

VIRTUAL
COMPETITION
2021/22



HAMPSHIRE SCHOOL
GAMES





Virtual Competitions for 2021/22

During this academic school year Energise Me and the Hampshire SGO's are delighted to be offering every infant, junior and primary school in Hampshire & IOW the chance to take part in a varied programme of Virtual School Games skills-based competitions.

You can choose which competitions you enter; you can do them as part of your PE lessons or as after school club, there is not a requirement to do them all. All the activities are adaptable so please take a look at the 'Step Tool for Inclusion' if you have pupils who are finding some of the challenges too difficult.

Certificates will be awarded for the top 3 teams in your SGO area (Level 2) and the top 3 teams in the County (Level 3). To score towards the Level 2 and Level 3 events you must enter the total number of participants who took part in your competition, plus the actual scores of the top 5 girls and top 5 boys in each year group using the table supplied.

Energise Me are collating the entries and you can either submit your scores directly onto the website (www.energiseme.org/schools/hampshire-school-games/) OR you can email the results to your SGO who can enter them for you.

Competitions are being offered in the following sports for various year groups;

| | Year Group | Deadline dates for results to be entered |
|-------------------|------------------------|--|
| Gymnastics | Year 1, 2, 3 & 4 | 3 rd December 2021 |
| Multi-Skills | Year 1, 2, 3, 4, 5 & 6 | 3 rd December 2021 |
| Dance | Year 1, 2, 3, 4, 5 & 6 | 25 th March 2022 |
| Skipping | Year 1, 2, 3, 4, 5 & 6 | 25 th March 2022 |
| Panathlon | Year 1, 2, 3, 4, 5 & 6 | 25 th March 2022 |
| Run, Throw & Jump | Year 1, 2, 3, 4, 5 & 6 | 8 th July 2022 |
| Tennis Skills | Year 1, 2, 3, 4, 5 & 6 | 8 th July 2022 |

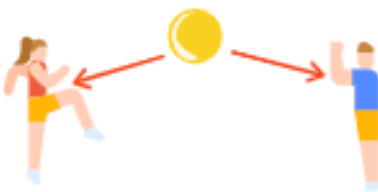

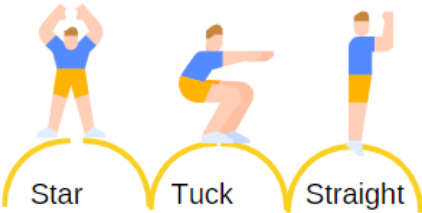
Good Luck and we hope you enjoy the activities!



VIRTUAL GYMNASTICS COMPETITION

YEAR 1 & 2

Competition Intention: To develop physical literacy and movements of the body

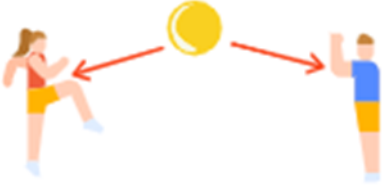


| ACTIVITY | DESCRIPTION / RULES |
|--|--|
| <p>Balance: Steady as a rock!</p>  | <ul style="list-style-type: none"> Students will be working in pairs; whilst one student completes the challenge the other is passing them the ball and counting their score. The students stand facing each other 3m apart. The student completing the challenge must stand on one leg ready to start. On 'go' the students pass the ball back and forth counting each pass that is caught successfully. If the student loses their balance they must regain their balance before continuing with the challenge. <p>How many catches can they do in 30 seconds?</p> |
| <p>Fitness: Jumping Jacks!</p>  | <ul style="list-style-type: none"> Students will be working in pairs; whilst one student competes the challenge the other student is counting their score, and then they swap. Jumping Jacks are performed with the feet on the floor, this exercise is not star jumps. Students jump with their feet together and their arms by their side, to their feet apart and their arms in the air, as shown in the diagram. Make sure students complete the full range of movement and don't cheat. <p>How many jumping jacks can the students do in 1 minute?</p> |
| <p>Jumps: 3 Jump Challenge!</p>  | <ul style="list-style-type: none"> Students will be working in pairs; whilst one student competes the challenge the other student is measuring for them, and then they swap. Students need start behind a line/cone, the aim is to jump as far as possible. They do one star jump, one tuck jump and one straight jump when they land their final jump (straight jump) their partner puts a cone down to mark the distance. Each student gets 3 goes each to better their distance. <p>Measure the best distance and record their score, measure in cm round it to the nearest 10cm</p> |



VIRTUAL GYMNASTICS COMPETITION

YEAR 3 & 4

Competition Intention: To develop physical literacy and movements of the body

| ACTIVITY | DESCRIPTION / RULES |
|---|--|
| <p>Balance: Steady as a rock!</p>  | <ul style="list-style-type: none"> Students will be working in pairs; whilst one student completes the challenge the other is passing them the ball and counting their score. The students stand facing each other 3m apart. The student completing the challenge must stand on one leg ready to start. On 'go' the students pass the ball back and forth counting each pass that is caught successfully. If the student loses their balance, they must regain their balance before continuing with the challenge. <p>How many catches can they do in 45 seconds?</p> |
| <p>Core Strength: Crab Walks!</p>  | <ul style="list-style-type: none"> Students will be working in pairs; whilst one student completes the challenge the other is counting their score, and then they swap. Each pair needs 2 cones set 3m apart. Students need to get into the crab position as shown in the diagram. On 'go' students walk in their crab position up and around their cone and back again. Each time they go round a cone they count. As they complete the challenge, please remind students to keep their belly buttons high, aiming for them to be level with the hips and shoulders. <p>How many cones can you go around in 1 minute?</p> |
| <p>Rotation/Rolls: Dizzy Street!</p>  | <ul style="list-style-type: none"> Students will be working in pairs; whilst one student competes the challenge the other student is counting for them, and then they swap. Each pair will need a large school gym mat, if your school uses the small gymnastics mats then put two together to create the same distance. If you do not have enough mats, then make the group sizes bigger. Students log roll from one end of the mat to the other, every time they reach one end, they score a point. <p>How many lengths can each student do in 30 seconds?</p> |

GYMNASTICS – STEP TOOL FOR INCLUSION



| | Steady as a Rock | Crab Walks | Jumping Jacks | 3 Jump Challenge | Rotation Rolls |
|-----------|--|---|---|---|---|
| Space | <ul style="list-style-type: none"> Wheelchair users can time how long they can keep arms to the side without dropping Make sure space appropriate for each individual it's all about stretching yourself. Lay on floor holding a stretched position | <ul style="list-style-type: none"> Shorten the distance Make sure space appropriate for each individual Start small and build up. | <ul style="list-style-type: none"> Consider laying flat and stretching instead of jumping. Wheelchair users can count how many times they lift arms out to the side to shoulder height and back down Make sure space appropriate for each individual it's all about stretching yourself. | <ul style="list-style-type: none"> Manual wheelchair users could do distance travelled with right arm push, left arm push and double arm push If laying on the floor could be how many rolls to travel across a mat Decreasing height and distance moving. | <ul style="list-style-type: none"> Start with a shorter distance depending on ability. Consider stretching and pushing object towards a target you can hit. Eg. off a wheelchair tray. Use a table to push object from side to side. |
| Task | <ul style="list-style-type: none"> Can be holding a one-foot balance for as long as possible Wheelchair users arms to the side. Holding a ball out in front of them | <ul style="list-style-type: none"> Travel backwards in wheelchair rather than crab walk How many times stretch hands to the ceiling and back to their side in the time allocated Could be travelling on hands and feet | <ul style="list-style-type: none"> Activity could be a grab/stretch not jump. Any activity can be measured as long as its movement above normal range. Could be repetition based eg. How many times can something be collected from above. | <ul style="list-style-type: none"> Manual wheelchair users could do distance travelled with right arm push, left arm push and double arm push Use 3 steps rather than jump. Use a foot side stretch rather than jump. | <ul style="list-style-type: none"> Use a table to push object from side to side. Travel across the mat and back in shortest time. Build up to a roll Use objects which make sound when hit and released such as balloons with rice in. |
| Equipment | <ul style="list-style-type: none"> Bigger ball or balloon Use electric wheelchairs or wheelchairs/mobility aids. Use a line or spot to stand or lie on | <ul style="list-style-type: none"> Use a throw instead of a crab-walk Move an object as far as you can with one push eg. A ball. Use any marking on the floor to show personal best effort. | <ul style="list-style-type: none"> Range of objects that could be grabbed eg rolled up socks. Balloons could be used to stretch up and keep in the air. String or line to move hands up. | <ul style="list-style-type: none"> Use objects to knock over or feel and touch Use brightly coloured object to aid vision. Markings on the floor using chalk or tape if height restrictive. | <ul style="list-style-type: none"> Travel side to side across mat rather than lengthways Use targets or those that are flat. Use objects that make a noise if pushing across a table |
| People | <ul style="list-style-type: none"> Cooperative partner Adults can act as guides. Buddy to help balance | <ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. |



HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS GYMNASTICS RESULTS KS1 (Year 1 & 2)

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | | |
|--------------------------|------------|----|--|----|---|----|--|------|-------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupils who took part in Gymnastics for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Steady as a rock How many catches in 45 seconds | | Jumping Jacks How many jumping jacks in 1 minute | | 3 Jump Challenge Distance in CM rounded to nearest 10cm | | | |
| E.g. S.Smith | Boy | | 8 | | 20 | | 150 | | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **3 DECEMBER 2021** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES GYMNASTICS LEVEL 2 AND 3 VIRTUAL EVENTS





HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS GYMNASTICS RESULTS KS2 (Year 3 & 4)

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter
and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/
or send your local School Games Organiser

| | | | | | | | | | | |
|--------------------------|------------|----|--|----|--|----|---|------|-------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupils who took part in Gymnastics for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Steady as a rock How many catches in 30 seconds | | Core Strength : Crab Walks How many cones in 1 minute | | Rotation/Rolls: Dizzy Street How many lengths in 30 seconds | | | |
| E.g. S.Smith | Boy | | 15 | | 5 | | 4 | | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



**ENTRIES SHOULD BE SUBMITTED BY 3 DECEMBER 2021 TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES GYMNASTICS LEVEL 2 AND 3 VIRTUAL EVENTS**

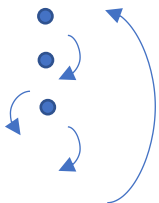
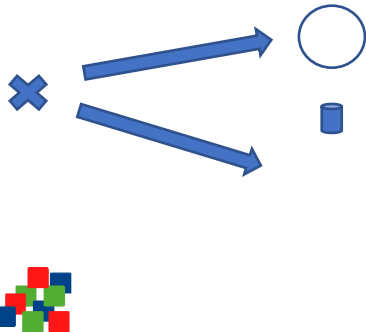
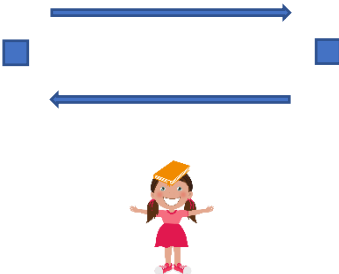




VIRTUAL MULTI-SKILLS COMPETITION

YEAR 1 & 2

Competition Intent: To develop resilience and self-belief by trying to beat your own 'Personal Best' score




| 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 • Every time you return to the start position you score 1 point <p>How many times can you complete the course in 45 seconds?</p> |
| <p>Target Throw</p>  | <ul style="list-style-type: none"> • Place a hoop/goal 3 metres from your starting point • You need 5 bean bags placed to the side of your start position • 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 • If you are struggling, stand closer to the target <p>How many attempts will it take you to throw all 5 bean bags into the hoop (the lower score the more accurate you are!)</p> |
| <p>Balance the item</p>  | <ul style="list-style-type: none"> • Place two markers on the floor, 5 metres apart • Grab yourself an object that 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. • Have 3 attempts and put your best score • If you are struggling balance the object on your palm of your hand. <p>How many laps can you complete without the object falling off?</p> |



VIRTUAL MULTI-SKILLS COMPETITION

YEAR 3, 4, 5 & 6

Competition Intent: To develop resilience and self-belief by trying to beat your own 'Personal Best' score

| ACTIVITY | DESCRIPTION / RULES |
|--|--|
| <p>Agility Obstacles</p>  | <ul style="list-style-type: none"> • Lay out 4 blue cones in a line, 1m apart. Then a different coloured cone at the end horizontal at the end • Starting at the first cone. You must weave in and out of the blue cones • Once you get to the end, touch the red cone with your hand • Run back to the start and repeat <p>How many times can you weave in and out, touch the red cone and return to the starting position in 45 seconds (year 3/4) or 60 seconds (year 5/6)</p> |
| <p>Cross the swamp</p>  | <ul style="list-style-type: none"> • Have two markers 5 metres apart • Grab yourself two hoops or two flat markers • The aim is to cross the swamp, but you can only stand either in your hoops or on markers. • 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>How many times can you cross the swamp in 60 seconds (year 3/4) or 90 seconds (year 5/6)</p> |
| <p>Beat the Clock</p>  | <ul style="list-style-type: none"> • Place a hoop 5 metres from your starting point • Place 20 items next to you (cones/bean bags) • Pick up one item, you must hop on one leg as fast as you can and place item in hoop. You must place in hoop – not throw <p>How many items can you place in hoop in 30 seconds (year 3/4) or 45 seconds (year 5/6).</p> |

MULTI-SKILLS KS1 – STEP TOOL FOR INCLUSION



| | Agility Obstacle | Target Throw | Balance the item |
|-----------|--|---|---|
| Space | <ul style="list-style-type: none"> • Make the distance bigger between cones • Use less cones | <ul style="list-style-type: none"> • Have the hoop/goal closer • Consider stretching and pushing object towards target Eg. off a wheelchair tray. • Make the targets bigger | <ul style="list-style-type: none"> • Start with a shorter distance • Think about the surface you are moving on |
| Task | <ul style="list-style-type: none"> • Extend time to complete exercise • Find different ways to travel through the cones, sidesteps, jumping, sliding on tummy | <ul style="list-style-type: none"> • Use a ramp if need be (old guttering etc) • Use objects which make sound when hit and released such as balloons with rice in • Use a big hoop and make the goal wider | <ul style="list-style-type: none"> • Static activity for those who can't run eg. How long can you balance item on hand/head • Can you balance it in your lap whilst moving • Balance on a racket |
| Equipment | <ul style="list-style-type: none"> • Mark out a line on the floor with tape for pupils to follow • Use electric wheelchairs or wheelchairs/mobility aids. • Use brightly coloured cones to aid vision | <ul style="list-style-type: none"> • Use bigger balls/lighter objects • Use brightly coloured objects as hoop/goal to aid vision | <ul style="list-style-type: none"> • Use a larger item which is flat and light • Use equipment that can be gripped • Use brightly coloured equipment for VI |
| People | <ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> • Adults can help as needed.. • Each young person is different and can complete a challenge based on their ability. |

MULTI-SKILLS KS2 – STEP TOOL FOR INCLUSION



| | Agility Obstacle | Cross the swamp | Beat the Clock |
|-----------|--|---|---|
| Space | <ul style="list-style-type: none"> • Make the distance bigger between cones • Use less cones | <ul style="list-style-type: none"> • Make the distance of the swamp smaller | <ul style="list-style-type: none"> • Place the hoop/goal closer • Consider stretching and pushing object towards target Eg. off a wheelchair tray. |
| Task | <ul style="list-style-type: none"> • Extend time to complete exercise | <ul style="list-style-type: none"> • Lay out markers already on the floor across swamp and pupil can step onto markers to get across | <ul style="list-style-type: none"> • Have items on a table next to starting point • Wheelchair users can start with items on wheelchair tray |
| Equipment | <ul style="list-style-type: none"> • Mark out a line on the floor with tape for pupils to follow • Use electric wheelchairs or wheelchairs/mobility aids. • Use brightly coloured cones to aid vision | <ul style="list-style-type: none"> • Use bigger markers • Use brightly coloured markers to aid vision | <ul style="list-style-type: none"> • Use bigger balls/lighter objects • Use brightly coloured objects as hoop/goal to aid vision |
| People | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. |



HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS MULTI-SKILLS RESULTS KS1

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | |
|--------------------------|------------|----|--|----|--|----|---|------|-------|
| School Name: | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Multi-Skills for selected year group | Boys | Girls |
| Name | Boy / Girl | | Agility Obstacles How many completed laps | | Target Throw How many attempts to throw all 5 bean bags into the hoop | | Balance the item How many laps completed without the object falling off | | |
| E.g. S.Smith | Boy | | 6 | | 8 | | 3 | | |
| 1. | Boy | | | | | | | | |
| 2. | Boy | | | | | | | | |
| 3. | Boy | | | | | | | | |
| 4. | Boy | | | | | | | | |
| 5. | Boy | | | | | | | | |
| 6. | Girl | | | | | | | | |
| 7. | Girl | | | | | | | | |
| 8. | Girl | | | | | | | | |
| 9. | Girl | | | | | | | | |
| 10. | Girl | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **3 DECEMBER 2021** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES MULTI-SKILLS LEVEL 2 AND 3 VIRTUAL EVENTS





HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS MULTI-SKILLS RESULTS KS2

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | | |
|--------------------------|------------|----|--|----|----|---|---|---|-------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Multi-Skills for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Agility Obstacles How many completed laps | | | Cross the swamp How many times in 60 seconds (year 3/4) or 90 seconds (year 5/6) | | Beat the Clock How many items in hoop in 30 seconds (year 3/4) or 45 seconds (year 5/6). | | |
| E.g. S.Smith | Boy | | 10 | | | 15 | | 21 | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **3 DECEMBER 2021** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES MULTI-SKILLS LEVEL 2 AND 3 VIRTUAL EVENTS





VIRTUAL DANCE COMPETITION YEAR 1, 2, 3, 4, 5 & 6

Competition Intention: To control emotions, develop self-esteem and confidence



In Summer 2022, Birmingham will host the 22nd Commonwealth Games beginning 28 July 2022. The Games will welcome athletes from 71 different nations.

The Commonwealth Games values are:

Humanity: We embrace all Commonwealth athletes, citizens, communities and nations

Equality: We promote fairness, non-discrimination and inclusion in all that we do

Destiny: Through impactful, high-performance sport, we help the Commonwealth athletes, citizens and communities realise their aspirations and ambitions

The Birmingham Commonwealth Games is 'The Games for Everyone', The theme of the dance should be "Inclusion" to tie in with the values and vision for next years' Games.

Pick your own music and dances should be between 1 - 2 minutes long and can be done as a solo, duo or group/class dance. They can be any style of dance.

There will be Key Stage Prizes and the winning entries will be invited to showcase their Dances at the Welcoming Ceremony of the Hampshire School Games Festival on 23 June 2022.

You will be scored on:

- The idea – originality and innovation (10 marks)
- The performance – focus, enthusiasm, theatrics,
- Timing (10 marks)
- The movements (10 marks)
 - Use of different actions – travelling, jumping, turning and gestures use of different dynamics such as force, speed and flow
 - Use of space, such as levels, directions and formations

Good Luck!

SEND YOUR FINISHED ENTRY TO YOUR SGO BY FRIDAY 25th MARCH 2022



VIRTUAL SKIPPING COMPETITION YEAR 1, 2, 3, 4, 5 & 6

Competition Intent: To develop healthy behaviours and attitudes



During the Spring Term 2022, the Hampshire School Games Organisers are challenging pupils in Hampshire to see how many times they can jump over a rope:

- KS1 – how many skips can you do in 30 seconds
- KS2 – how many skips can you do in 60 seconds

The challenge can be completed anytime in Spring Term 2022.
Why not have a go each day and try to beat your score!

Schools can send in the top 5 boys and 5 girls highest scores in each year group to be entered into the Hampshire Schools Skipping Challenge for the chance to be crowned County Champions!



HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS SKIPPING RESULTS KS1 & KS2

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | | |
|---------------------------------|-------------------|----|--|----|----|----|--|-------------|--------------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Skipping for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Number of Skips KS1 – how many in 30 seconds KS2 – how many in 60 seconds | | | | | | | |
| E.g. S.Smith | Boy | | 72 | | | | | | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **25 MARCH 2022** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES SKIPPING LEVEL 2 AND 3 VIRTUAL EVENTS


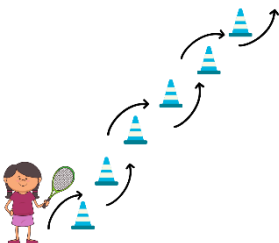
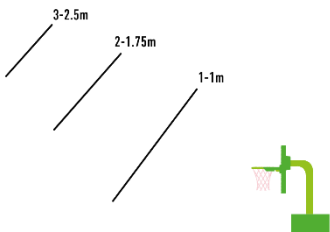




VIRTUAL PANATHLON COMPETITION

YEAR 1, 2, 3, 4, 5 & 6

Competition Intention: Making effective decisions and evaluations

| ACTIVITY | DESCRIPTION / RULES |
|---|--|
| <p>Bean Bag Target</p>  | <ul style="list-style-type: none"> Lay out 15 hoops or targets on the floor. Make sure to number the targets as they are in the picture. Players will throw from a seated position 2 – 3m away from the first target. Players have 5 bean bags to throw to land in a target. Only one bean bag can land in one target. Throw to land in a different target each time. <p>Record your score. The highest possible total from 5 throws is 50 (12, 12, 10, 8, 8)</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |
| <p>Slalom</p>  | <ul style="list-style-type: none"> Set up a slalom course using 6 cones spread 1m apart Pupils must navigate their way in and out of the 6 cones whilst balancing a bean bag on a racket. Turn around and repeat on the way back Keep going for 45 seconds. Score a point every time they do one lap (around 6 cones) <p>How many laps can you do in 45 seconds?</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |
| <p>Basketball Shot</p>  | <ul style="list-style-type: none"> Place a low basketball goal or hoop on the floor and place throw down lines or cones at 1m, 1.75m and 2.5m distances from the goal/hoop. Players have 3 throws, starting with the closest line first. If the ball lands in the hoop/goal, the player will move to the second line; if missed they stay on the 1st line If player scores from the second line, move to the third line; if miss stay on 2nd line for last throw. <p>Score one point for each hoop scores. Bonus 2 points if player scores from each of the 3 lines Possible scores (0, 1, 2, 5)</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |

PANATHLON – STEP TOOL FOR INCLUSION



| | Bean Bag Target | Slalom | Basketball Shot |
|-----------|--|--|---|
| Space | <ul style="list-style-type: none"> • Make the distance closer to first target • Make the targets bigger | <ul style="list-style-type: none"> • Make sure there is enough space between pupils • Increase distance between cones for wheelchair users • Decrease the number of cones they must navigate around | <ul style="list-style-type: none"> • Make target bigger • Less distance between each line |
| Task | <ul style="list-style-type: none"> • Slide an object down a ramp or along the floor • Kick a ball to land in a target | <ul style="list-style-type: none"> • Bean bag/ball could be carried on the pupil's lap • Increase the amount of time • Use hand instead of a racket | <ul style="list-style-type: none"> • Could kick the ball into a target • Send ball down a ramp to a target • Could be tracking a moving object with their eyes |
| Equipment | <ul style="list-style-type: none"> • Use a ball instead of a bean bag • Use bright coloured targets for VI pupils. • Arrows could be placed on floor to show direction ball needs to go | <ul style="list-style-type: none"> • Use a larger racket, ball and cone • Use hand • Use bright coloured ball or bell ball for VI pupils | <ul style="list-style-type: none"> • Change the size of the ball. • Use brightly coloured balls or bell balls for VI pupils • Use different coloured cones or throw down lines so pupils where to start |
| People | <ul style="list-style-type: none"> • Adult could stand next to target • Adults can act as guides. • VI pupils could have a caller | <ul style="list-style-type: none"> • Adults can help as needed. • Adult can guide pupils who need the help to navigate the course | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • Different targets / stations set up according to ability |



HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS PANATHLON RESULTS KS1 & KS2

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | | |
|--------------------------|------------|----|-----------------------------|----|----|---------------------------------------|--|----------------------------|-------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Panathlon for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Bean Bag Target (Max 50) | | | Slalom How many laps in 45 seconds | | Basketball Shot (Max 5) | | |
| E.g. S.Smith | Boy | | 35 | | | 4 | | 2 | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **25 MARCH 2022** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES PANATHLON LEVEL 2 AND 3 VIRTUAL EVENTS

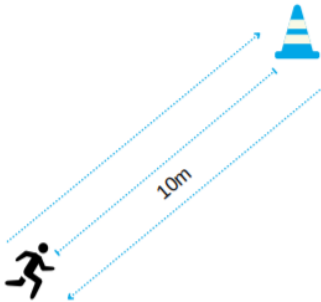
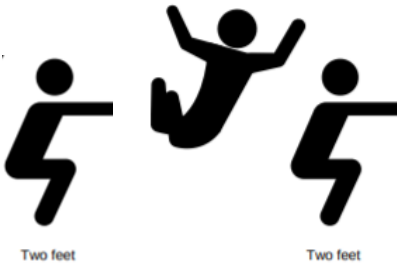
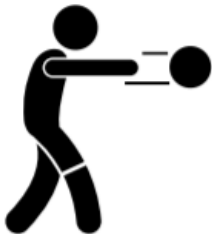




VIRTUAL RUN, THROW & JUMP COMPETITION

YEAR 1 & 2

Competition Intention: To choose healthy behaviours and attitudes

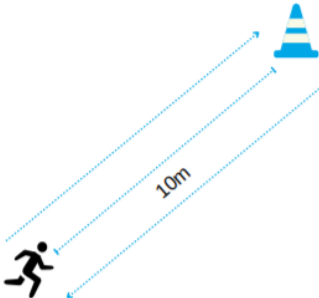


| ACTIVITY | DESCRIPTION / RULES |
|--|--|
| <p>Sprint Shuttle Run</p>  | <ul style="list-style-type: none"> • Create a running track 10m long with spots or cones. • On the teacher's command pupil must sprint 10m and run AROUND the cone or spot before returning back to the start. • Keep sprinting for 20 seconds • How many completed laps did you cover? <p>If working in pairs, the partner can count how many laps they have done!</p> <p>HAVE A FEW GOES AND RECORD YOUR BEST SCORE</p> |
| <p>Standing Long Jump</p>  | <ul style="list-style-type: none"> • Mark out a starting line with chalk or lines on the playground or throw down line. Pupils should start behind this line. • Measure the distance pupils cover when they do THREE back to back Standing Long Jumps. • Make sure they are taking off and landing with two feet each time. <p>Mark where the third jump reached, to the heel of the foot closest to the start line. Record to the nearest 5cm (e.g. 375cm)</p> <p>HAVE A COUPLE OF GOES EACH AND RECORD THE LONGEST JUMP</p> |
| <p>Chest Push</p>  | <ul style="list-style-type: none"> • Pupil should stand behind a start line with one foot behind the other and the weight on the back foot. • Use a size 3 football • Have two hands behind the ball, transfer weight onto the front foot whilst pushing the ball from your chest as far as possible. • Do not collect the ball until your teacher tells you it is safe to. <p>Measure the throw to the nearest 10cm and record in metres (e.g. 5.50m)</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE.</p> |



VIRTUAL RUN, THROW & JUMP COMPETITION

YEAR 3, 4, 5 & 6

Competition Intention: To choose healthy behaviours and attitudes

| ACTIVITY | DESCRIPTION / RULES |
|---|---|
| <p>Sprint Shuttle Run</p>  | <ul style="list-style-type: none"> • Create a running track 10m long with spots or cones. • On the teacher's command pupil must sprint 10m and run AROUND the cone or spot before returning back to the start. • Keep sprinting for 25 seconds (Year 3/4) or 30 seconds (Year 5/6) and see how many laps have been completed • If working in pairs, the partner can count how many laps they have done! <p>Record your score; only count the completed laps!</p> <p>HAVE A FEW GOES AND RECORD THE FASTEST TIME</p> |
| <p>Triple Jump</p>  | <ul style="list-style-type: none"> • Mark out a starting line with chalk or lines on the playground or throw down line. Pupils should start behind this line. • Measure the distance pupils cover when they do a Step, Step, Jump (Year 3/4) or a Hop, Step, Jump (Year 5/6) • Make sure they are taking off and landing correctly each time. <p>Mark where the third jump reached, to the heel of the foot closest to the start line. Record the nearest 5cm (e.g.425cm)</p> <p>HAVE A COUPLE OF GOES EACH AND RECORD THE LONGEST JUMP</p> |
| <p>Overhead Throw</p>  | <ul style="list-style-type: none"> • Pupil should stand behind a start line with one foot behind the other and the weight on the back foot. • Use a size 4 football or netball • Have two hands behind the ball and drop it behind your head with arms slightly bent. Transfer your weight onto the front foot whilst pushing the ball above your head as far as possible. • Do not collect the ball until your teacher tells you it is safe to. <p>Measure the throw to the nearest 10cm and record in metres (e.g. 8.50m)</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |

RUN, JUMP THROW KS1 – STEP TOOL FOR INCLUSION



| | Shuttle Run Sprint | Triple Jump | Chest Push |
|-----------|---|--|--|
| Space | <ul style="list-style-type: none"> • Make sure space appropriate for each individual. • Allow more space for turning for wheelchair users • Reduce the number of shuttles | <ul style="list-style-type: none"> • Make sure there is enough space between the cones • Allow more space for wheelchair users | <ul style="list-style-type: none"> • Make sure there is enough space between different throwers • Mark space with different coloured cones – red – stay behind line etc • Arrows showing which way to send the ball |
| Task | <ul style="list-style-type: none"> • Walk rather than sprint, frames can be used • Wheelchair users can self-propel or be pushed | <ul style="list-style-type: none"> • Wheelchair users can do three revolutions of self-propelled of seconds on electric chair • Rather than two footed jumps could do three large steps | <ul style="list-style-type: none"> • Wheelchair users could push something off lap • Send item down a shoot and measure distance • Dropping an item into a bucket |
| Equipment | <ul style="list-style-type: none"> • Wheelchair users go around slalom poles • Use electric wheelchairs or wheelchairs/mobility aids. • Place a cone on a skittle that the pupil can touch with hand | <ul style="list-style-type: none"> • Use sounds to demonstrate if someone has beaten their score! • Use brightly coloured cones to show previous distance covered for VI users • Stick the name of pupil or a picture of them on their cone so they can see what they have to beat! | <ul style="list-style-type: none"> • Change the size of the ball. • Use brightly coloured balls or bell balls for VI pupils • Shoots to send item down |
| People | <ul style="list-style-type: none"> • Adult could push wheelchair user • Adults can act as guides. • VI pupils could have a caller | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • VI pupils could have a caller | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • Pupils of similar ability doing the same task |

RUN, JUMP THROW KS2 – STEP TOOL FOR INCLUSION



| | Shuttle Run Sprint | Triple Jump | Overhead Throw |
|------------------|---|--|--|
| Space | <ul style="list-style-type: none"> • Make sure space appropriate for each individual. • Allow more space for turning for wheelchair users • Reduce the number of shuttles | <ul style="list-style-type: none"> • Make sure there is enough space between the cones • Allow more space for wheelchair users | <ul style="list-style-type: none"> • Make sure there is enough space between different throwers • Mark space with different coloured cones – red – stay behind line etc • Arrows showing which way to send the ball |
| Task | <ul style="list-style-type: none"> • Walk rather than sprint, frames can be used • Wheelchair users can self-propel or be pushed | <ul style="list-style-type: none"> • Wheelchair users can do three revolutions of self-propelled of seconds on electric chair • If pupils struggle with hop, step, jump then they could do two footed jumps, or 3 large steps | <ul style="list-style-type: none"> • Wheelchair users could push something off lap • Send item down a shoot and measure distance • Dropping an item into a bucket |
| Equipment | <ul style="list-style-type: none"> • Wheelchair users go around slalom poles • Use electric wheelchairs or wheelchairs/mobility aids. • Place a cone on a skittle that the pupil can touch with hand | <ul style="list-style-type: none"> • Use sounds to demonstrate if someone has beaten their score! • Use brightly coloured cones to show previous distance covered for VI users • Stick the name of pupil or a picture of them on their cone so they can see what they have to beat! | <ul style="list-style-type: none"> • Change the size of the ball. • Use brightly coloured balls or bell balls for VI pupils • Shoots to send item down |
| People | <ul style="list-style-type: none"> • Adult could push wheelchair user • Adults can act as guides. • VI pupils could have a caller | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • VI pupils could have a caller | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • Pupils of similar ability doing the same task |



HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS RUN, THROW JUMP RESULTS KS1

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | | |
|--------------------------|------------|----|---|----|----|---|---|---|-------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Run, Throw, Jump for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Sprint Shuttle Run How many completed laps | | | Triple Jump Measure to the nearest 5cm and record in CM (eg 255cm) | | Chest Push Measure the throw to the nearest 10cm and record in METRES (e.g. 5.50m) | | |
| E.g. S.Smith | Boy | | 8 | | | 255 | | 5.50 | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **8 JULY 2022** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES RUN, THROW, JUMP LEVEL 2 AND 3 VIRTUAL EVENTS





HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS RUN, THROW JUMP RESULTS KS2

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | | |
|--------------------------|------------|----|---|----|----|---|---|---|-------|--|
| School Name: | | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Run, Throw, Jump for selected year group | Boys | Girls | |
| Name | Boy / Girl | | Sprint Shuttle Run How many completed laps | | | Triple Jump Measure to the nearest 5cm and record in CM (eg 255cm) | | Overhead Throw Measure the throw to the nearest 10cm and record in METRES (e.g. 8.50m) | | |
| E.g. S.Smith | Boy | | 12 | | | 305 | | 8.50 | | |
| 1. | Boy | | | | | | | | | |
| 2. | Boy | | | | | | | | | |
| 3. | Boy | | | | | | | | | |
| 4. | Boy | | | | | | | | | |
| 5. | Boy | | | | | | | | | |
| 6. | Girl | | | | | | | | | |
| 7. | Girl | | | | | | | | | |
| 8. | Girl | | | | | | | | | |
| 9. | Girl | | | | | | | | | |
| 10. | Girl | | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **8 JULY 2022** TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES RUN, THROW, JUMP LEVEL 2 AND 3 VIRTUAL EVENTS


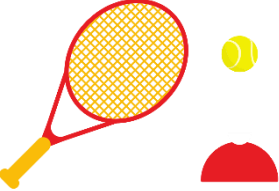
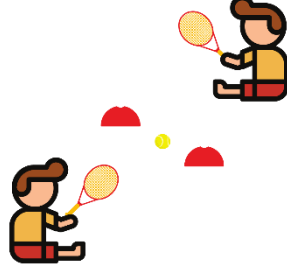




VIRTUAL TENNIS COMPETITION

YEAR 1 & 2

Competition Intention: Making effective decisions and evaluations

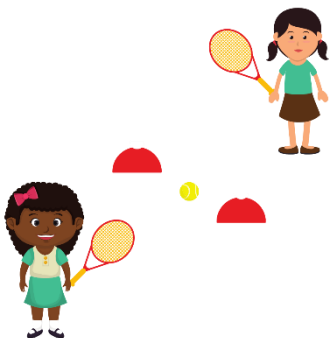
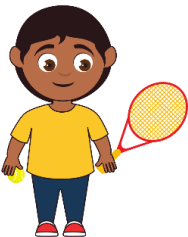
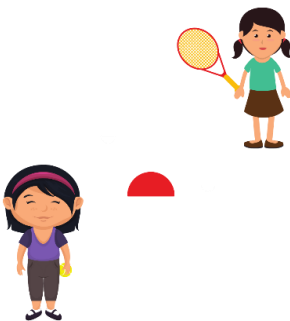
| ACTIVITY | DESCRIPTION / RULES |
|--|--|
| <p>Walk The Dog (Ball Dribbling)</p>  | <ul style="list-style-type: none"> Each pupil has two cones or markers, a ball and a racket. Place cones wider than shoulder width apart. Using the racket, pupils dribble the ball along the ground around the 2 cones in a figure of 8 shape. <p>How many times does the ball travel back through the middle in 1 minute?</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |
| <p>Sandwich Catches</p>  | <ul style="list-style-type: none"> Each pupil has a racket, a ball and a cone. Holding the racket in their dominant hand and cone in their non-dominant hand, pupils trap the ball between the racket and cone, drop the ball and catch it themselves after one bounce (using the racket and cone). <p>The racket and cone are slices of bread, the ball is the filling for your sandwich... How many sandwiches can you catch in 1 minute?</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |
| <p>Stop The Spider (Floor Tennis)</p>  | <ul style="list-style-type: none"> In pairs, pupils have 1 racket each, 1 ball to share and 2 cones/markers. Place cones wider than shoulder width apart to make a goal. Pupils stand facing each other (far enough that they can't reach each other when reaching their racket forward) with the goal in between them. Pupils roll the ball back and forth between the goal posts creating a floor tennis rally. Encourage pupils to gently stop the ball before rolling back with control ("Stop The Spider") <p>How many goals can they score in 1 minute?</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |



VIRTUAL TENNIS COMPETITION

YEAR 3 & 4

Competition Intention: Making effective decisions and evaluations



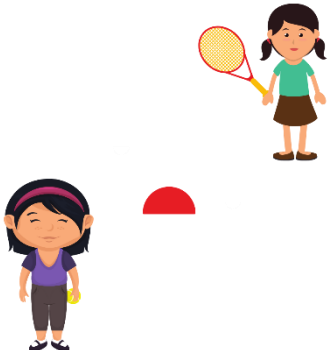
| ACTIVITY | DESCRIPTION / RULES |
|--|---|
| <p>Body Parts Floor Tennis (Pairs)</p>  | <ul style="list-style-type: none"> • In pairs, pupils have 1 racket each, 1 ball to share and 2 cones/markers. Place cones wider than shoulder width apart to make a goal. • Pupils stand facing each other (far enough that they can't reach each other when reaching their racket forward) with the goal in between them. • Pupils roll the ball back and forth between the goal posts creating a floor tennis rally. • Before sending the ball, pupils must call out a body part for their partner to stop the ball with (eg. "knee", their partner must use their knee to stop the ball before hitting the ball back with their racket and calling another body part). <p>How many goals can they score in 1 minute?</p> |
| <p>Pop, Tap, Catch (Solo)</p>  | <ul style="list-style-type: none"> • Each pupil has a racket and a ball • In a small space, holding the racket in their dominant hand and ball in their non-dominant hand; pupils 'pop' the ball up in the air, let it bounce before tapping it up with the racket, letting it bounce again before catching in their spare hand. <p>How many catches can they get in 1 minute?</p> |
| <p>Throw, Hit, Catch (Pairs)</p>  | <ul style="list-style-type: none"> • In pairs, pupils share 1 racket, 1 ball and 1 cone/marker to act as a tennis net. • Pupils stand facing each other (far enough that they can't reach each other when reaching their racket forward) with the cone between them. 1 pupil is the thrower, 1 is the hitter. • The thrower throws the ball underarm, over the net to their partner. The hitter gently taps the ball upwards with their racket for the thrower to catch. Each successful catch is 1 point. <p>How many catches can they get in 2 minutes? Switch roles after 2 minutes.</p> <p>ADD THE 2 SCORES TOGETHER TO GIVE EACH PLAYER A JOINT SCORE.</p> |



VIRTUAL TENNIS COMPETITION

YEAR 5 & 6

Competition Intention: Making effective decisions and evaluations

| ACTIVITY | DESCRIPTION / RULES |
|---|--|
| <p>Toe Taps - Egg & Spoon (Solo)</p>  | <ul style="list-style-type: none"> Pupils have 1 racket, 1 ball and 1 cone/marker. Pupils place their marker on the floor and stand close to it with their ball balancing on their racket strings. Pupils tap their marker with their right foot and then their left foot whilst keeping the tennis ball balanced on their strings. <p>How many taps can they get in a row before dropping the ball?</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE IN 3 MINUTES</p> |
| <p>Self-Rally (Solo)</p>  | <ul style="list-style-type: none"> Each pupil has a racket and a ball In a small space, holding the racket in their dominant hand and ball in their non-dominant hand; pupils tap the ball up with their racket, let it bounce before tapping it up again. Pupils continue until the ball leaves their area or they make a mistake. <p>How many taps can they hit CONSECUTIVELY in 3 minutes?</p> <p>HAVE A FEW GOES AND RECORD THE HIGHEST SCORE</p> |
| <p>1, 2, 3 Rally (Pairs)</p>  | <ul style="list-style-type: none"> In pairs, pupils need 1 racket each and to share 1 ball and 1 cone/marker to act as a tennis net. Pupils stand facing each other (far enough that they can't reach each other when reaching their racket forward) with the cone between them. The aim is to rally with 1 shot, then 2 shots, then 3 shots etc. Rally 1 - Player 1 taps the ball up and over the net, player 2 catches the ball. Rally 2 - player 1 taps the ball, player 2 taps it back and player 1 catches the ball... and so on. <p>How many rallies can the pair achieve in 3 minutes?</p> <p>RECORD THE HIGHEST SCORE</p> |

TENNIS KS1 – STEP TOOL FOR INCLUSION



| | Walk The Dog | Sandwich Catches | Stop The Spider |
|-----------|---|---|--|
| Space | <ul style="list-style-type: none"> Slide an object from one side of a tray to another Lay on floor move a ball from one side of your body to another Make the distance bigger | <ul style="list-style-type: none"> Make sure there is enough space between pupils Sit on floor and bounce and catch ball with two cones | <ul style="list-style-type: none"> Make sure there is enough space between different pairs Sit on floor and try to stop the ball with your hand or body Change the distance between each pair depending on their ability. Closer/further away to make it easier or harder |
| Task | <ul style="list-style-type: none"> Slide an object from one side of a tray to another Balance a bean bag or ball in your lap as you travel the distance to make the figure of 8 Wheelchair users can self-propel or be pushed around the cones | <ul style="list-style-type: none"> Ball could be rolled to pupil and they stop along the floor with racket and cone to make sandwich Adult could drop ball Ball could be rolled on tray and pupil can stop with hand/arm or cone | <ul style="list-style-type: none"> Could stop a moving ball with body by lying on the floor or stopping it with foot Could stop a rolled ball by turning wheelchair and stopping with side of wheel Could be tracking a moving object with their eyes |
| Equipment | <ul style="list-style-type: none"> Use larger balls Use hand Use bright coloured cones for VI pupils Use electric wheelchairs or wheelchairs/mobility aids. Arrows could be placed on floor to show direction ball needs to go | <ul style="list-style-type: none"> Use a larger racket, ball and cone Use hands to stop ball Use bright coloured ball or bell ball for VI pupils | <ul style="list-style-type: none"> Change the size of the ball. Some pupils find it easier using a bigger or smaller racket. Use appropriate size for pupil ability Use brightly coloured balls or bell balls for VI pupils Use hand to stop the ball and push ball back through Use brightly coloured cones and arrow on floor so pupils know direction ball needs to go |
| People | <ul style="list-style-type: none"> Adult could push wheelchair user Adults can act as guides. VI pupils could have a caller | <ul style="list-style-type: none"> Adults can help as needed. Adult could drop/roll ball | <ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. Match pairs so working with similar ability |

TENNIS KS2 (Year 3 & 4) – STEP TOOL FOR INCLUSION

| | Body Parts Floor Tennis | Pop, Tap, Catch | Throw, Hit, Catch |
|-----------|---|--|--|
| Space | <ul style="list-style-type: none"> • Make sure there is enough space between different pairs • Sit on floor and try to stop the ball with body • Change the distance between each pair depending on their ability. | <ul style="list-style-type: none"> • Make sure there is enough space between pupils • Sit on floor and bounce and catch ball | <ul style="list-style-type: none"> • Change the distance between the thrower and hitter to make it easier or harder • Make sure there is enough space between different pairs • Take way net if easier |
| Task | <ul style="list-style-type: none"> • Could stop a moving ball with whole body by lying on the floor • Could stop a rolled ball by turning wheelchair and stopping with side of wheel • Could push/roll ball back to partner | <ul style="list-style-type: none"> • Could not use racket and just throw ball in air, bounce and catch • Adult could drop ball and pupil taps ball in air • Ball could be rolled on tray and pupil can stop with hand or arm. | <ul style="list-style-type: none"> • Pupil could position themselves close to the net and push ball off tray over the net • Could stop a rolled ball by turning wheelchair and stopping with side of wheel • Pairs start throwing to each other |
| Equipment | <ul style="list-style-type: none"> • Change the size of the ball. • Some pupils find it easier using a bigger or smaller racket. Use appropriate size for pupil ability • Use brightly coloured balls or bell balls for VI pupils • Use hand to stop the ball and push ball back through • Use brightly coloured cones and arrow on floor so pupils know direction ball needs to go • | <ul style="list-style-type: none"> • Use a larger racket, ball and cone • Use hands to stop ball • Use bright coloured ball or bell ball for VI pupils | <ul style="list-style-type: none"> • Use a bigger, lighter ball or bell balls for VI pupils • Use a larger racket • Brightly colour markers on floor so pupils know where to stand |
| People | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • Match pairs so working with similar ability | <ul style="list-style-type: none"> • Adults can help as needed. • Adult could drop/roll ball | <ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • Match thrower and catcher on similar ability |

TENNIS KS2 (Year 5 & 6) – STEP TOOL FOR INCLUSION



| | Toe Taps | Self Rally | 1, 2, 3 Rally |
|-----------|--|--|---|
| Space | <ul style="list-style-type: none"> Make sure space is appropriate for each individual it's all about stretching yourself | <ul style="list-style-type: none"> Make sure there is enough space between individual areas Size of area will depend on students individual requirements | <ul style="list-style-type: none"> Change the distance between pairs to make it easier or harder Make sure there is enough space between different pairs |
| Task | <ul style="list-style-type: none"> Keep foot/wheelchair on marker whilst tapping ball up with racket. Balance ball/bean bag on racket instead Pupils can start hitting ball up, then add in foot tap when confident | <ul style="list-style-type: none"> Could sit on floor and hit racket down on ball, making sure ball stays in their area Use hand to tap ball/balloon up or down Some pupils may find it easier not to let ball bounce | <ul style="list-style-type: none"> Pupil could position themselves close to the cone and push ball off tray to go over cone. Partner picks up and places back on tray Pupils could throw and catch Pupils could do floor tennis and hit along floor using a flat marker as the net |
| Equipment | <ul style="list-style-type: none"> Use bigger, lighter balls Use brightly coloured balls or bell balls for VI pupils Size of racket will help student. Some prefer to use bigger, others smaller | <ul style="list-style-type: none"> Use bright coloured cones to help VI pupils know their own marked area Use bigger, lighter balls (balloon) to give student more time Use brightly coloured balls or bell balls for VI pupils | <ul style="list-style-type: none"> Change the size of ball Some pupils will find it easier using a bigger racket Use brightly coloured balls or bell balls for VI pupils Use brightly colour cone/flat marker for the net |
| People | <ul style="list-style-type: none"> Adults can act as guides. Each young person is different and can complete a challenge based on their ability. | <ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. VI pupils could have a caller | <ul style="list-style-type: none"> Adults can help as needed. Match pairings on similar ability |



HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS

TENNIS RESULTS KS1

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | |
|--------------------------|------------|---------------------------------------|----|---|----|--|---|------|-------|
| School Name: | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Tennis for selected year group | Boys | Girls |
| Name | Boy / Girl | Walking the Dog How many 1 minute? | | Sandwich Catches How many sandwiches catches in 1 minute | | Stop The Spider How many goals scored in 1 minute | | | |
| E.g. S.Smith | Boy | 8 | | 15 | | 10 | | | |
| 1. | Boy | | | | | | | | |
| 2. | Boy | | | | | | | | |
| 3. | Boy | | | | | | | | |
| 4. | Boy | | | | | | | | |
| 5. | Boy | | | | | | | | |
| 6. | Girl | | | | | | | | |
| 7. | Girl | | | | | | | | |
| 8. | Girl | | | | | | | | |
| 9. | Girl | | | | | | | | |
| 10. | Girl | | | | | | | | |



ENTRIES SHOULD BE SUBMITTED BY **8 JULY 2022** TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES TENNIS LEVEL 2 AND 3 VIRTUAL EVENTS





HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS

TENNIS RESULTS KS2 Yr 3 & 4

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | |
|--------------------------|------------|----|--|----|--|----|---|------|-------|
| School Name: | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Tennis for selected year group | Boys | Girls |
| Name | Boy / Girl | | Body Parts Floor How many goals scored in 1 min | | Pop, Tap, Catch How many catches in 1 min | | Throw, Hit, Catch How many catches in 2 minutes | | |
| E.g. S.Smith | Boy | | 12 | | 15 | | 10 | | |
| 1. | Boy | | | | | | | | |
| 2. | Boy | | | | | | | | |
| 3. | Boy | | | | | | | | |
| 4. | Boy | | | | | | | | |
| 5. | Boy | | | | | | | | |
| 6. | Girl | | | | | | | | |
| 7. | Girl | | | | | | | | |
| 8. | Girl | | | | | | | | |
| 9. | Girl | | | | | | | | |
| 10. | Girl | | | | | | | | |



**ENTRIES SHOULD BE SUBMITTED BY 8 JULY 2022 TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES TENNIS LEVEL 2 AND 3 VIRTUAL EVENTS**





HAMPSHIRE SCHOOL GAMES VIRTUAL COMPETITIONS TENNIS RESULTS KS2 Yr 5 & 6

Using the table below submit your top 5 girls and top 5 boys scores for your school for each year group you wish to enter and then submit through the Energise Me website www.energiseme.org/schools/hampshire-school-games/ or send your local School Games Organiser

| | | | | | | | | | |
|--------------------------|------------|--|----|---|----|---|---|------|-------|
| School Name: | | | | | | | | | |
| Year Group (Please tick) | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Total number of pupil who took part in Tennis for selected year group | Boys | Girls |
| Name | Boy / Girl | Toe Taps - Egg & Spoon How many taps in a row before dropping the ball in 3 minutes | | Self Rally How many taps can they hit CONSECUTIVELY in 3 minutes | | 1, 2, 3 Rally How many rallies can the pair achieve in 3 minutes | | | |
| E.g. S.Smith | Boy | 12 | | 10 | | 10 | | | |
| 1. | Boy | | | | | | | | |
| 2. | Boy | | | | | | | | |
| 3. | Boy | | | | | | | | |
| 4. | Boy | | | | | | | | |
| 5. | Boy | | | | | | | | |
| 6. | Girl | | | | | | | | |
| 7. | Girl | | | | | | | | |
| 8. | Girl | | | | | | | | |
| 9. | Girl | | | | | | | | |
| 10. | Girl | | | | | | | | |



**ENTRIES SHOULD BE SUBMITTED BY 8 JULY 2022 TO BE ENTERED FOR
THE HAMPSHIRE SCHOOL GAMES TENNIS LEVEL 2 AND 3 VIRTUAL EVENTS**

