



Competition

Welcome to Competition Thursday! As part of the Hampshire School Games Week, we have selected four different competitive activities from the 'Play Format' resources available from the School Games website. The tasks are designed to engage all pupils, 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! Being active and moving around is incredibly important both for our physical and mental well-being.

All the activities have accompanying videos to explain how to play and set up the tasks which can be viewed on the School Games website or by using the QR codes on each page. There are many other activities like these in addition to the four contained in this pack, in the 'Play Format' bank of resources available at the School Games website.

We hope you enjoy taking part in some or all of the activities! The four activities are:

- 1) Sea Battle – Target Game
- 2) Keepie Uppie – Net and Wall Game
- 3) Keep Your Tails – Combat Game
- 4) Catching Challenge – Target Game

#CatchingChallenge

Achieve the challenge

The aim of the game is to work as a team to make sure the ball/object doesn't bounce in your area.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Play in a space away from anything that is breakable
- Always aim for space when throwing the ball/object
- Ensure you communicate with your team when catching so you don't bump into each other

Skill up

- What is the best body position for you to be in to catch the ball/object?

How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams and spread out around your teams playing area
3. One team starts with a ball/object and throws it into the other team's area
4. The receiving team must try and catch the ball before it bounces
5. If the ball/object is caught, you can then throw it back over into the other team's area

Equipment

Essential

- Space big enough for the game
- A ball/object

Optional

- Cones or a net to mark out the centre line

Spirit of The Games



Teamwork:

How are you working as a team to cover the target zone?



Self-Belief:

Are you always confident that you will catch the ball/object?
What happens when you are not very confident?

Link it up

- This game helps you get better at games e.g. Cricket, Rounders and Softball.

#CatchingChallenge

Roles for leaders and officials

- Ensure the playing area is safe
- Make decisions on when the ball/object lands in or out of play
- Keep the score
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- Alter the size and texture of the ball/object to make it easier to control/throw/catch.
- Choose designated throwers and catchers each time

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the size of your area
- T** Allow one bounce before catching
- E** Use a bigger sized ball/object
- P** Increase the number of players on your team

HARDER

- S** Increase the size of your area
- T** Try catching one handed or with your weaker hand
- E** Use a smaller sized ball/object
- P** Decrease the number of players on your team

Change it up

- Add in more than one ball/object to play the game
- Create more than two teams to play against each other
- Try different types of throws or even try playing from a seated position
- Play to a time limit and try to have the ball/object out of your area when the time ends
- Choose a player on your team to stand in the other team's target zone. If they catch the ball, then you can award more points.
- There are lots of ways that this game could be played. Be creative and come up with your own versions

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.

KEEP YOUR TAILS

Achieve the challenge

The aim is to protect your tail and see how many times you can get your partner's.

How to play

1. Get into pairs.
2. Mark out a small area to play inside.
3. Attach three tails to yourself (bibs or a tag rugby belt), one on each side and one at the back.
4. Face your partner with your toes facing forwards, knees slightly bent, straight back and hands on your hips.
5. Bow to your partner and begin trying to catch their tails.
6. If all three tails are caught, replace them, and the play starts again.

Equipment

Essential

- Bibs or rugby tags.

Optional

- Cones/markers to mark out an area.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Make sure the area is safe.
- Watch out for hitting into other players when you are bending down.

Link it up

This game will help you with agility and quick feet which are useful skills in sports such as boxing, fencing and judo.

Spirit of The Games



Respect:

Why is it important to bow to your opponent?



Teamwork:

Do you help your opponent when replacing your tails?



Passion:

Are you excited about playing this game?

Think tactics

- What do you need to do to make it difficult for your opponent to catch your tails?

KEEP YOUR TAILS

Roles for leaders and officials

- Make sure all the equipment is ready.
- Mark out the playing area.
- Time the games.
- Check the scores for each pair.
- Make a judgement about whether you need to increase the time.

Including Everyone

- If someone can't see very well, give them a partner with a bell. The partner shakes the bell in different areas and the other player has to tag it.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the area size.
- T** One foot must stay in the same place, so can lunge but not move.
- E** Create longer tails.
- P** Only one person with tags and take turns.

HARDER

- S** Increase the area size.
- T** Players decide which tag, left, right or back they must go for.
- E** Add more tags.
- P** One person with tags, two people stealing.

SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.

SMILES checklist:

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- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?



If you can't answer **YES** to these questions, make sure you **STEP in**.



Change it up

- Add more players per team and play 2v2 or 3v3.
- Play for one minute and see who has caught the most tails in that time.
- Can you find a safe way of adding tags to different parts of the body?
- Use mats as a way of creating an area to play.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SEA BATTLE

Achieve the challenge

The aim of the game is to throw accurately onto the other team's mat. Can you sink the other team's ship?



How to play

1. Get into two teams.
2. Place a mat in front of your team. The mats should be approximately five metres apart.
3. When both teams are ready, throw your torpedoes (beanbags) at the other team's mat.
4. Torpedoes only count if they stay on the mat.
5. Agree on the number of torpedoes needed to sink the ship.

Equipment

Essential

- Bean bags or other soft throwing items.
- Gym mats (you could also use cones/hoops to mark out areas).

Optional

- Hoops to create target areas to aim for.

Spirit of The Games



Teamwork:

How does it make you feel when your team mates listen to your ideas?



Respect:

Do you always listen to other players and teams?



Passion

Could you practise this game by yourself outside of school?



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Ensure throwing items are soft.
- Check beanbags aren't being thrown directly at other players.

Link it up

- This game helps you aim accurately which is useful in sports such as goalball, archery and golf.

Think tactics

- Is it better to take your time or try to throw quicker than the other team?

SEA BATTLE

Roles for leaders and officials

- Set up the game and check the distances between areas.
- Ensure all equipment is available on each court.
- If anyone looks unhappy, find out how you can make it better.
- Check throwers are behind the line.
- Check beanbags have landed on the target.
- Time the games.

Including Everyone

- If someone cannot see very well, give them a partner who can tell them how accurate their throw is and give them some hints, e.g. a little more to the left.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the distance between mats.
- T** Increase the size of the mats.
- E** Use throwing objects that don't roll away.
- P** Reduce number of defenders allowed.

HARDER

- S** Increase the distance between mats.
- T** Decrease the size of the mats.
- E** Use balls as torpedoes that are more likely to roll away.
- P** Reduce the size of teams.

Change it up

- Create more than one target for your teams to try to sink with each ship needing a different number of torpedoes to sink it.
- Add in a defender who can stop the other team's bean bags from landing on your ships.
- Add in players who retrieve thrown bean bags that have missed.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SMILES DETECTIVE

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- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

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KEEPIE UPPIE

Achieve the challenge

The aim is to keep the ball up on your racket while taking part in the different challenges.

How to play

How many times can you bounce the ball in the air with your racket, without it dropping on the ground:

Challenges:

1. Using a forehand grip?
2. Using a backhand grip?
3. Alternating between a forehand and backhand grip?
4. While walking in a straight line to a cone 4m away, then back?
5. While walking around obstacles to a cone 4m away, then back?

Equipment

Essential

- A racket and a ball.

Optional

- Cones or markers.
- Different rackets and balls so players can choose.

Spirit of The Games



Determination:

What do you do when you drop the ball?
Do you keep trying?



Teamwork:

Are you giving other players around you enough space to try the challenges?



Honesty:

Do you keep an accurate count of your score?



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Ensure you are in a space far away from others and keep your head up.
- Use safety cones or floor spots for the obstacles.

Link it up

This game helps you practise the correct grip used in net and wall games like tennis, table tennis, squash and badminton.

Think tactics

- How high are you hitting your shots?
Is it better to have big or small bounces?

KEEPIE UPPIE

Roles for leaders and officials

- Check all the equipment is available.
- Set out individual spaces which are large enough to be safe.
- Measure out the 4m for Challenge 4 accurately.
- Check players are counting scores accurately.

Including Everyone

- If someone can't see very well, give them a partner with a bell. The partner shakes the bell in different areas and the other player has to tag it.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the distance on Challenges 4 and 5.
- T** Keep the ball on the racket without bouncing.
- E** Change the size of the racket, shorter handle, larger face.
- P** On your own in a big space.

HARDER

- S** Increase the distance on Challenges 4 and 5.
- T** Increase the length of time.
- E** Use a smaller ball e.g. squash ball.
- P** Work with a partner.

Change it up

- Can you work with a partner keeping the ball up between you?
- Can you keep the ball up whilst at different heights? E.g. standing, on your knees, sitting etc.
- Use music to decide when to swap your grip or move on to the next challenge.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

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**We're so glad that you've decided to get involved with
Hampshire School Games Week 2023.**

**If you want to share photos and updates to show us how much
fun you've had on Competition Thursday, add your own
comments to this padlet:**

[https://padlet.com/Energise Me/hampshire-school-games-week-2023-competition-ni4ldqc5rsrouzug](https://padlet.com/Energise_Me/hampshire-school-games-week-2023-competition-ni4ldqc5rsrouzug)

