to catch, count number of times can throw or roll the ball to hit a wall target (piece of paper stuck on wall).</p>	<p>Have fewer cups to knock down</p>
EQUIPMENT	<p>Follow a line or a wall aiding understanding.</p> <p>Use electric wheelchairs or wheelchairs/mobility aids.</p> <p>Use a bigger bat and/or ball</p>	<p>Use a bigger bat and/or ball</p> <p>If you don't have a table tennis bat, use something solid and flat like a small hardback book</p>	<p>Use a bigger target than a bucket</p> <p>Use a bigger bat and/or ball</p>	<p>Use bigger a ball, or lighter/heavier objects to suit participants</p>	<p>Use a ramp to roll the ball at the cups.</p> <p>Can use a normal table, no need for a table tennis specific table</p> <p>Use a bigger ball, or heavier object</p>
PEOPLE	<p>Ask for ideas!</p> <p>Adults can act as guides.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>	<p>Adults can help as needed.</p> <p>Each young person is different and can complete a challenge based on their ability.</p>

HAMPSHIRE SCHOOL GAMES – VIRTUAL TABLE TENNIS INCLUSIVE RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you.

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Balance Travel (number)	Bat Bounce (number)	Hit Into Bucket (number)	Wall Catch (number)	Table Tennis Bowling (number)
<i>Eg. 1. Sammy</i>	<i>8</i>	<i>B</i>	<i>5</i>	<i>15</i>	<i>6</i>	<i>12</i>	<i>6</i>
1.		G					
2.		G					
3.		G					
4.		G					
5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
11.		G					
12.		G					
13.		G					
14.		G					
15.		G					
16.		B					
17.		B					
18.		B					
19.		B					
20.		B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11TH DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

HAVE FUN & GOOD LUCK

