



North West Leicestershire

School Sports Partnership



Summer term booklet 2019-20

The following is a NEW and updated competition structure that 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	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.
Development Competition	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. This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered say, 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 total of individual pupils that participate. 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.
Engagement Festival	Sports/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.)

Please remember if you are a small school you can partner up with another small school to have an eligible team



GIRLS FOOTBALL YEAR 5/6

Performance Event- Refer to page 1 for more information

- Date:** 22nd April 2020
- Time:** 3.00 – 6pm (please note – finish time may change depending on entries)
- Venue:** Ivanhoe FC, Lower Packington Rd, Ashby-de-la-Zouch LE65 1TS (this may change on the day if the venue is unplayable due to weather. In this case the event will be held at an alternative venue and we will let you know as soon as possible.)
- Age group:** Years 5/6-only
- 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. **NO Year 4 girls are allowed to take part.**
- 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. This will be confirmed on the day based 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 - can be found online at www.thefa.com/-/media/files/pdf/my-football/laws-mini-soccer-7v7-2013-14.ashx

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 head to head result will be the first tiebreaker followed by goals conceded and finally goal difference.
- 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.



RACKET PACK BADMINTON FESTIVAL YEAR 2/3

[Festival - Refer to page 1 for more information](#)

- Date:** 28th April 2020
- Time:** 1-3pm
- Venue:** Ibstock Community College- Park and use the Leisure Centre entrance
- Age Group:** Years 2/3
- Gender:** 2 boys and 2 girls per school team.
- Number of pupils:** 4 players per team
Initial limit of 1 team per school. However, depending on entries this may be increased. If you would like to enter a second team, please email nwlssp@kinged.org.uk
- Target group:** All year 2/3 children
- Format:**
- Children will rotate around badminton skill stations and games
 - Stations will challenge participants in a variety of badminton skills
- Equipment:**
- Pupils will need to bring suitable clothing and footwear
 - Pupils will need to bring their own water bottles
 - All other equipment will be provided



RUGBY MEGA FEST YEAR 3/4

[Development Event- Refer to page 1 for more information](#)

<u>DATES AND VENUES:</u>	Wednesday 29 th April 2020 – Ashby Rugby Club Thursday 30 th April 2020 – Coalville Rugby Club
<u>TIME:</u>	12pm – 5.15pm
<u>AGE GROUP:</u>	Year 3/4
<u>GENDER:</u>	Aim for a 50/50 gender split where possible.
<u>Number of Pupils</u>	Maximum of 14 pupils per school - Schools can bring between 1 - 14 children. Schools should e-mail nwlssp@kinged.org.uk if more than 14 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, or who you are not planning on bringing to Mini Red Tennis, Quad kids or Saffron Lane

FORMAT:

- Children will be mixed up with other schools.
- The Mega Fest format encourages the engagement of large numbers of young people with the focus being on the competitive opportunity that different games provide, not the outcomes of the competitive games.
- Young people will be rewarded for demonstrating positive personal and social skills, good movement skills as well as their rugby skills.
- Following a big group warm up, schools will be split-up into 6 groups and sent off to the first station of the carousel before finishing with some friendly games of tag rugby.
- We will be introducing the half game rule for the games.

EXTRA INFORMATION:

Does my team need to know how to play rugby to attend?	If they can have a basic knowledge of passing that is helpful but you shouldn't need to do lot of training with them as the carousel should help build that knowledge before the games.
How many a side are the games at the end?	The games will be 8 a side, with everyone else as a sub.
What is the half game rule?	From September 2019, the Half-Game Rule became regulation. It means that every player in clubs, schools and colleges is guaranteed to get half the available game time, regardless of age, gender, school or club.
Children will be mixed up with other schools. What does this mean?	We will split all the schools up into up to 6 different teams. Each school will stay on 1 pitch and will stay with their new teams for the whole festival. Teachers will be given a team of a mix of children to look after for the festival.



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.
- If you have a size 3 or 4 rugby ball please bring one with you.

Pathway:

- All participants will be given information on Coalville RFC and Ashby RFC on the day of the competition.
- There is no pathway for this competition.



YEAR 5/6 MIXED GO RIDE CYCLING FESTIVAL

Festival - Refer to page 1 for more information

- This event is primarily for those schools who are also attending the Level 2 event on the Friday 15th May 2020 but is **open to all schools**.
- This festival is aimed at giving pupils and teachers the basic skills to successfully compete in the Level 2 competition as well an opportunity for more children to have an experience of Go Ride Cycling.
- Although bikes will be provided for this event, they are very limited so children are strongly encouraged to bring their **own bikes** that have gears and are in good working order along with helmets.

DATE: Friday 1st May 2020

TIME: 10.00am-12.00pm & 1.00pm-3.00pm – **Timeslots may be combined depending on entries.**

VENUE: King Edward VII College Coalville, Sports Field

AGE GROUP: Year 5/6 Children

GENDER: Mixed event

NUMBER OF PUPILS: MAXIMUM of 12 children (2 teams) – no stipulation on number of boys and girls.

Please email nwlssp@kinged.org.uk if you would like more spaces and if there is space available they will be allocated accordingly.

TARGET GROUP: All pupils are eligible to take part in this competition. **All participants must be able to competently ride a bike.**

This festival is the perfect opportunity for those entering the development competition to practice before the May 15th event.

FORMAT:

There will be Cyclo Cross and Grass Track activities.

Cyclo Cross Format

- 1 x Team Relay (will count towards team result). Quickest time over 6 laps with students completing 1 lap each before dismounting their bike and 'tagging' another member of their team to then undertake the next lap.
- 1 x Boys individual race
- 1 x Girls individual race

Grass Track Format

- Italian Pursuit (will count towards team result).
- Quickest time over the oval course.
- 6 riders to ride. Rider number 6 completes the full 6 laps. Each other rider will 'peel' off after their lap so rider 1 completes 1 lap, rider 2 completes 2 laps and so on.
- Races will be timed, so the quickest team to complete the race will win.



YEAR 5/6 MIXED GO RIDE CYCLING DEVELOPMENT COMPETITION

Development Competition - Refer to page 1 for more information

<u>DATE:</u>	Friday 15 th May 2020
<u>TIME:</u>	10.00am-12.00pm & 1.00pm-3.00pm
<u>VENUE:</u>	King Edward VII College Coalville, Sports Field
<u>AGE GROUP:</u>	Year 5/6 Children
<u>GENDER:</u>	Mixed competition
<u>NUMBER OF PUPILS:</u>	Schools must have 6 in a team, no more, no less. There must be a minimum of 2 girls and 2 boys on each team.

1 TEAM PER SCHOOL: Please email nwlssp@kinged.org.uk if you would like multiple teams and if there is space available they will be allocated accordingly.

TARGET GROUP: All pupils are eligible to take part in this competition. **All participants must be able to competently ride a bike.**

FORMAT:

There will be a Cyclo Cross and Grass Track competition.

- The team results from both formats will count towards the final team result.
- Individual races will take place in the Cyclo Cross competition and will count towards the team result.
- Participants can bring their own bikes to the competition however Cyclo cross bikes and helmets will also be provided.

Cyclo Cross Format

- 1 x Team Relay (will count towards team result). Quickest time over 6 laps with students completing 1 lap each before dismounting their bike and 'tagging' another member of their team to then undertake the next lap.
- 1 x Boys individual race
- 1 x Girls individual race

Grass Track Format

- Italian Pursuit (will count towards team result).
- Quickest time over the oval course.
- 6 riders to ride. Rider number 6 completes the full 6 laps. Each other rider will 'peel' off after their lap so rider 1 completes 1 lap, rider 2 completes 2 laps and so on.
- Races will be timed, so the quickest team to complete the race will win.

The winning team will receive a free 60-minute training session prior to the level 3 event from British Cycling.

Pathway

The winner will progress to represent NWLSSP at the Level 3 competition on Tuesday 16th June 2020. Venue TBC.



MINI RED TENNIS – YEARS 3/4

Performance Event- Refer to page 1 for more information

DATE: Wednesday 6th May 2020

TIMES: 9.30am –12.00 & 1.00pm – 3.30pm

VENUE: Ashby Castle Tennis Club

AGE GROUP: Year 3/4

GENDER: Mixed (2 boys & 2 girls)

NUMBER OF PUPILS: **Maximum of 2 teams per school.** A team consists of 4 players two boys and two girls. If schools wish to have a 3rd team please email nwlssp@kinged.org.uk If possible these requests will be accommodated.

TARGET GROUP: All year 3/4 pupils

FINAL: Wednesday 20nd May 2020, Ashby Castle Tennis Club 12pm

FORMAT:

- Teams placed in pools and played in a round robin, winning teams then play against each other for rankings.
- Games will be played on badminton sized courts.
- Matches will be timed
- Alternate serving
- Players will need to be ranked 1 – 4 (1 being the best player), players will then compete against players of a similar ability.

EQUIPMENT:

- Mini Tennis rackets and Mini Tennis red felt balls will be used.
- Pupils should come changed in PE kit with long hair tied back & all jewellery removed. Please bring your own water bottle and rackets if you have them.

RULES:

- The length of matches depends on time available and amount of entries, but matches normally last ten minutes.
- The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point; it then alternates every two points. When serving, players should stand behind the baseline and the ball must not be bounced before being hit.
- The serve can be hit over or underarm and should be hit diagonally landing in the opposite service box.
- Each court may have a helper/scorer, who calls out the scores and helps out with decisions, we may ask schools or spectators to help keep score in games that children are struggling.

Pathway:

The winning team will progress to represent North West Leicestershire at the Level 3 School Games on Wednesday 24th June 9am – 12:30pm at New College Leicester



MINI ORANGE TENNIS – YEARS 5/6

[Performance Event- Refer to page 1 for more information](#)

<u>DATE:</u>	Wednesday 20 th May 2020
<u>TIMES:</u>	9.30am –12.00 & 1.00pm – 3.30 pm
<u>VENUE:</u>	Ashby Castle Tennis Club
<u>AGE GROUP:</u>	Year 5/6 only
<u>GENDER:</u>	Mixed (2 boys & 2 girls)
<u>NUMBER OF PUPILS:</u>	Maximum of 1 teams per school. A team consists of 4 players two boys and two girls. If schools wish to have a 2 nd or 3 rd team please email nwlssp@kinged.org.uk If possible these requests will be accommodated.

TARGET GROUP:

- All pupils in year 5/6 are eligible to compete, although it is important that players are competent tennis players and are confident with the rules and format of Mini Orange Tennis.
- This form of tennis is different and a lot more difficult than Mini Red and will require the players to use Mini Orange tennis balls and play on a larger court.
- **This competition will not be suitable for players who are complete beginners.**

FINAL: Wednesday 3rd June 2020, Ashby Castle Tennis Club 12pm

Format:

- Teams placed in pools and played in a round robin, winning teams then play against each other for rankings.
- Matches will be played over the main net with the court measuring half the width and 3 quarters the length of a full size court.
- Matches will be timed
- Alternate serving
- Players will need to be ranked 1 – 4 (1 being the best player), players will then compete against players of a similar ability.

EQUIPMENT:

- Mini Tennis rackets and Mini Tennis orange balls will be used.
- Pupils should come changed in PE kit with long hair tied back & all jewellery removed. Please bring your own water bottle and rackets if you have them.

RULES:

- The length of matches depends on time available and amount of entries, but matches normally last ten minutes.
- The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point; it then alternates every two points. When serving, players should stand behind the baseline and the ball must not be bounced before being hit.
- The serve can be hit over or underarm, landing in the diagonally opposite service box.
- Each court should have a helper/scorer, who calls out the scores and helps out with decisions.

Pathway: The winning team will progress to represent North West Leicestershire at the Level 3 School Games on Wednesday 24th June 9am – 12:30pm at New College Leicester



GIRLS KWIK CRICKET YEAR 5/6

[Performance Event- Refer to page 1 for more information](#)

AGE GROUP: Year 5/6 Girls Kwik Cricket

DATE: 18th May 2020

TIME: 12pm – 5.15pm

VENUE: Broom Leys Cricket Club

NUMBER OF PUPILS: 8 pupils per team with a maximum of 10 pupils in the squad. 2 teams per school. Contact nwlssp@kinged.org.uk to request additional teams.

TARGET GROUP: All pupils are eligible to take part

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.
- Games will be one innings per team, 8 overs per innings; with each pair of batters receiving 2 overs.

EQUIPMENT:

- Pupils will need to wear PE kit and trainers and bring their own drinks.
- Schools are asked to bring 1 Kwik Cricket set each where possible.

KWIK CRICKET RULES:

- Full rules are in Mixed Cricket Section

PROGRESSION:

- Junior coaching is available at a number of local clubs, contact NWLSSP for further information.
- Winning schools from the NWLSSP Level 2 competition will progress to the Level 3 School Games event- Details TBC



MIXED KWIK CRICKET YEAR 5/6

[Performance Event- Refer to page 1 for more information](#)

- AGE GROUP:** Year 5/6 Mixed (any combination)
- DATE/VENUE:** 19st May 2020 – Broom Leys Cricket Club
21st May 2020 - Ashby Hastings Cricket Club
- TIME:** 12pm – 5.30pm
- NUMBER OF PUPILS:** 8 pupils per team with a maximum of 10 pupils in the squad. Max 2 teams per school.
- TARGET GROUP:** All pupils are eligible to take part
- 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.
 - Games will be one innings per team, 8 overs per innings; with each pair of batters receiving 2 overs.
- EQUIPMENT:**
- Pupils will need to wear PE kit and trainers and bring their own drinks.
 - Schools are asked to bring 1 Kwik Cricket set each where possible.
- KWIK CRICKET RULES:**
- Full rules are attached.
- PROGRESSION:**
- Junior coaching is available at a number of local clubs, contact NWLSSP for further information.
 - Winning schools from the NWLSSP Level 2 competition will progress to the Level 3 School Games event- details TBC



Kwik Cricket Rules 2019

Year Group(s)

- Year 5/6 Mixed (open) and Year 5/6 Girls

Team

- Each team comprises of 8 players. Max squad of 10.
- Quotas pertaining to mixed sex teams have been abolished.
- In the event of injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff.

Format

- Throughout the tournament each game shall consist of one innings per team, each innings to be 8 overs long.

Rules

Batting & Scoring

- The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.
- Team starts 200 runs. Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball.
- A batter may be out bowled, caught, run out, stumped, hit wicket.
- There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.
- Runs will be scored in the normal way, as will byes.
- 2 runs will be awarded to the batting team for each wide ball and no-ball bowled (Bounces more than twice or rolls), but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled.
- At the end of the first 2 overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted for 2 overs each.
- The second team then bats for their 8 overs.

Bowling and Fielding

- Each player on the fielding side must bowl 1 over.
- Bowling will take place from one end only.
- Bowling should be over arm where possible.
- Overarm bowling should be encouraged with the first ball of each over every time.
 - If after coaching and encouragement a child cannot achieve overarm bowling then the rest of the over can be bowled underarm.
- **At Level 3 County Finals underarm bowling is unacceptable and the 'double bounce' rule should be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the popping crease.**
- Players on the fielding side DO NOT need to rotate fielding positions.
- With the exception of the wicketkeeper no fielder may field within 10 yards of the wicket, measured from the middle stump except behind the wicket on the off-side. A fielder may move into the restricted area to field a ball provided he / she was outside the area when the stroke was made.



Netball YEAR 5/6

Performance Event- Refer to page 1 for more information

DATE: Tuesday 2nd June 2020

Wednesday 3rd June 2020

GRAND FINAL- Tuesday 16th June 2019

TIME: 3:30pm – 5:30pm

AGE GROUP: Year 5 & 6

TEAMS: Max 2 teams per school. If you would like to bring a 3 team please let us know nwlssp@kinged.org.uk and we will add you to the waiting list.

- 7 Minimum /9 Maximum players per squad, 5 players on court at any time.
- You may have a **maximum of 3 boys per squad with 2 on court at any one time.**
- On-court positions: GS, GA, C, GD, GK
- Players must rotate positions and play at least 1 half, in two different positions (shooting, centre, and defending) and must not be off court consecutively.
- **Please note any team(s) fielding less than the minimum or more than the maximum matches played will only be counted as friendlies**

TARGET GROUP: All pupils are eligible to take part.

FORMAT:

- Schools will be put into pools and will play other schools 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 10-12 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.
- Young Leaders will umpire the games supported by NWLSSP staff. If you have a member of staff who is an experienced netball player / referee then they are welcome to officiate games that their team aren't playing in.
- The winning team from each venue will progress to the L2 Final on Tuesday 16th June 2020

EQUIPMENT:

- Pupils will need to wear PE kit and bring their own drink.
- Schools are asked to bring netball bibs with positions on.

PROGRESSION:

The top 2 teams from each competition will play in the grand final which will take place on Tuesday 16th June 2020 at Ashby School.

The overall winning school will then go through to represent the NWLSSP at the School Games Summer Championships which is being held at Uppingham School Sports Centre on Friday 26th June 2020.



RULES:

Start of play

- Centre pass is taken alternately - ball must be thrown within 4 seconds
- All players must be in their own area, until the whistle blows
- The ball must be caught or touched in the centre third
- Obey the Footwork rule—no moving feet once in the centre circle

Rotation – Please note that netball adopts a rotational system to ensure that players play in all positions and develop a rounded skill set.

Players must rotate according to the rotation sheets. For example player 1, they are off for the first half of game 1, then they play GA second half of game 1. They are off for the first half of game 2, then they play GD second half of game 2 and so on. After game 5 reset the rotation back to game 1.

9 Squad		Game 1	Half Time	Game 2	Half Time	Game 3	Half Time	Game 4	Half Time	Game 5	Half Time
		1	2	3	4	5	6	7	8	9	10
1	Girl	Off	GA	Off	GD	Off	C	GS	Off	GK	Off
2	Girl	GA	Off	GD	Off	C	GS	Off	GK	Off	GA
3	Girl	Off	GD	Off	C	GS	Off	GK	Off	GA	Off
4	Girl	GD	Off	C	GS	Off	GK	Off	GA	Off	GD
5	Girl	Off	C	GS	Off	GK	Off	GA	Off	GD	Off
6	Girl	C	GS	Off	GK	Off	GA	Off	GD	Off	C
7	Boy/Girl	GS	Off	GK	Off	GA	Off	GD	Off	C	GS
8	Boy/Girl	Off	GK	Off	GA	Off	GD	Off	C	GS	Off
9	Boy/Girl	GK	Off	GA	Off	GD	Off	C	GS	Off	GK

Rotation sheets can be found here - <https://www.nwleics-ssp.org.uk/rules/>



Playing the Ball – players must not;

- Deliberately kick the ball
- Bounce the ball more than once
- Roll the ball to another player
- Throw the ball while sitting/lying on the ground
- Use the goalpost as support in receiving the ball or to gain balance
- Go out of court
- Throw a ball over a complete third without it being touched or caught by another player in that third
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player

Footwork

- Player when receiving the ball - land 1 foot then the next foot (2) but the first foot that touches the ground must remain grounded until they release the ball. Their second foot (2) may be moved to help them pivot and face the way they are going to throw
- A player in possession of the ball may not – Drag or slide the landing foot, hop or jump from both feet and land without releasing the ball.
- A player is off-side by entering an area of the court they are not allowed in

Out of court

- Player touches the ball with a foot outside the court (on the line is in) or the ball goes out of court
- Throw ins are taken from where the ball left the court and can only be taken by a player allowed in that area

Defending, Obstruction & Contact

- Defending the ball in a player's hands by out stretching the arms forward is not permitted.
- The defending players are allowed one jump to intercept from at least 1m (Jumping up and down in front of a player is not allowed)
- Netball is a non-contact sport no players can knock/push or interfere with play

Scoring a Goal

- A goal is scored when the ball passes completely through the ring from top to bottom and can only be scored by Goal Shooter (GS) or Goal Attack (GA) within the shooting circle. If goal is scored by another player the game continues

Sanctions (new terminology previous known as Penalties):

Free Pass – Awarded when there is an infringement of the playing the ball rule, footwork rule, or offside rule and is awarded to the opposite team. Any player allowed in the playing area can take the free pass.

Penalty Pass/Shot – Awarded when there is a major infringement. Obstruction/contact occurs if in the shooting circle then GS/GA may shoot for goal or pass, if outside circle player must pass. The player taking the penalty pass may choose to either wait for the infringing player to stand by their side before passing the ball or pass the ball immediately. The infringing player is not allowed to interfere with the pass whilst it is being made.



QUADKIDS ATHLETICS-YEARS 3/4

VIRTUAL COMPETITION

Performance Event- Refer to page 1 for more information

- DATE:** Results deadline – **Tuesday 19th May 2020**
- FORMAT:** Schools must complete each of the events listed below within their school and record scores (using the attached form) for teams of up to 5 boys and 5 girls.
Scores should be submitted to NWLSSP@kinged.org.uk no later than Tuesday 19th May 2020 at midday.
Schools can enter as many teams as they wish to the virtual competition.
The top 8 teams (max. of 1 per school) will be invited to attend the final.

FINAL

- DATE:** 9th June 2020
- TIME:** 3.00 – 6.00pm
- VENUE:** King Edward VII Sport and Science College
- GENDER:** Mixed
- NUMBER OF PUPILS:** 1 Team per school can attend the final
Minimum of 4 boys and 4 girls per team
Maximum of 5 boys and 5 girls per team
The top 4 boys' scores and the top 4 girls' scores over the 4 events will be added together for the team score
- EVENTS:** 50 metre sprint
400 metre run
Vortex Howler (approx. 32cm long) throw (max. 2 step run up)
Standing Long Jump
- TARGET GROUP:** Year 3/4

- The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events. Individual performances (times and distances) are scored and recorded.
- The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.

PATHWAY:

Winning schools from the NWLSSP Level 2 competition will progress to the Level 3 School Games Summer Championships on 26th June 2020 at Uppingham School Sports Centre.



NWLSSP YEAR 3 / 4 QUAD KIDS Level 2 Virtual Competition 2020

SCHOOL:.....

CONTACT;

Year 3 / 4 Team : 4 or 5 girls and 4 or 5 boys per team – The top 4 boys’ scores and the top 4 girls’ scores over the 4 events will be added together for the team score.

Please DO NOT put children’s names on this form, instead number your children 1-5 for both boys and girls.

Year 3 / 4 Events:

- 50 metre sprint (Timed)
- 400 metre run (Timed)
- Vortex Howler throw (approx. 32cm long) (max. 2 step run up) – best of 3 consecutive throws
- Standing Long Jump – 2 feet to 2 feet (NO run up) - best of 3 non-consecutive jumps – each child takes first jump then each child takes a second jump, etc.)

Year 3 / 4 RESULTS – Please fill in results in the yellow highlighted boxes

Number	Gender	50 m Time/ score	400m time/ score	Vortex distance/ score	Jump Distance/ score	Total score
1	Female					
	Office use					
2	Female					
	Office use					
3	Female					
	Office use					
4	Female					
	Office use					
5	Female					
	Office use					
6	Male					
	Office use					
7	Male					
	Office use					
8	Male					
	Office use					
9	Male					
	Office use					
10	Male					
	Office use					



QUADKIDS ATHLETICS- YEARS 5/6

VIRTUAL COMPETITION

Performance Event- Refer to page 1 for more information

- DATE:** Results deadline - **Tuesday 19th May 2020**
- FORMAT:** Schools must complete each of the events listed below within their school and record scores (using the attached form) for teams of up to 5 boys and 5 girls.
Scores should be submitted to NWLSSP@kinged.org.uk no later than Tuesday 19th May 2020 at midday.
Schools can enter as many teams as they wish to the virtual competition.
The top 8 teams (max. of 1 per school) will be invited to attend the final.

FINAL

- DATE:** 10th June 2019
- TIME:** 3.00 – 6.00pm
- VENUE:** King Edward VII Sport and Science College
- GENDER:** Mixed
- NUMBER OF PUPILS:** 1 Team per school can attend the final
Minimum of 4 boys and 4 girls per team
Maximum of 5 boys and 5 girls per team
The top 4 boys' scores and the top 4 girls' scores over the 4 events will be added together for the team score
- EVENTS:** 75 metre sprint
600 metre run
Vortex Howler (approx. 32cm long) throw (max. 2 step run up)
Standing Long Jump
- TARGET GROUP:** Year 5/6

- The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events. Individual performances (times and distances) are scored and recorded.
- The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.

PATHWAY:

Winning schools from the NWLSSP Level 2 competition will progress to the Level 3 School Games Summer Championships on 26th June 2020 at Uppingham School Sports Centre.



NWLSSP YEAR 5 / 6 QUAD KIDS Level 2 Virtual Competition 2020

SCHOOL:.....

CONTACT:.....

Year 5 / 6 Team : 4 or 5 girls and 4 or 5 boys per team – The top 4 boys’ scores and the top 4 girls’ scores over the 4 events will be added together for the team score.

Please DO NOT put children’s names on this form, number your children 1 – 5 for both boys and girls instead.

Year 5 / 6 Events:

- 75 metre sprint (Timed)
- 600 metre run (Timed)
- Vortex Howler throw (approx. 32cm long) (max. 2 step run up) – best of 3 consecutive throws
- Standing Long Jump – 2 feet to 2 feet (NO run up) - best of 3 non-consecutive jumps – each child takes first jump then each child takes a second jump etc)

Year 5 / 6 RESULTS – Please fill in your results in the yellow highlighted boxes

Number	Gender	75 m Time/ score	600m time/ score	Vortex distance/ score	Jump Distance/ score	Total score
1	Female					
	Office use					
2	Female					
	Office use					
3	Female					
	Office use					
4	Female					
	Office use					
5	Female					
	Office use					
6	Male					
	Office use					
7	Male					
	Office use					
8	Male					
	Office use					
9	Male					
	Office use					
10	Male					
	Office use					



TRI GOLF COMPETITION-YEAR 3/4 & 5/6

[Development Event- Refer to page 1 for more information](#)

DATE: 11th June 2020

TIME:
Year 3/4 - 1–3pm
Year 5/6- 3-5pm

VENUE: The Golf Centre, Chiswell Drive, Coalville, LE67 3JX (or if raining will be moved to Ibstock Community College)

AGE GROUP: Year 3/4

GENDER: Mixed teams

NUMBER OF PUPILS: 10 pupils per team (5 boys & 5 girls)

TARGET GROUP: This is a [development competition](#) and so you should aim to bring your middle tier of children.

FORMAT: Schools will rotate around 8 skilled based activities spending 5 mins on each one.

EQUIPMENT: Pupils will need to wear PE kit and will need to bring their own drink. All tri golf equipment will be provided at the competition.

PATHWAY: The winners of this event will progress onto the Level 3 competition on the 26th June 2020 at Uppingham College.

ADDITIONAL INFORMATION: For full colour resources please visit the website: www.golf-foundation.org click on documents at the top of the page and then select the PDF file 'Complete Competition Toolkit'. We also have some tri-golf bags of equipment which you may be able to borrow prior to the event, but will need back in time for the first Festival.



TRI GOLF FESTIVAL YEAR 3/4

Festival - Refer to page 1 for more information

DATE: 16th June 2020

TIME: 9 – 11am @ King Edward VII Science & Sports College
1 – 3pm @ Ashby School

AGE GROUP: Year 3/4

GENDER: Mixed teams

NUMBER OF PUPILS: 10 pupils per team, can bring up to 3 teams.

TARGET GROUP: This is a **festival event** and so is open to everyone.

FORMAT: Schools will rotate around 8 skilled based activities spending 5 mins on each one.

EQUIPMENT: Pupils will need to wear PE kit and will need to bring their own drink. All tri golf equipment will be provided at the competition.

ADDITIONAL INFORMATION: For full colour resources please visit the website: www.golf-foundation.org click on documents at the top of the page and then select the PDF file 'Complete Competition Toolkit'. We also have some tri-golf bags of equipment which you may be able to borrow prior to the event, but will need back in time for the first Festival.