



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.

Performance Competition	<p>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.</p>
Development Competition	<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>
Engagement Festival	<p>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).</p>



Competition Intent



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.



PERSONAL BEST FEST

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

- Date, Time and Venue:** Wednesday 8th December 2021 @ Castle Rock School 9.15am-10.30am
Wednesday 8th December 2021 @ Castle Rock School 11.00am-12.15pm
- Age Group:** KS2
- Gender:** Mixed
- Number of Pupils** Maximum of 10 pupils per school, any number of boys/girls.
- Intent:** To support individual development in sport.
- Target Group:** Low self-esteem issues, low sporting ability, in need of a positive sporting experience, haven't represented school at anything else and need encouragement to be active.
- Aim:** The aim of this event is to provide a positive, fun and engaging sporting experience for children who may have low self-esteem/low sporting ability and those who view sport in a negative light. The event is designed to teach children about determination, resilience and self-improvement to help their confidence and teach them to see challenges as opportunities to grow. It has been proven that having a growth mind set can improve a child's progress & attainment.
- How will it work:** Schools will identify up to 10 KS2 pupils who would benefit from this experience and complete the challenges in their school and record their personal best score on their personal best passport prior to the face to face event. This can be done once but ideally multiple times.
- At the face to face event the pupils will complete the same challenges as before and attempt to beat their personal best. This event is all about being the best they can be and trying to beat their own scores, not competing against other pupils.
- Format**
- Upon arrival pupils will be put into mixed teams with pupils from other schools to rotate around the 4 personal best challenge stations which will be randomly selected from the Best Fest passport. These stations are the same activity for Year 3/4 and Year 5/6 pupils but can be adapted to be better suited to the age of the pupil taking part.
- Equipment:** All students must wear PE kit with all jewellery removed and long hair tied back, pupils should also bring their own water bottle and their personal best passport.