

# COMPETITION TUESDAY



# #HSGWEEK2021



# INTRODUCTION TO COMPETITION TUESDAY

As part of the Hampshire School Games Week, the School Games Organisers have created a range of different competition formats for your school to use to engage pupils.

Being active and moving around is incredibly important both for our physical and mental well-being, even more so following the recent lockdown.

The competitive tasks have been designed to engage all children in activities, no matter the level of their ability. Schools can choose how to incorporate the resource into their weekly programme; you may wish to use them as an intra-school competition (class v class or in house groups), or they may be used for individuals to improve their personal best during their PE lesson!

The activities involved cover the following areas:





1. Striking and Fielding activities – these include bowling, sending and receiving and striking skills.
2. Ball skills - involving Football and Basketball skills.
3. Athletics – Quadkids Run , Jump and Throw format.

We hope you enjoy taking part in some or all of the activities!



# STRIKING AND FIELDING COMPETITION

The 4 striking and fielding activities below can be completed either as a personal challenge or as part of an intra school event.

ACTIVITY	DESCRIPTION/RULES
<p><b>Bowling to a Target</b></p> 	<ul style="list-style-type: none"> <li>• Scatter five cones upside down approximately 5 metres away.</li> <li>• Throw a ball or beanbag underarm at the target cones.</li> <li>• Each time you hit a cone turn it over.</li> <li>• Time how long it takes to hit all the cones.</li> <li>• Compete as a team with one ball against other teams also with one ball and five cones.</li> </ul>
<p><b>Send and Receive</b></p> 	<ul style="list-style-type: none"> <li>• With a partner stand approximately 10 meters apart</li> <li>• Send and receive the ball to each other.</li> <li>• Use three different techniques on rotation: a roll, an underarm throw and an overarm throw.</li> <li>• How many can you complete inside 60 seconds?</li> <li>• Compete against other pairs</li> </ul>
<p><b>Strike Out</b></p> 	<ul style="list-style-type: none"> <li>• Place two cones 5 metres apart. One child to stand next to each cone.</li> <li>• The batter hits two tennis sized balls into the distance either from a bowl or stationary position.</li> <li>• The fielder must gather them up only once the second ball has been hit. During that time the batter must run around each cone for as many times as possible.</li> <li>• The batter stops counting once both balls have been returned to the bowling cone.</li> <li>• Switch over or play with more fielders.</li> </ul>
<p><b>Beat the Ball</b></p> 	<ul style="list-style-type: none"> <li>• Combine pairs together to form a group of 4 or ideally 6</li> <li>• All 6 children stand in a large circle.</li> <li>• One child runs around the outside whilst the ball must be thrown to each person around the inside of the circle.</li> <li>• Can the ball be passed to each catcher before the runner returns to their vacated space in the circle?</li> <li>• Use different throwing techniques or score points for your team if the catching team is successful.</li> </ul>

Use the table below to keep the scores for the athletics skills part of competition day

Class:

Name	Bowling to a target	Send and Receive	Strike Out	Beat the Ball
1.				
2.				
3.				
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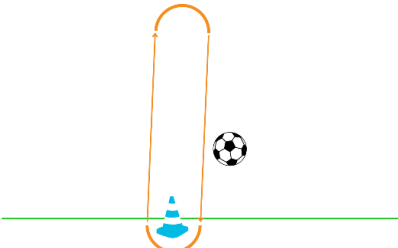
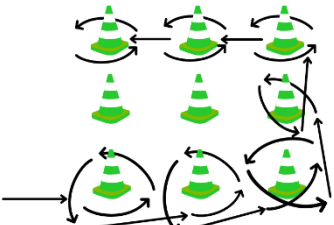



# STEP TOOL FOR INCLUSION

	Bowling to a target	Send and Receive	Strike Out	Beat the Ball
S pace	<ul style="list-style-type: none"> <li>• Make sure there is enough space between teams and cones</li> <li>• Place cones closer together to make it easier</li> <li>• Change the distance from where ball is thrown</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure there is plenty of space between pairs</li> <li>• Move pairs closer together to make it easier</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure there is plenty of space between pairs</li> <li>• Make sure fielder is standing far enough back</li> <li>• Change the distance of cones depending on ability of hitter</li> </ul>	<ul style="list-style-type: none"> <li>• Change the distance of where pupils are standing depending on ability of the group</li> <li>• Group can be sitting on the floor</li> </ul>
T ask	<ul style="list-style-type: none"> <li>• Ball could be pushed/rolled/kicked along the floor</li> <li>• Wheelchair users can position themselves next to each cone and roll the ball off tray.</li> <li>• A ramp could be used</li> <li>• A slalom pole could be placed in cones with a target</li> </ul>	<ul style="list-style-type: none"> <li>• Pairs could kick the ball to each other</li> <li>• Pairs could be sitting on the floor together and push the ball to one another</li> <li>• 1VI pupil can have a caller</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils could throw/kick the ball</li> <li>• An adult could throw or drop the ball to hitter</li> <li>• The ball can start on the floor and pupils hits the ball from the floor</li> <li>• A ramp could be used and wheelchair users propels themselves between the cones</li> <li>• Ball could be placed on top of a stump and pupils could hit off that</li> </ul>	<ul style="list-style-type: none"> <li>• Ball could be pushed/rolled/kicked around the circle</li> <li>• If a pupil does not want to run around circle, they could run between cones set up at the side</li> <li>• Wheelchair user could propel themselves to collect ball and send to team member</li> <li>• Pupils could pass the ball to each other rather than throw</li> </ul>
E quipment	<ul style="list-style-type: none"> <li>• Use bigger cones to make the target easier</li> <li>• Use brightly coloured cones</li> </ul>	<ul style="list-style-type: none"> <li>• Use bigger/softer balls</li> <li>• Use a balloon to give pupils more time to catch the ball</li> <li>• Use bell balls for VI pupils</li> <li>• Mark arrows on the floor to show the direction the ball needs to go in</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils could use a tennis racket</li> <li>• Bigger/softer ball to hit</li> <li>• Use a lighter/bigger bat</li> <li>• Place targets around area to give pupils focus on area to hit</li> </ul>	<ul style="list-style-type: none"> <li>• Use bigger/softer balls</li> <li>• Use a balloon to give pupils more time</li> <li>• Use bell balls/brightly coloured ball for VI pupils</li> </ul>
P eople	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> </ul>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> <li>• Match pairs so working with similar ability</li> </ul>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> <li>• Match pairs so working with similar ability</li> </ul>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> <li>• Match group with similar ability</li> </ul>

# BALL SKILLS COMPETITION

The 4 ball activities below (2 football, 2 basketball) can be completed either as a personal challenge or as part of an intra school event.

ACTIVITY	DESCRIPTION/RULES
<p><b>Keepy Uppy (Freestyle)</b></p> 	<ul style="list-style-type: none"> <li>You will need: a ball, a bit of space on the playground or field</li> <li>You can start with the ball in your hands or at your feet</li> <li>You can use any part of your body below the head. (No headers are allowed!)</li> <li>Do as many keepy uppies as possible in one minute.</li> <li>In the session allotted for the competition, you can have 3 goes to get your best score</li> <li>Record the score</li> </ul>
<p><b>5 Metre Dash (Running with the ball)</b></p> 	<ul style="list-style-type: none"> <li>You will need: A ball, 2 markers, a stopwatch</li> <li>Set 2 markers out that are 5 metres apart.</li> <li>Start behind one of the markers</li> <li>On the command 'Go', the participant dribbles the ball around each marker.</li> <li>Every completed 'end' (there and back) is 1 point</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time</li> </ul>
<p><b>Dribbling Cones</b></p> 	<ul style="list-style-type: none"> <li>You will need 9 cones, a ball, a stopwatch</li> <li>Set the cones out in a square with the 9th cone in the middle.</li> <li>Starting at one of the corner cones, the pupil earns 1 point for each cone he or she circles in a 30-second period.</li> <li>Each pupil should have one go using their right hand and one go using their left hand.</li> <li>Record the score</li> </ul>
<p><b>Spots Shooting</b></p> 	<ul style="list-style-type: none"> <li>Place marker spots or cones, different distances and places around the "hoop"</li> <li>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 shoot from each</li> <li>How many points can each child get in 30 seconds?</li> </ul> <p>*if you haven't got a basketball hoop – a tripod basket or hoop on the floor is perfect</p>

Use the table below to keep the scores for the ball skills part of competition day.

Class:

Name	Keepy Uppy (Freestyle) (Best number from 3 attempts)	5 Metre Dash (No. of points in 2 minutes)	Dribbling Cones (No. of cones in 30 seconds)	Spots Shooting (Score in 30 seconds)
1.				
2.				
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# STEP TOOL FOR INCLUSION





	Keepy Uppy	5 Metre Dash	Dribbling Cones	Spots Shooting
S <sub>pace</sub>	<ul style="list-style-type: none"> <li>• Make sure there is enough space between teams and cones</li> <li>• Place cones closer together to make it easier</li> <li>• Change the distance from where ball is thrown</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure there is enough space between pupils</li> <li>• Change the distance between cones to make it harder to easier</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure there is enough space between pupils</li> <li>• Change the distance between the cones to make it easier or harder</li> </ul>	<ul style="list-style-type: none"> <li>• Change the distance between the marker and hoop to make it easier or harder</li> <li>• Make sure there is enough space between pupils. Pupils not throwing standing behind throwers</li> </ul>
T <sub>ask</sub>	<ul style="list-style-type: none"> <li>• Pupils could hold the ball in their hands and raise arms up and down to the sky. Keep going until they need a rest</li> <li>• Adult could hold ball out in front of pupil and pupil raise hands or feet to tap the ball</li> <li>• Sitting on floor, pupil could hand tap the ball or tap with feet until they need a rest</li> <li>• Throw and catch</li> </ul>	<ul style="list-style-type: none"> <li>• Add in extra cones for pupils to weave in and out to make it harder</li> <li>• Pupils could hold ball on tray and they are pushed between the cones</li> <li>• On a soft surface, pupils could sit on floor and push/roll ball around the cones. Making sure ball is kept close to their body</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils could hold ball on tray and they are pushed around the cones</li> <li>• Pupils can use two hands if easier</li> <li>• Pupils could walk and hold the ball and circle cones</li> <li>• Pupils could dribble with feet if preferred</li> <li>• Do not use stopwatch to time 30 seconds. Just time pupils and give them their time once completed activity</li> </ul>	<ul style="list-style-type: none"> <li>• Using a hoop on the floor, wheelchair users could position themselves close to the hoop and push ball of tray</li> <li>• They could also use a ramp</li> <li>• Pupil could roll the ball along the floor to go through a hoop (hoop held upright by partner or an adult)</li> </ul>
E <sub>quipment</sub>	<ul style="list-style-type: none"> <li>• Change the size of the ball. A bigger/softer ball to make it easier (balloon)</li> <li>• Use brightly coloured balls or bell balls for VI pupils</li> </ul>	<ul style="list-style-type: none"> <li>• Use a bigger, lighter ball or bell balls for VI pupils</li> <li>• Use brightly coloured cones</li> <li>• VI pupils could have a caller</li> <li>• Have arrows on the floor to help pupils know which way they need to travel</li> </ul>	<ul style="list-style-type: none"> <li>• Use a bigger, lighter ball or bell balls for VI pupils</li> <li>• Use a larger/brightly coloured cones</li> <li>• Have arrows on the floor to help pupils know which way they need to travel</li> </ul>	<ul style="list-style-type: none"> <li>• Use tripod basket or lay hoops floor and pupils aim in the hoop</li> <li>• Use bigger, brightly coloured hoops</li> <li>• Use chalk on a wall to mark out circles, pupils aim and throw into hoop of their choice</li> </ul>
P <sub>eople</sub>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> <li>• Adult could throw ball to pupil and they can hit ball back to adult, with either hand or foot</li> </ul>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> </ul>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> </ul>	<ul style="list-style-type: none"> <li>• Adults can help as needed.</li> <li>• Each young person is different and can complete a challenge based on their ability.</li> </ul>



# QUAD KIDS ATHLETICS COMPETITION

The Quadkids event consists of 4 athletics activities. The running and sprinting distances vary according to Key Stage.

As this is an inclusive event and can be done as a personal challenge or as an intra school event. Children should choose only 2 of the 4 activities to participate in. Each event is scored so group collaboration is required to ensure that each house group or team has enough competitors in each activity to record a score

ACTIVITY	DESCRIPTION/RULES
<p><b>Run</b></p> 	<p>EYFS 100m KS1 200m LKS2 400m UKS2 600m</p> <p>Time the run from start to finish for each competitor</p>
<p><b>Vortex Howler/Tennis Ball Throw</b></p> 	<p>From a standing position the athlete uses a Javelin Throw to propel the Howler as far as possible. Measure to where the Howler/Ball first lands. Each competitor has 3 attempts.</p> <p>Score the best attempt</p>
<p><b>Standing Long Jump</b></p> 	<p>The participant should start from a standing position in line with "1" on Mat or the 0 on the tape measure and jump as far as possible landing on two feet.</p> <p>The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!</p>
<p><b>Sprint</b></p> 	<p>EYFS 15m KS1 25m LKS2 50m UKS2 75m</p> <p>Using a standing start the competitors should sprint the given distance for the age group. Time each competitor or spot for 1st-3rd place</p>



## SCORING:

<b>1<sup>st</sup> Place</b>	100 Points
<b>2<sup>nd</sup> Place</b>	75 Points
<b>3<sup>rd</sup> Place</b>	50 Points
<b>4<sup>th</sup> Place</b>	25 Points (Optional)
<b>All other places</b>	10 Points

## TIMINGS

An example of timings for 4 classes to participate can be found below. Please amend timings and distance for run/sprint as required.

Session Times	Group 1	Group 2	Group 3	Group 4
1:20-1:40pm	75m Sprint	Howler	600m Run	Standing Long Jump
1:40-2:00pm	Howler	600m Run	Standing Long Jump	75m Sprint
2:00-2:20pm	600m Run	Standing Long Jump	75 Sprint	Howler
2:20-2:40pm	Standing Long Jump	75m Sprint	Howler	600m Run

# SCORESHEET: RUN/SPRINT/HOWLER/SLJ

Class:

Name	Attempt 1	Attempt 2	Attempt 3	Best Attempt	Group Placing	Total Score

**Top Tips:**

- Most children choose to do the Howler and so having 2 stations would help. Each competitor should have 3 consecutive throws and record their best attempt.
- The SLJ is the most time consuming so limit children to 2 scoring jumps. Again 2 stations would help. Set up a practice jump are to the rear for practicing 2 foot to 2 foot jumping/landing.
- If you do not have Howlers use a Tennis Ball.
- The 200/400/600m runs should be on a track where possible if not a relay would work.
- If no track or sprint track available set up a running area using cones.
- If no SLJ mat available jump along a tape measure placed on the ground

**Equipment required.**

- 200m Running Track or if not available a 50/100m relay track marked out with cones
- 75m Sprint Track or if not available a sprint track marked out with cones
- Howlers/Tennis Balls
- SLJ Mats/Tape Measures
- 50m tape measure for the Throwing activity. (Some children’s throws will exceed 40m)
- Stop Watches
- Cones

