



Boccia

Date: Wednesday 16th January 2019

Venue / Time: (please specify)

9.15am – 11.00am Forest Way

1.15pm – 2.45pm Ibstock College

Age Group: Years 1 – 6

Gender: Open mixed (no stipulation on numbers of boys and girls)

Number of pupils: Each school is allowed a maximum of 3 teams, made up of 4 children per team.

Target group:

- Pupils with a physical, learning disability or co-ordination difficulty from all special and mainstream schools.
- The event is aimed at beginner level children who have not had opportunity to represent the school at other sports events.

Format:

- A round robin format or appropriately sized pools leading to a knockout in the later stages. This will be confirmed on the day based on the number of teams entered.

Key Terminology:

- White ball = “Jack”
- Red and Blue balls = team balls
- Red side / Blue side = colour of the ball a team is using for that game.
- End = Game

Rules:

- The red side always starts the first end by propelling the jack into court. The captain chooses the player on their side to play the jack. The jack ball must cross the ‘V’ line to be in play.
- The player who propels the jack ball also plays their team’s first coloured ball.
- A player from the opposing side then propels their first coloured ball.
- The side whose ball is furthest from the jack must play until they either manage to get closer to the jack, or run out of balls. The side with remaining balls then propels them.
- The end is completed when all balls from both sides have been played.
- The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.
- Blue side then starts the second end.
- More information on general boccia at:
 - <http://boccia.uk.com/about-boccia/> (links to rules and court diagrams down the page).

Equipment:

- All games can be played from a seated position so clothing requirements are flexible – ideally sports clothing should be worn and suitable indoor footwear.
- It is advised participants bring filled water bottles.

Progression:

- There will also be a Level 3 Boccia competition for the winners of the North West Leicestershire competition to attend. This event is still TBC.

CPD:

- If you would like to deliver more Boccia in your school, NWLSSP offers a Boccia CPD for staff to be able to set up and run Boccia events or clubs within your school. This is part of your buy in option. Contact Tracey (nwlssp@kinged.org.uk) to book a workshop in.



BASKETBALL

Date/Venues & Times:

21st January - Newbridge - 3.45pm – 5.30pm
22nd January – Castle Rock – 4.00pm – 5.30pm
23rd January - Ibstock – 3.45pm- 5.30pm
24th January – Castle Rock – 4.00pm – 5.30pm

L2 final for qualifying schools 31/01/19 at Castle Rock High School, 4pm

Age Group: Year 5/6

Gender: Open Mixed (No stipulation on number of boys or girls per team)

Number of pupils:

- 10 players per squad
- 5 players on court

Format:

- A round robin format or appropriately sized pools leading to a knockout in the later stages. This will be confirmed on the day based on the number of teams entered.

Rules

- Games shall be 6 minutes (one-way), against a running clock. (Dependent on available court time)
- No time outs are allowed
- Directional arrow will determine jump ball situations and possession.
- Player – Player defence, ½ court only.
- Substitutes - Coaches are strongly encouraged to use a rotation system so all players have equal court time.
- (a) There will be no personal fouls recorded; however, referees have the power to eject players if they are abusing this rule. Each team can have 6 team fouls and thereafter the opposing team will receive 1 point and possession.
- No foul shots will be taken. If a player is fouled in the act of shooting and the shot scores 3 points will be awarded. If the player is fouled in the act of shooting and the shot misses 1 point is awarded and the team gains side line possession at the nearest side or end line. (b) Should a team field ineligible player on the day then they cannot win the competition.
- Three basic rules apply to the Years 5 & 6 tournament:
 1. No double dribble
 2. No travelling
 3. No contact.
- **Teams must retreat to the half way line once they have lost possession in their front court.**
- Each team will be awarded the following points per game:
 - Win = 3 points
 - Draw = 2 points
 - Loss = 1 point

Equipment:

- Pupils will need to wear appropriate clothing and footwear suitable for indoor sports, with matching clothing.

- Drinks are highly recommended for all players.
- **Progression:** The winning team from the Level 2 final will progress to a level 3 competition – Details TBC. If you would like to deliver more Basketball in your school, NWLSSP offers a Basketball CPD for staff to be able to set up and run Basketball events or clubs within your school. This is part of your buy in option. Contact Tracey (nwlssp@kinged.org.uk) to book a workshop in.



KEY STEPS 3 GYMNASTICS

<u>DATE:</u>	12th February 2019
<u>AGE GROUP & LEVEL:</u>	Key Steps 3 - Year 5 & 6 - under 11s
<u>TIME:</u>	Start and finish times TBC, depending on number of entries. Approximate timings – 2:00pm - 6:30pm.
<u>VENUE:</u>	Coalville Gymnastics Club.
<u>GENDER:</u>	Open Mixed
<u>NUMBER OF PUPILS:</u>	Maximum of 3 teams per school. 4 competitors per team, only the top 3 scores to count towards overall team competition.

TARGET GROUP:

Competition is now open to **ALL** including club gymnasts (linked to National School Games rules).

FORMAT:

Gymnasts will take part in Key step 3 routines.
All competitors will have a chance to warm up before the event.
As part of the routine, each child will compete in:

- Floor Routine
- Vault
- Body Management/Conditioning (**not to be judged at level 2 but would be if team advances to the level 3 competition**)

ROUTINES

The Key Steps 3 routine will be available from the NWLSSP website.
<http://www.nwleics-ssp.org.uk/rules/>

Pathway:

The winning year team from the Key Steps 3 event will advance to level 3 of the School Games which will take place at Oakham Gymnastics Club on 13th March 2019.

Please note it is only complete school teams who can advance to level 3 of the School Games and **not the winning top 4 individuals** as the level 3 competition is only open to school teams representing their school sport partnership.

If you would like to deliver more Gymnastics in your school, NWLSSP offers a Gymnastics CPD for staff to be able to set up and run Gymnastics in your school. This is part of your buy in option. Contact Tracey (nwlssp@kinged.org.uk) to book a workshop in.



KEY STEPS 2 GYMNASTICS

<u>DATE:</u>	13th February 2019
<u>AGE GROUP & LEVEL:</u>	Key Steps 2 - Years 3 & 4 - Under 9's
<u>TIME:</u>	Start and finish times TBC, depending on number of entries. Approximate timings – 2:00pm - 6:30pm.
<u>VENUE:</u>	Coalville Gymnastics Club.
<u>GENDER:</u>	Open Mixed
<u>NUMBER OF PUPILS:</u>	Maximum of 3 teams per school. 4 competitors per team, only the top 3 scores to count towards overall team competition.

TARGET GROUP:

Competition is now open to **ALL** including club gymnasts (linked to National School Games rules).

FORMAT:

Gymnasts will take part in Key step 2 routines.
All competitors will have a chance to warm up before the event.
As part of the routine, each child will compete in:

- Floor Routine
- Vault
- Body Management/Conditioning (**not to be judged at level 2 but would be if team advances to the level 3 competition**)

ROUTINES

The Key Steps 2 routine will be available from the NWLSSP website.

<http://www.nwleics-ssp.org.uk/rules/>

Pathway

The winning team from the Key Steps 2 event will advance to level 3 of the School Games which will take place at Oakham Gymnastics Club on 13th March 2019.

Please note it is only complete school teams who can advance to level 3 of the School Games and **not the winning top 4 individuals** as the level 3 competition is only open to school teams representing their school sport partnership.

If you would like to deliver more Gymnastics in your school, NWLSSP offers a Gymnastics CPD for staff to be able to set up and run Gymnastics in your school. This is part of your buy in option. Contact Tracey (nwlssp@kinged.org.uk) to book a workshop in.



KEY STEPS 1 GYMNASTICS **&** **KEY STEPS 1 PAN-DISABILITY GYMNASTICS**

<u>DATE:</u>	14th February 2019
<u>AGE GROUP & LEVEL:</u>	Key Steps 1 - Years 1 & 2 – Under 7's Adaptive Key Steps 1 Pan-Disability – Open age group (Years 1-6)
<u>TIME:</u>	Start and finish times TBC, depending on number of entries. Approximate timings – 2:00pm - 6:30pm.
<u>VENUE:</u>	Coalville Gymnastics Club.
<u>GENDER:</u>	Open Mixed
<u>NUMBER OF PUPILS:</u>	Maximum of 3 teams per school 4 competitors per team, only the top 3 scores to count towards overall team competition.

TARGET GROUP:

Competition is open to **ALL** including club gymnasts (linked to National School Games rules).

FORMAT:

Gymnasts will take part in Key step 1 routines.
All competitors will have a chance to warm up before the event.
As part of the routine, each child will compete in:

- Floor Routine
- Vault
- Body Management/Conditioning (**not to be judged at level 2 but would be if team advances to the level 3 competition**)

ROUTINES

The Key Steps 1 routine will be available from the NWLSSP website.
<http://www.nwleics-ssp.org.uk/rules/>

PATHWAY

The Winning team from the Key Steps 1 and the winning team from the pan-disability Key Steps 1 event will advance to level 3 of the School Games which will take place at Oakham Gymnastics Club on 13th March 2019.

Please note it is only complete school teams who can advance to level 3 of the School Games and **not the winning top 4 individuals** as the level 3 competition is only open to school teams representing their school sport partnership.

If you would like to deliver more Gymnastics in your school, NWLSSP offers a Gymnastics CPD for staff to be able to set up and run Gymnastics in your school. This is part of your buy in option. Contact Tracey (nwlssp@kinged.org.uk) to book a workshop in.



NWLSSP Primary Swimming Gala's Year 5/6

Date: Friday 1st and Friday 8th March 2019

Venue / Time: King Edward VII Science & Sport College's swimming pool
9.15am -10.45am and 10.45am -12.15pm.

Please be **punctual** as we need to start the first race on time in order to fit in the busy timetable of events. First race **must** commence by 9.30am / 11am respectably.

Participants:

All swimmers are eligible to enter as long as they can comfortably swim 25m. All competitors must wear a swimming hat. Goggles are not permitted unless teachers have received written permission for them to do so. If possible all swimmers should come ready changed with swimsuits under their clothes to minimise congestion in the changing rooms

Format:

Due to the pool only having 4 lanes there may be two heats for each event depending on the number of schools participating. All pupils will be timed and places allocated according to their times. Results will be collated across the galas to select the team to go through to the level 3 School Games. Results will be e-mailed to schools as soon as they have been collated.

Spectators:

Unfortunately, due to health and safety regulations and the popularity of this event **there is no capacity for spectators**. Please specify how many adults will be accompanying your team and inform parents that they will not be able to watch this event.

Rules:

- Pupils must touch the poolside with BOTH HANDS together at the finish and change-over of all breaststroke & butterfly events.
- To avoid disqualification in relays the outgoing swimmer must wait for the incoming swimmer to touch the side of the pool before pushing off.
- Swimmers must start in the pool at the shallow end.
- Medley relay - four swimmers in the following order, backstroke, breaststroke, fly & free.
- Swimmers competing in backstroke events must start, swim and finish on their backs.
- To avoid disqualification in all races the swimmer must swim from start to end of the race. If they stop and hold the lane rope or stand up and walk during the race they will be disqualified.

Progression:

The winning school will represent North West Leicestershire at level 3 School Games Championships on Friday 28th June 2019 at Uppingham Sport Centre. Please note that at level 3 teams will consist of 8 children: 2 Year 5 boys & 2 Year 6 boys, 2 Year 5 girls & 2 Year 6 girls.



SWIMMING GALA

ORDER OF EVENTS

	EVENT
1	1 LENGTH BREASTSTROKE Y5 GIRLS
2	1 LENGTH BREASTSTROKE Y5 BOYS
3	1 LENGTH BREASTSTROKE Y6 GIRLS
4	1 LENGTH BREASTSTROKE Y6 BOYS
5	1 LENGTH BUTTERFLY Y5 GIRLS
6	1 LENGTH BUTTERFLY Y5 BOYS
7	1 LENGTH BUTTERFLY Y6 GIRLS
8	1 LENGTH BUTTERFLY Y6 BOYS
9	1 LENGTH BACKSTROKE Y5 GIRLS
10	1 LENGTH BACKSTROKE Y5 BOYS
11	1 LENGTH BACKSTROKE Y6 GIRLS
12	1 LENGTH BACKSTROKE Y6 BOYS
13	1 LENGTH FREESTYLE Y5 GIRLS
14	1 LENGTH FREESTYLE Y5 BOYS
15	1 LENGTH FREESTYLE Y6 GIRLS
16	1 LENGTH FREESTYLE Y6 BOYS
17	4 X 1 LENGTH Y5 MIXED MEDLEY RELAY (2 GIRLS & 2 BOYS)
18	4 X 1 LENGTH Y6 MIXED MEDLEY RELAY (2 GIRLS & 2 BOYS)
19	4 X 1 LENGTH Y5 MIXED FREESTYLE RELAY (2 GIRLS & 2 BOYS)
20	4 X 1 LENGTH Y6 MIXED FREESTYLE RELAY (2 GIRLS & 2 BOYS)



SWIMMING GALA

TEAM SHEET

SCHOOL:

TEAM MANAGER:

Team size:

Minimum: 8 children: 2 Year 5 boys & 2 Year 6 boys and 2 Year 5 girls & 2 Year 6 girls

Maximum: 16 children: 4 Year 5 boys & 4 Year 6 boys and 4 Year 5 girls & 4 Year 6 girls

Each child must compete in one or two individual events and one or both relays.

Please note that at level 3 teams will consist of 8 children: 2 Year 5 & 2 Year 6 boys. 2 Year 5 & 2 Year 6 girls.

EVENT	Y5 GIRLS	Y5 BOYS	Y6 GIRLS	Y6 BOYS
1 LENGTH BREASTSTROKE				
1 LENGTH BUTTERFLY				
1 LENGTH BACKSTROKE				
1 LENGTH FREESTYLE				
4 X 1 LENGTH Y5 MEDLEY			XXXXXXXXXX	XXXXXXXXXX
			XXXXXXXXXX	XXXXXXXXXX
4 X 1 LENGTH Y6 MEDLEY	XXXXXXXXXX	XXXXXXXXXX		
	XXXXXXXXXX	XXXXXXXXXX		
4 X 1 LENGTH Y5 FREESTYLE			XXXXXXXXXX	XXXXXXXXXX
			XXXXXXXXXX	XXXXXXXXXX
6 X 1 LENGTH Y6 FREESTYLE	XXXXXXXXXX	XXXXXXXXXX		
	XXXXXXXXXX	XXXXXXXXXX		



New Age Kurling

Date: Tuesday 12th March 2018

Venue / Time: (please specify)
9.15am – 11.00am Forest Way
1.15pm – 2.45pm Ibstock College

Age Group: Years 1-6

Gender: Open mixed (no stipulation on numbers of boys and girls)

Number of pupils: Initial limit of 12 pupils per school. 3 teams of 4 children.

Format:

- Teams will be made up of 4 children per team.
- Each school is allowed a maximum of 3 teams (12 pupils)
- To be confirmed closer to event – likely to be round robin format with the aim of maximum participation for all players.

Target group:

- Pupils with a physical, learning disability or co-ordination difficulty from all special and mainstream schools.
- The event is aimed at beginner level children who have not had opportunity to represent the school at other sports events.

Rules:

- In team's players will alternate in delivering their kurling stones towards the target.
- The game is scored by awarding one point for every kurling stone of the same colour closer to the target than the nearest opposing kurling stone.
- There will be 3 ends (games) per match (time permitting).
- More information available at:
- <http://www.gbkurling.co.uk/>

Equipment:

- All games can be played from a seated position so clothing requirements are flexible – ideally sports clothing will be worn and suitable indoor footwear.
- It is advised participants bring drinks.

Progression:

- If you would like to deliver more New Age Kurling in your school, NWLSSP offers a New Age Kurling CPD for staff to be able to set up and run New Age Kurling events or clubs within your school. This is part of your buy in option. Contact Tracey (nwlssp@kinged.org.uk) to book a workshop in.



QUICKSTICKS HOCKEY

<u>DATE, TIMES & VENUES:</u>	Yr 3/4 – 20 th March 2019 3–6pm @ Ivanhoe High School Astro Turf
	Yr 3/4 – 21 st March 2019 3-6pm @ King Edward VII Astro Turf
	Yr 5/6 – 27 th March 2019 3–6pm @ Ivanhoe High School Astro Turf
	Yr 5/6 – 28 th March 2019 3-6pm @ King Edward VII Astro Turf

Please note that buses & mini buses will only be allowed on site to drop off and pick up, no parking will be available on site during the games.

<u>Final:</u>	Both finals will take place on 4 th April 2019 – Venue & Time TBC
<u>AGE GROUP:</u>	Years 3/4 and 5/6
<u>GENDER:</u>	Mixed Minimum of 2 girls in a team and one girl on the pitch at any one time
<u>NUMBER OF PUPILS:</u>	Squads of 6, 4 players on the pitch & 2 subs. At level 3 competitions substitutes will be used to support coaching and officiating There are no goalkeepers. Schools can bring a maximum of 3 teams.
<u>TARGET GROUP:</u>	All pupils are eligible to play in this competition

FORMAT:

- Schools will be put into pools and will play other teams in the pool on a round robin basis. There may also be a knock out in the later stages for pool winners.
- Games will be approximately 7 – 10 minutes; a half time will be included if time permits. Times may change dependent on number of entries
- In the pool stages, 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.

RULES:

- A centre pass starts the game, alternating between the teams and at the start of each period, with all players in their own half, 3 meters away from the ball
- In order to score, a player must shoot from within the 'shooting zone'
 - For our competition the shooting zone will be the final third of the pitch. At the Level 3 competition this is likely to be a D.
- A Penalty Goal is awarded if a defending player stops the ball crossing the goal-line with their feet or body
- A Free Pass is taken from where the offence occurs, opposing players must be 3 meters away from the ball. The Free Pass taker may only touch the ball once before it is touched by another player.
- Goalkeepers are not allowed – players must not continually defend from the goal line

A Free Pass is awarded when;

- The ball crosses the side line; taken from where the ball left the pitch
- The ball crosses the back line by the attacking team; taken from the edge of the shooting zone in line with where the ball leaves the pitch, other team in their own half
- The ball crosses the back line by the defending team; taken from the edge of the shooting zone on the side of the goal the ball crossed the line – cannot score directly

- A player kicks, propels, picks up, throws or carries the ball (it is not an offence if the ball touches the players foot, only if it breaks down play or creates a disadvantage)
- Attempts to play a ball above the knee with a stick
- Uses the (rounded) back side of the stick
- Whilst striking the ball, causes any actual or possible danger to themselves or other players
- Obstructs by running between the ball and opponent
- Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire

EQUIPMENT:

Pupils will need to wear PE kit and will need to bring their own drink. Shin pads and mouth guards are advisable.

Where possible, please bring sticks. Please notify us in advance if you need to borrow them as they are limited.

PATHWAY:

Participants of the competition will be given information on local hockey clubs.

The winning Year 5/6 school team and the winning Year 3/4 team will go through to the Level 3 School Games Summer Championships on 28th June 2019 at Uppingham School Sports Centre.



Orienteering

DATE: 2nd April 2019

TIME: 10am – 2pm with times allocated (TBC)

VENUE: Donisthorpe Woodlands

YEAR GROUP (S): Y5/6

GENDER: Mixed teams

TEAM SIZE: Initial limit of 26 pupils per school (increasing dependant on entries)

Format/Rules

- Pupils will be set off at intervals in pairs.
- Results announced for each pair.
- School results = 4 highest scoring pairs.
- 10 points per control less 5 points for each minute over 30 minutes

Format

- A network of points (controls) are planned across a mapped site.
- Teams start and finish at the same place, with start times staggered.
- Pairs will be given a copy of the course map.
- Pairs have an electronic “dibber” to show they have visited a control. (Each dibber cost £40 if lost, this is payable by the school)
- The aim is for teams to visit as many marked controls and return to the start line in under 30mins.
- Controls can be visited in any order.

New this year. In order to speed up the preparation process, increase children’s understanding prior to the day and due to reduction in core SSP staffing. Schools will be sent a video of the map walk which children must be shown before arriving. Teachers will also need to do the map walk with their teams. 1 teacher to 8 teams/16 children (max).

Due to the size of this event each school will be required to provide 2 members of staff to patrol a section on the course for the 25/30 mins that their school is competing. This is a necessity for all schools.

No children’s names will be required before the event but we will need a copy to keep while the children are competing, this will be returned to you after the event. And will only be used in an emergency.

Equipment:

- **EACH PAIR WILL NEED A STOPWATCH/WATCH**
- Appropriate outdoor clothing including:
 - Waterproof coat
 - Footwear to run on grass, mud, and hard surfaces
 - Warm clothing in case of cold weather
 - Full leg covering clothes
 - Change/Dry clothes or warm coat to travel back to school

- Drinks and additional items as required.
- NWLSSP & Leicestershire Orienteering Club will provide maps, checkpoints and all associated event equipment.

Further information on the sport:

<http://www.leioc.org.uk/>

<http://www.leioc.org.uk/new-to-o/>