



Year 5/6 Table Tennis - Boys

Date: Wednesday 26th September 2018

Time: 3.45pm-5.30pm

Venue: Newbridge High School

Age Group: Year 5/6

Gender: Boys

Number of pupils: 4 players per team *(Initial limit of 2 teams per school).*

Target Group: All Pupils are eligible to play.

Format: Please note the pathway element of the evening will be delivered on a pooled or knockout basis with the following games:

- Player 1 v Player 1, 2 v 2, 3 v 3, 4 v 4
- Player 1 v Player 2, 2 v 1, 3 v 4, 4 v 3
- 3 points for a win, 1 for a loss
- Should teams be tied on points then overall score difference will decide the match winner. If the match is still tied then a single first to 5 point game will be played by the no. 1 player from each team.

Scoring:

- Each game will be played to 11 points.
- If both players score 10 points, then the game is won when one player has a lead of 2 points eg 13-11.
- The person who wins the toss will serve first in the first game; after 2 points, the receiver becomes the server and so on after each 2 points until the end of the game. If 10-10 is reached, the service is alternate.

How to play a point: Each player strikes the ball after it has bounced once on their side of the table, to clear the net and land on the opponent's side. A point is won/lost when a player misses the ball, the ball bounces twice, the ball does not land on the table or does not clear the net.

Pathway: It is expected the winning team will go on to represent NWLSSP at the Level 3 Final however details are still TBC.



Table Tennis Year 5/6 – Girls

Date: Thursday 27th September 2018

Time: 3.45pm-5.30pm

Venue: Newbridge High School

Age Group: Year 5/6

Gender: Girls

Number of pupils: 4 players per team *(Initial limit of 2 teams per school)*

Target Group: All Pupils are eligible to play.

Format: Please note the pathway element of the evening will be delivered on a pooled or knockout basis with the following games:

- Player 1 v Player 1, 2 v 2, 3 v 3, 4 v 4
- Player 1 v Player 2, 2 v 1, 3 v 4, 4 v 3
- 3 points for a win, 1 for a loss
- Should teams be tied on points then overall score difference will decide the match winner. If the match is still tied then a single first to 5 point game will be played by the no. 1 player from each team.

Scoring:

- Each game will be played to 11 points.
- If both players score 10 points, then the game is won when one player has a lead of 2 points eg 13-11.
- The person who wins the toss will serve first in the first game; after 2 points, the receiver becomes the server and so on after each 2 points until the end of the game. If 10-10 is reached, the service is alternate.

How to play a point: Each player strikes the ball after it has bounced once on their side of the table, to clear the net and land on the opponent's side. A point is won/lost when a player misses the ball, the ball bounces twice, the ball does not land on the table or does not clear the net.

Pathway: It is expected the winning team will go on to represent NWLSSP at the Level 3 Final however details are still TBC.



Year 5/6 Tag Rugby

- Dates and Venues:** Wednesday 3rd October 2018 – Ashby Rugby Club (LE65 1DP)
Thursday 4th October 2017 – Coalville Rugby Club (LE67 5PF)
- Time:** 12pm – 5.15pm
- Age Group:** Year 5/6
- Gender:** Teams must have a minimum of 4 boys and 4 girls in the squad. With 2 boys and 2 girls on the pitch at all times.
- Number of Pupils:** Teams of 8 a side, max squad of 12. (Limit of 3 teams per school).
- Target Group:** All pupils in the relevant age groups are eligible to compete.
- Final:** TBC after the events
- Format:**
- Schools will be put into pools and will play other schools in the pool on a round robin basis.
 - Games will be two halves of a minimum of 6 minutes and a maximum of 10 minutes each way with 1 minute for half time. This may be changed 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.
- Equipment:**
- Pupils will **need** to wear PE kit and **BOOTS**.
 - Each school will need to bring their own tag belts.
 - Appropriate clothing for outdoor activity is recommended.
 - Pupils will need to bring their own drinks.
- Rules:** See Below
- Pathway**
- All participants will be given information on Coalville RC and Ashby RFC on the day of the competition.
 - The winning schools from the two Year 5/6 Competitions at Ashby RFC and Coalville RFC will play each other.
 - There is no level 3 progression for this event.



Tag Rugby Rules

Ball Carrying

- The ball must be carried in two hands and players must not obstruct the tags using the ball.

Free pass

- A free pass from the centre of the pitch is used to start the game, and after every time a try is scored. It is also used at the side of the pitch when the ball goes in touch and from where the referee makes a mark after an infringement has been made.
- Free passes cannot be taken nearer than 7m from the goal line. The pass must go backwards to a member of the team starting 2m away from the taker. Opponents must be 7m away.

Scoring

- To score a try the ball must be placed down behind the opponents scoring line (no diving).

Passing

- Passes must be made sideways or backwards. If the ball is passed forward or handed to a team mate the opposition is awarded a free pass. Also if the ball is grabbed from the hands a free pass is awarded.

The Tag

- The tag is the removal of one of the tags from the ball carriers belt. The ball carrier can dodge but not prevent their tags being taken. Players must have 2 tags to be part of the game.
- When the ball carrier is tagged they must pass the ball within 3 seconds or 3 steps, the ball carrier has 1 step to score a try once tagged.
- After being tagged the player must retrieve and re-attach their tag before re-joining the game. The player making the tag must give the tag back to the player it came from and must not simply throw it on the floor.

Knock on

- A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded.

Offside

- When a tagged player is passing the ball all opposition players must return to behind the ball and cannot interfere with the pass unless they have started behind the ball. If this does occur, a free pass will be given.



GIRLS FOOTBALL

- Date:** 9th October 2018
- Time:** 3.00 – 5.45 pm (please note – finish time may change depending on entries)
- Venue:** Ivanhoe Football Club, Lower Packington Road, Ashby-De-La-Zouch, LE65 1TS
- Age Group:** Years 5/6
- Number of Pupils:** A squad of up to 10 girls with 7 playing at any one time, 1 of whom shall be the goalkeeper
- Target Group:** All year 5/6 girls are eligible to play
- Equipment:** Pupils must wear PE kit including shin pads and football boots. Long hair must be tied back and all jewellery removed.
- Format:**
- A round robin format or appropriately sized pools leading to a knockout in the later stages be, depending on the number of teams entered.
 - Depending on the number of entries matches will be between 7-12 minutes one way.
 - The pitches will be approximately 40m x 20m depending on the number of pitches required and the conditions of the pitches
 - The competition shall be governed in accordance with the Rules and Regulations of the Football Association for this age group - <file:///N:/Downloads/laws-mini-soccer-7v7-2013-14.pdf>. This includes:
 - Using size 4 footballs
 - Opponents must retreat to their own half from a goal kick
 - Points will be awarded in the round robin or pool stage as follows:
 - 3 points for a win, 2 points for a draw and 1 point for a loss.
 - In the event of two or more teams being equal on points the team with the best goal difference shall take precedence. If goal difference is equal the team scoring the most goals shall take precedence. If the teams are still tied, kicks from the penalty mark will take place.
 - In the event of a draw in the knockout stage the match will go to 5 minutes of extra time one way, if it is still a draw at the end of this time the outcome will be decided by penalties.
 - Substitutes shall be permitted at any time during the game, with the referee's permission and Players may re-enter the game.
- Progression:** The winning team from the Level 2 final will progress to represent NWL at the Danone Cup on Thursday 15th November 2018 at Judgemeadow College, Leicester (3G Pitch).



Multi-Sport Festival

Dates, Times & Venues:

Wednesday 10th October 2018 - Mega Festivals at Hermitage Leisure Centre

- 11.00am – 12.30pm
- 1.00pm - 2.30pm

Thursday 11th October 2018 - Ashby School

- 9.00am – 11.00am
- 1.00pm – 3.00pm

Age Group:

Year 2/3

Gender:

Mixed

Number of Pupils:

Maximum of 30 pupils per school – Maximum of 240 children for the mega festival & 120 maximum at Ashby festival.

Target Group:

- This is a fun skill based festival designed to be fully inclusive for all pupils to take part.
- Ideally schools will provide opportunity for any pupils who have not already experienced level 2 competitions.

Format:

- Pupils will be split into groups of approximately 10 children from different schools, depending upon the total number of children at the festival.
- Pupils will then take part in Multi Sport based challenges to develop hand – eye coordination, movement and spatial awareness.
- These will be skill based for a number of sports.
- Pupils will rotate around the 10 stations

Equipment:

Pupils will need to wear PE kit and bring their own drink

Additional Information:

The festival will not be scored. The young person should simply be excited about taking part, developing the correct skills and having fun. Young Leaders will give 'Star of the Session Certificates' to one pupil in each team for trying the hardest / most improved.

Note:

Remember to detail number of pupils you are bringing on the booking page of the website.



Multi-Skill Festival

Dates, Times & Venues:

Wednesday 24th October 2018 - Mega Festivals at Hermitage Leisure Centre

- 11.00am – 12.15pm
- 1.00pm - 2.30pm

Wednesday 31st October 2018 - Ashby School

- 9.00am – 11.00am
- 1.00pm – 3.00pm

Age Group:

Year 1/2

Gender:

Mixed

Number of Pupils:

Maximum of 30 pupils per school – Maximum of 240 children for Mega Festival & 120 maximum at Ashby event.

Target Group:

This is a fun skill based festival designed to be fully inclusive for all pupils to take part.

Format:

- Pupils will then be split into groups of approximately 10 children, depending upon the total number of children at the festival.
- Pupils will then take part in Multi Skill based challenges that develop their agility, balance and co-ordination, these will include running, jumping, throwing and catching.
- Pupils will rotate around the 10 stations

Equipment:

Pupils will need to wear PE kit and arrive already changed.
They will also need to bring their own drink

Additional Information:

The festival will not be scored. The young person should simply be excited about taking part, developing the correct skill and having fun. Young Leaders will give 'Star of the Session Certificates' to one pupil in each team for trying the hardest / most improved.

Note:

Remember to detail number of pupils you are bringing on the booking page of the website.



INCLUSIVE MULTI-SPORT

Date: Tuesday 30th October 2018

Times & Venues: 9:30am – 11:00am @ Forest Way
1:15pm – 2.45pm @ Ibstock College

Age Group: Year 1 - 4

Gender: Mixed or single sex teams

Number of Pupils: Initial limit of maximum 12 pupils per school

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:

- The festival will focus on fun and skill development.
- Pupils will be split into groups of approximately 5 children, depending upon the total number of children at the festival.
- Pupils will take part in multi-sport skill based challenges.
- Pupils will rotate around the stations.

Equipment: Pupils will need to wear PE kit and trainers.
Pupils will need to bring their own drink.

Additional Information: The festival will be scored but this is secondary to taking part, developing skills and having fun.



Year 5/6 Sports Hall Athletics

- Date:** Tuesday 6th / Wednesday 7th / Thursday 8th November 2018
- Time:** 3.30pm-5.45pm
- Venue:** Ibstock Community College
- Age Group:** Year 5/6
- Gender:** Mixed girls and boys
- Number of pupils:** Maximum of 15 girls and 15 boys, minimum 9 girls and 9 boys.
Schools that have less than less than 100 pupils can join with another small school.
- Target Group:** All pupils are eligible to compete
- Format:**
- This is a fun, team based format with an exciting range of relay races and six field events
 - Race descriptions are available via the following link and selecting “sportshall handbook” <http://www.sportshall.org/primary/primary-sportshall>
- *Pupils are able to complete a maximum of two track and two field events.
- Equipment:** Pupils will need to wear PE kit and bring their own drink
- Pathway:** It is expected the winning team will go on to represent NWLSSP at the Level 3 Final however details are still TBC.



DANCE FESTIVAL

- Date:** Wednesday 21st November 2018
- Time:** 4.30pm – 7.00pm – No parents, schools or participants are not permitted on school site before 4.00pm.
- Venue:** Ivanhoe College
- Age group:** KS1 and KS2 – Depending on entries, likely to be one session with timetabled slots. A limit on spectators will be enforced.
- Gender:** Mixed or single sex groups
- Number of pupils:** Up to one full class
- Target group:** This is open to all pupils and the intension is for children to share their performances with children from other schools present.
- Format:**
- All abilities and styles of dance from wake and shake to pop or any dances you are already planning this term e.g. linked to Bonfire Night, Halloween, Diwali or Christmas themes.
 - Choose your own music
 - Each dancer can take part in up to 2 dances
 - Dances to be no longer than 3 minutes each
 - Maximum of 2 performances per school these can be groups/classes/solo's or duets.
- Equipment:** Pupils will need to wear PE kit or clothing suitable for dance costumes welcome. Pupils will need to bring their own drink.
- Additional information:** Please detail on the pre event e-mail the total number of pupils and staff you will be bringing and the number and length of each dance.



DODGEBALL – DEVELOPMENT COMPETITION

<u>Date and Venue:</u>	Monday 26 th November 2018 @ Ibstock College
<u>Time:</u>	3:45pm – 5:30pm
<u>Age Group:</u>	Year 5/6
<u>Gender:</u>	Mixed
<u>Number of Pupils</u>	Maximum of 10 pupils per school, any number of boys /girls - Schools can bring between 1 - 10 children. Schools should e-mail nwlssp@kinged.org.uk if more than 10 pupils would like to attend. If possible these requests will be accommodated
<u>Target Group:</u>	Strictly for pupils who have not represented their school at (level 2) inter school competition and that you would not consider bringing to a competitive Dodgeball competition.
<u>Format</u>	<ul style="list-style-type: none">• Children will be mixed up with other schools and play against each other in a round robin format.• Basic rules available via http://www.ukdba.org/#/downloads/4538659850.• Games will be played on a badminton size court.• Matches will finish when the first team legally eliminates all opposing players. A 2 minute time limit applies to games and if neither team has been eliminated by the end of the match, the team with the greater number of players remaining will be the winners.
<u>Rules:</u>	<p>The object of the game is to eliminate all opposing players by getting them OUT. This may be done by;</p> <ul style="list-style-type: none">• Hitting the opposing player with a LIVE thrown ball below the shoulders – No head shots allowed.• Catching a LIVE ball thrown by the opposition before it touches the ground.• If a player is out they can return to live play if a member of their team catches a live ball. <p>‘Live’ definition</p> <ul style="list-style-type: none">• A ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc). <p>Boundaries</p> <ul style="list-style-type: none">• During play all players must remain within the boundary lines. Players may leave and enter the boundaries through their end line only to retrieve balls. <p>Opening Rush</p> <ul style="list-style-type: none">• 3 balls are placed along the centre line. Players start behind the end line, touching the wall and on the official's start they ‘rush’ in and collect any of the balls. They must then ensure that they pass the ball backwards to a member of their team before they are allowed to strike the opposition.
<u>Equipment:</u>	NWLSSP will provide appropriate balls for the competition. All students must wear PE kit with all jewellery removed and long hair tied back.



DODGEBALL

Dates, Times & Venues:

Tuesday 27th November 2018 @ King Edward VII College 4.00pm - 5.30pm
Tuesday 27th November 2018 @ Ashby School 3:45pm – 5:30pm
Wednesday 28th November 2018 @ Ibstock College 3:45pm – 5:30pm

Age Group:

Year 5/6

Gender:

Mixed: 4 girls & 4 boys

Number of Pupils:

6 players on court at any one time, 8 players in a team. 2 girls to start on court at all times.

Format

- Schools will play against each other in a round robin format.
- Basic rules available via <http://www.ukdba.org/#/downloads/4538659850>.
- Games will be played on a badminton size court.
- Matches will finish when the first team legally eliminates all opposing players. A 2 minute time limit applies to games and if neither team has been eliminated by the end of the match, the team with the greater number of players remaining will be the winners.

Rules:

The object of the game is to eliminate all opposing players by getting them OUT. This may be done by;

- Hitting the opposing player with a LIVE thrown ball below the shoulders – No head shots allowed.
- Catching a LIVE ball thrown by the opposition before it touches the ground.
- If a player is out they can return to live play if a member of their team catches a live ball.

'Live' definition

- A ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).

Boundaries

- During play all players must remain within the boundary lines. Players may leave and enter the boundaries through their end line only to retrieve balls.

Opening Rush

- 3 balls are placed along the centre line. Players start behind the end line, touching the wall and on the official's start they 'rush' in and collect any of the balls. They must then ensure that they pass the ball backwards to a member of their team before they are allowed to strike the opposition.

Equipment:

NWLSSP will provide appropriate balls for the competition.
All students must wear PE kit with all jewellery removed and long hair tied back.