



## **North West Leicestershire School Sports Partnership**

### **Autumn term booklet 2021-22**

The following competition structure will enable more individual young people to represent your school in sport or physical activity at a level that is appropriate to their interests and competencies.

Each competition has been allocated to a tier, with a description of the tiers as follows. Please ensure that you are aware of the tier of competition so that you can select your teams appropriately.

<b>Performance Competition</b>	Performance based competitions catering for the most talented athletes and teams that your school can field, subject to some eligibility criteria (e.g. National Governing Body age restrictions on competitions). These competitions are an opportunity to showcase the sporting prowess of your school and for teams to progress to County finals and in most competitions to Regional and National finals. We would advocate an 'in it to win it' approach to team selection for these competitions, however this does not mean that schools with 'weaker' sides should not enter as the local SSPAN and County Final structure will allow each school to perform at their relevant level as it has done so in the past.
<b>Development Competition</b>	<p>A newly branded strand of competitive school sport where the focus is to increase the number of individual pupils that represent schools. These competitions provide the opportunity for less-engaged students, or those that are engaged but are perhaps less talented in traditional sports, to participate in non-traditional competitions. The ideal model for this is that the pupils that represent a school in the 'Performance Competitions' would not be eligible to play in 'Development Competitions', though we understand that there may be some crossover for smaller schools.</p> <p>This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered football and rugby players into dodgeball competitions, we aim to limit this so that other pupils may have the opportunity to represent their school at sport, rather than the most talented few monopolising the competition offer. The number of competitions has therefore not increased, but the new focus caters for an increase in the number of individual pupils that participate.</p> <p>The structure and format of these events may differ slightly with the potential introduction of alternative scoring and adapted rules implemented to assist with the provision of a more appropriate level of competition for the participants involved.</p>
<b>Engagement Festival</b>	Competitions / Events that have the potential for different pupils, outside of the above competition pathways to represent their school in an event that is first and foremost about taking part and developing skills through sport. (Both physical and sport-transferable skills as well as life skills).

Some event pages will feature a section called competition intent. These events will be run with the intent of developing one or more of the skills outlined below.

### To develop character and life skills

Young people do not always see or access the wider benefits from taking part in competitive sport. This theme shows that designing a competition around the process rather than focusing on the outcome (single measure of success) can help develop the children and young people's character and life skills.

### To develop different sport specific skills

A school sport competition should be a learning environment for the young people. It is very common that young people attending competitions may still need to develop their skills further. Incorporating skill development within a competition is an excellent way for the young people to learn and help them to understand how the skills link to the game itself. This can support the development of Physical Literacy for all young people and should not be seen as an approach only for younger less able pupils.

### To engage new audiences

Young people have different motivations to taking part in sport. Enjoyment is the biggest driver for activity (Active Lives Children and Young People Survey, Sport England, 2019).

### To improve health

If a single measure of success acts as a demotivator – utilising different approaches and celebrating success that is relative to the individual can help motivate and improve health.

### To increase motivation

Young people are motivated to take part in sport and competition for a variety of different reasons. Understanding your young people's motivations is the key to this theme. Designing competitions to increase a young person's motivations is a great way to ensure they continue to participate in the future.

### To foster social connections

Young people grow and mature at different rates, which has shown to impact on their performance in sport. Sport is typically played in chronological age groups but current research would suggest until the age of nine or ten, a child's month of birth can have an impact on selection within sport (relative age effect). Biological maturation is known to be a predictor of a young person's fitness and performance; young people who are advanced in maturation are likely to be identified as those with talent. However, young people who mature earlier are likely to play to their strengths (i.e. size, strength and power), meaning that they are less likely to develop their tactical and technical skills. Late maturers are often overlooked as being too small and therefore not provided with opportunities.

### To develop physical skills

Sport, physical activity and competition provides opportunities for young people to develop physical literacy skills in a fun environment at a level that is appropriate to them.

### To support individual development in sport

Sport can have a positive impact on developing young people as individuals. Whether a competition is for teams or individuals, there is still the opportunity to focus on individual development. This theme highlights the process of learning and values development of the young person rather than the result of the competition.



## Spirit of the Games Awards



Normally at all of our competitions we award a Spirit of the Games Award.

During our virtual festivals we are offering you the opportunity to award certificates for your children that meet the Spirit of the Games criteria.

When you book onto one of the events you will also be sent a link to these certificates.

You can give these out to anyone who you think meets the criteria. You can give out more than 1 per event or if someone has gone above and beyond you can award a Spirit of the Game award rather than just an individual award

	<ul style="list-style-type: none"> <li>• Treating everyone equally including opponents, referees and leaders</li> <li>• Accepting life's 'ups and downs' with grace</li> <li>• Respect every day, in everything you do and for everyone around you</li> </ul>
	<ul style="list-style-type: none"> <li>• Keep going no matter what happens</li> <li>• Never give up on trying to achieve your goals</li> <li>• Being the very best you can be</li> </ul>
	<ul style="list-style-type: none"> <li>• Having the courage to do the right thing</li> <li>• Be truthful</li> <li>• Promoting fairness</li> </ul>
	<ul style="list-style-type: none"> <li>• Belief in yourself</li> <li>• Having the confidence to try</li> <li>• Reaching a personal best</li> </ul>
	<ul style="list-style-type: none"> <li>• Giving it 100%</li> <li>• Putting everything you have into the event</li> <li>• Being positive and enthusiastic</li> </ul>
	<ul style="list-style-type: none"> <li>• Treating everyone in your team equally</li> <li>• Celebrating others success</li> <li>• Supporting others to be successful</li> </ul>





## **VIRTUAL EVENTS**

This year we will be providing virtual competitions for you to take part in within your school. Simply enter them on <https://www.nwleics-ssp.org.uk/> and information/resources will be sent to you to take part in at a time that suits you.

Each term new virtual events will become available.

1. **NWLSSP Virtual Dance Off** Deadline to submit Dance Off videos is 12pm on Thursday 2<sup>nd</sup> December.
2. **Sport Hall Athletics** – Deadline 12pm on Thursday 2<sup>nd</sup> December.
3. **Virtual Challenge** – Deadline 12pm on Friday 10<sup>th</sup> December.
4. **Inclusive –Boccia & New Age Kurling** -Deadline 12pm on Thursday 2<sup>th</sup> December.
5. **Santa Fun Run Festival** –Deadline 9am on Thursday 16<sup>th</sup> December 2021.



## **NWLSSP Virtual Dance Off**

### **(Level 1 Festival & Partnership wide compilation video)**

Refer to page 1 and Target group below for more information

**Date:** Deadline to submit Dance Off videos by 12pm on Thursday 2<sup>nd</sup> December.

**Aim:**

Create a dance routine being as creative as you like. Have fun, learn new moves, and teach each other, with the option of sharing your dance with other children within your school and the wider partnership through the NWLSSP Virtual Dance off video!

**Target age group:**

- EYFS – Year 6

**What is this event?**

- A chance for children to share their performances with children from different classes, year groups and schools.

**Format/How does it work?**

**Video Submission – deadline 12pm on Thursday 2nd December.**

- We would like to be able to celebrate everyone who chooses to run a dance festival, to do this we are looking to put together a video compilation of everyone's dancing to a predetermined song.
- Songs will be selected and shared with schools in September.
  - There will be a song for KS1 and KS2
- The dance should last at least 40 seconds.
- Your school will feature in our partnership wide dance video.
- Dances will need to be submitted via "We Transfer"
  - Upload your video to <https://wetransfer.com/> and send the download link to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk)
- To be part of this compilation video please ensure that any children featured in the video that you submit to us can have their image up on social media.
- Once you have entered we will send you an information pack on do's and don'ts when filming.

**Equipment:**

- You can use any equipment you like.



## Sports Hall Athletics

### (Level 2 Competition with Pathway to Level 3)

Development	Excel/Performance
There is a level 3 for development	There is a level 3 for Excel/Performance

**Date:** Results to be submitted to [etaylor@castlerocksch.uk](mailto:etaylor@castlerocksch.uk)

Declaring whether the spreadsheet is for development or excel/performance competition, schools can enter both but not with the same children by 12pm on Thursday 2<sup>nd</sup> December 2021.

**Aim:**

For young people to try different athletic challenges and see how they rank against their peers in school and across the partnership.

**Target age group:**

- Year 3, 4, 5, 6 (separate competitions)
- Minimum of 5 boys and 5 girls per age group.
- No max limit on teams

**What is this event?**

- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.
- You will be able to take part in 5 stations as a class.
- You can submit these spreadsheets to the SSP to see:
  1. How you did against your school/other schools.
  2. For us to submit your score for Level 3 competition.

**Format/How does it work?**

**Competition**

Results must adhere to Sportshall Athletics Virtual Format and be submitted to NWLSSP to be involved the Level 2 event. The best school from each area in both the development and excel/performance competitions will then be submitted to LRS for the County Level 3 Final.

- Complete in groups of up to 40 per spreadsheet. (You can use more than 1 spreadsheet).
- Input the results into the spreadsheet provided.
- Submit results to the SSP.
- The top 5 boys and 5 girls for each station earn points towards team total.
  - Please note this is not the best 5 across all stations, but the BEST 5 in each station.
- Each station will have an activity card outlining the game and the point scoring system.
- The stations are:
  - Standing long jump, speed bounce, shuttle run, vertical jump, chest push.

**Timings:**

Please note this competition can be run in conjunction with the Disability Sportshall Athletics.

If you wish to run the event with all stations in one day, we would estimate the event to take about 60 minutes, with 40 minutes of activity time at stations and 20 minutes for set up, change over and rule explanation. Another way in which you can run this event is by running 1 station per session and run the event over a couple days or weeks.

**Staffing:**

Please note this competition can be run in conjunction with the Disability Sportshall Athletics.

There should be one leader per station to record the results. We understand staffing may be an issue for schools so would recommend either training up the groups to record other scores in a peer to peer model or running 1 station per session and run the event over a couple days or weeks. To run in full in one 60 minute session we recommend 5 - 8 staff members/leaders.

**Equipment:**

Each station has an activity card that outlines all the equipment required for that station however they are based around the following:

- Standing long jump (mat)
- Speed bounce
- Stopwatch
- Cones
- Tape measure
- Vertical jump
- Size 5 basketball

**Competition Scoring**

- This event is scored on either time or distance.
- You are not limited to how many classes/pupils you submit per age group.
- All results should be inputted into the spreadsheet provided and sent to the SSP.



## Disability Sports Hall Athletics

### (Level 2 Competition with Pathway to Level 3)

Development	Excel/Performance
There is a level 3 for development	There is a level 3 for Excel/Performance

**Date:** Results to be submitted to [etaylor@castlerocksch.uk](mailto:etaylor@castlerocksch.uk)

Declaring whether the spreadsheet is for development or excel/performance competition, schools can enter both but not with the same children by 12pm on Thursday 2<sup>nd</sup> December.

**Aim:**

For young disabled people to try different athletic challenges and see how they rank against their peers in school and across the partnership.

**Target age group:**

- Year 3, 4, 5, 6 (separate competitions)
- Complete as individual

**What is this event?**

- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.
- You will be able to take part in 5 stations as an individual while doing the Sportshall athletics competition as a class.
- You can submit these scores to the SSP to see
  1. How you did against your school/other schools.
  2. For us to submit your score for Level 3 competition.

**Format/How does it work?**

**Competition**

Results must adhere to Sportshall Athletics Virtual Format and be submitted to NWLSSP to be involved the Level 2 event. The athletes scores will then be submitted to LRS for the County Level 3 Final.

- **Complete as individuals.**
  - Input the results into the spreadsheet provided, declaring disability code.
    - You can find disability code on the spreadsheet or in the information pack.
  - Submit results to the SSP. You can add these results onto the sport hall athletics results and the SSP can submit you for both competitions.
  - Each station will have an activity card outlining the game and the point scoring system.
  - The stations are:
    - Standing long jump, speed bounce, shuttle run, vertical jump, chest push.

**Timings:**

**Please note this competition can be run in conjunction with the Sportshall Athletics event.**

If you wish to run the event with all stations in one day, we would estimate the event to take about 60 minutes, with 40 minutes of activity time at stations and 20 minutes for set up, change over and rule explanation. Another way in which you can run this event is by running 1 station per session and run the event over a couple days or weeks.



**Staffing:**

Please note this competition can be run in conjunction with the Sportshall Athletics event.

There should be one leader per station to record the results. We understand staffing may be an issue for schools so would recommend, either training up the groups to record other scores in a peer to peer model or running 1 station per session and run the event over a couple days or weeks. To run in full in one 60-minute session we recommend 5 - 8 staff members/leaders.

**Equipment:**

Each station has an activity card that outlines all the equipment required for that station however they are based around the following:

- Standing long jump (mat)
- Speed bounce
- Stopwatch
- Cones
- Tape measure
- Vertical jump
- Size 5 basketball

**Competition Scoring**

- This event is scored on either time or distance.
- You are not limited to how many pupils you submit per age group.
- All results should be inputted into the spreadsheet provided and sent to the SSP.



## **Virtual Challenges**

Festival	Development
Refer to page 1 and Target group below for more information	

**Date:** Results to be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) by 12pm on Friday 10<sup>th</sup> December.

**Aim:**

Virtual Challenges are where pupils try different sporting challenges with the aim of improving and developing their skills to record their highest possible score.

**Target age group:**

- Year 3/4 and Year 5/6 (separate competitions)
- You can submit up to as many score as you like.

**What Virtual Challenges are on offer this term?**

- For this term we are offering Virtual Challenges for:
  - Rugby
  - Football
  - Dodgeball

**Format/How does it work?**

- Download the personal best card from our website or email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be emailed a copy.
- Set out the activity card and let your pupils try the challenge.
- After a short time, for example after finishing an afterschool club or set number of weeks, redo the Virtual Challenges card and see if anyone beat their score.
- Fill in the spreadsheet for the Virtual Challenges and send it to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be entered into the competition.

**Timings:**

Overall, this challenge takes 2 minutes, 1 minute to set up and explain and 1 minute to complete.

**Staffing:**

We do advise that due to the nature of these challenges that there is one staff member to lead each game and keep score/time.

**Equipment:**

Each Virtual Challenge has a personal best card that outlines all the equipment required for that game.

**Scoring for the competition:**

- See the Virtual Challenge card for scoring system.
- You will need to submit scores for each player who took part that takes part to be entered into the competition.



## **INCLUSIVE - Boccia Skills Challenge**

Festival	Development
Refer to page 1 and Target group below for more information	

**Date:** Results to be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) by 12pm on Thursday 2<sup>th</sup> December 2021.

**Aim:**

For young people to try a boccia challenge and learn the basic skills required through a simple fun game. They should be excited about taking part, developing the correct skills and having fun.

**Target age group:**

- Year 3/4 and Year 5/6 (separate competitions)
- You can submit up to 3 teams per age group per competition.

**What is this event?**

- A precision ball sport similar to bowls or curling; boccia was designed for players with disabilities but welcomes everyone.
- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.

**Format/How does it work?**

- Pupils should be split into teams of 3.
- Players will get 10 minutes to score as many points as possible.
- We will provide you with the activity card to explain the game.

**Timings:**

Overall, this event should take about 20 minutes to run, of which 10 minutes is active time spent on the game and the remaining 10 minutes are set up and explanation time.

**Staffing:**

We do advise that due to the nature of these challenges that there is one staff member to lead each game and keep score.

**Equipment:**

Each game has an activity card that outlines all the equipment required for that game.

**Scoring for the competition:**

- See the activity card for scoring system.
- You will need to submit scores for each team that takes part to be entered into the competition.



## **INCLUSIVE - New Age Kurling Skills Challenge**

Festival	Development
Refer to page 1 and Target group below for more information	

**Date:** Results to be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) by 12pm on Thursday 2<sup>th</sup> December 2021.

### **Aim:**

For young people to try new age kurling and learn the basic skills required through fun simple games. They should be excited about taking part, developing the correct skills, and having fun.

### **Target age group:**

- Year 3/4 and Year 5/6 (separate competitions)
- You can submit up to 3 teams per age group per competition.

### **What is this event?**

- A team sport where a team of four play together to get their stones closer to the middle of the target than the other team.
- Games work on depth perception, teamwork, pushing and hand-eye co-ordination.
- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.

### **Format/How does it work?**

- Pupils should be split into teams of 4.
- Players will get 10 minutes to score as many points as possible.
- We will provide you with the activity card to explain the game.

### **Timings:**

Overall, this event should take about 20 minutes to run, of which 10 minutes is active time spent on the game and the remaining 10 minutes are set up and explanation time.

### **Staffing:**

We do advise that due to the nature of these challenges that there is one staff member to lead each game and keep score.

### **Equipment:**

Each game has an activity card that outlines all the equipment required for that game.

### **Scoring for the competition:**

- See the activity card for scoring system.
- You will need to submit scores for each team that takes part to be entered into the competition.



## **Santa Run**

### **Festival**

Refer to page 1 and Target group below for more information

**Date:** Total miles covered to be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) by 9am on Thursday 16<sup>th</sup> December 2021.

**Aim:**

Children to run, jog or walk 1 mile each.

**Target Group:**

- All years

**What is this event?**

Between the 6<sup>th</sup>-15<sup>th</sup> December 2021, we are going to try and walk, jog or run a mile each towards the North Pole. Can your school help us get the 2574 miles need to reach the north pole?

**Format/How does it work?**

- Children run, jog or walk 1 mile each.
- The school submits total distance covered across all age groups.
- This is added to the overall NWLSSP total with the aim of completing the journey from NWL to the north pole (2,574 miles).
- Schools will be asked to submit photos and videos for a celebration video (not mandatory).
- Running total will be kept and updated daily.