



## North West Leicestershire School Sports Partnership

### Summer 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.



## **RACKET PACK BADMINTON FESTIVAL YEAR 2/3**

**Festival Event- Refer to page 1 for more information**

**Intent: To develop sport specific skills**

- Date:** Tuesday 26<sup>th</sup> April 2022
- Venue/Time:** 1:00pm – 3:00pm @ Ibstock Community College
- Age Group:** Year 2/3
- Gender:** Mixed
- Number of pupils:** Each school is allowed a maximum of 4 players per team (2 boys and 2 girls)  
Maximum 2 teams per school. If you would like to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.
- Target group:** All year 2/3 children are eligible to take part, targeted for those children who have not yet represented their school at any other event.
- Format:**
- Children will rotate around badminton skill stations and games collecting points for their team.
  - 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.
- Progression:** This event has no Level 3 progression.



## **TAG RUGBY MEGA FESTIVAL YEAR 3/4**

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

- Date:** Wednesday 27<sup>th</sup> April 2022
- Venue/Time:** 12pm – 4:30pm @ Ashby Rugby Club
- Age Group:** Years 3/4
- Gender:** Mixed – aim for a 50/50 split where possible.
- Number of pupils:** Each school is allowed up to 12 children. If you would like to add more children please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.
- Target group:** All year 3/4 development children are eligible to take part.
- Format:**
- Children will be mixed with other schools.
  - Teachers will be given a team of a mix of children to look after for the festival- see next page for more information.
  - 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.
- 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.

**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 9 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.

**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.



## **GO RIDE CYCLING YEAR 5/6 FESTIVAL**

**Festival Event- Refer to page 1 for more information**

- Date:** Friday 29<sup>th</sup> April 2022
- Time/Venue:** 10:00am – 12:00pm & 1:00pm – 3:00pm @ The Castle Rock School Field
- Age Group:** Years 5/6
- Gender:** Mixed
- Number of pupils:** Each school is allowed a maximum of 6 children- no stipulation on number of boys/girls. If you would like to add more children please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.
- Target group:** All pupils are eligible to take part but must be able to competently ride a bike. **This festival is the perfect opportunity for those entering the development competition to practice before the development event on 13<sup>th</sup> May 2022.**

**Format:**

- 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 limited so children are strongly encouraged to bring their own bikes that have gears and are in good working order along with helmets.

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.

**Progression:** This event has no Level 3 progression.



## **GO RIDE CYCLING YEAR 5/6 DEVELOPMENT**

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

- Date:** Friday 13<sup>th</sup> May 2022
- Time/Venue:** 10:00am – 12:00pm & 1:00pm – 3:00pm @ The Castle Rock School field
- Age Group:** Years 5/6
- Gender:** Mixed
- Number of pupils:** Each school is allowed a maximum of 1 team, made up of 6 children per team. Minimum of 2 girls and 2 boys per team. If you would like to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.

**Target group:** All pupils are eligible to take part but 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.
- Boys individual race
- 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.

**Progression:** This event has no Level 3 progression.



## **MINI RED TENNIS YEAR 3/4**

**Festival Event- Refer to page 1 for more information**

**Date:** Wednesday 4th May 2022

**Time:** 9:30am – 12pm and 1pm – 3:30pm

**Venue:** Ashby Castle Lawn Tennis Club

**Age Group:** Year 3/4

**Gender:** Mixed

**Number of pupils:** Each school is allowed a maximum of 2 teams, made up of 4 children per team (2 boys and 2 girls) If you would like to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.

**Target group:**

- Pupils who have not yet represented the school at previous events/competitions and are in need of a positive sporting experience.

**Format:**

- Children will rotate round skill stations and then play games on the tennis courts.

**Rules:**

- Timed Tennis is used as the format; players play for a set period of time, until the whistle blows.
- 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 diagonally opposite service box.

**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.

**Progression:** This event has no Level 3 progression.





## **NETBALL YEAR 5/6**

**Performance Event- Refer to page 1 for more information**

**Intent: To engage new audiences**

- Date:** Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> May 2022
- Venue/Time:** 3:30pm – 6:00pm @ Ashby School
- Age Group:** Years 5/6
- Gender:** Mixed
- Number of pupils:** Each school is allowed a maximum of 2 teams, made up of 7-9 children per team, 5 players on court at anytime and a maximum of 3 boys per squad with 2 on court at anytime. If you would to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.
- Target group:** All pupils eligible to take part.
- Equipment:** Pupils will be required to wear PE kit and bring their own drink. Schools are asked to bring netball bibs with positions on.

**Format:**

- 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.
- 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.

**Rules:**

**Start of play**

- Centre pass is taken alternatively - 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, players cannot 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 a 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. If an obstruction/contact occurs in the shooting circle then GS/GA may shoot for goal or pass, if outside the circle the 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.

### **Progression:**

- The winning team from each competition will play in the grand final which will take place on **Tuesday 7th June 2022 at Ashby School.**
- The pathway date and time is to be confirmed.



## **GIRLS DYNAMO SCHOOLS CRICKET YEAR 5/6** **(Previously called KWIK CRICKET)**

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

**Date:** Monday 23<sup>rd</sup> May 2022

**Venue/Time:** 12pm – 5:30pm - Broom Leys Cricket Club

**Age Group:** Years 5/6

**Gender:** Girls

**Number of pupils:** Each school is allowed a maximum of 1 team, made up of 8 pupils per team with a maximum of 10 pupils per squad. If you would like to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.

**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; 5 balls per over, with each pair of batters receiving 2 overs.

**Rules:**

- Full rules can be found in the Mixed Cricket section of the booklet

**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.

**Progression:**

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



## **MIXED DYNAMOS SCHOOLS CRICKET YEAR 5/6** **(Previously called KWIK CRICKET)**

**Performance Event- Refer to page 1 for more information**

- Date/Venue** Tuesday 24<sup>th</sup> May 2022 @ Broom Leys Cricket Club  
Thursday 26<sup>th</sup> May 2022 @ Ashby Hastings Cricket Club
- Time:** 12pm – 5:30pm
- Age Group:** Years 5/6
- Gender:** Mixed (any combination)
- Number of pupils:** Each school is allowed a maximum of 2 teams, made up of 8 pupils per team with a maximum of 10 pupils per squad. If you would like to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.
- 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, 5 balls per over, with each pair of batters receiving 2 overs (10 balls).
- Rules:**
- Full rules attached below.
- 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.
- 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



## **DYNAMOS SCHOOLS CRICKET YEAR 5/6** **(Previously called KWIK CRICKET)**

### **Main difference between Kwik Cricket rules and Dynamos Schools:**

- Underarm & overarm bowling is allowed.
- 5 balls per over instead of 6
- Players on the fielding side rotate positions after each over.
- Instead of losing 5 runs if a pair gets out, the other team gain 5 runs for taking a wicket.
- An extra opportunity to get runs in the form of a 'free hit' for the batting side following a no-ball or wide.

### **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.

### **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.
- Each team starts with 200 runs.
- Each time a batter is out, 5 runs are added to the bowling teams score 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).
- Following a no ball or wide, the batter receives a "free hit" from the batting tee (a cone), with any runs scored being added to the total for that delivery (for example 2 runs for a wide, plus 1 run from the "free hit" = 3 runs). Batters have 3 seconds to take their free hit and must hit it in front of square.
- 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.
- Umpires can use discretion to swap batters so each is given an opportunity to contribute.

#### **Bowling and Fielding**

- Each player on the fielding side must bowl 1 over.
- Underarm & overarm bowling is allowed.
- Bowling will take place from one end only.
- Players on the fielding side rotate positions after each over.
- **Safety**- With the exception of the wicket keeper no fielder may field within 10 yards of the wicket.



## **MINI ORANGE TENNIS YEAR 5/6**

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

**Date:** Wednesday 25<sup>th</sup> May 2022

**Time:** 9:30am – 12pm and 1pm – 3:30pm

**Venue:** Ashby Castle Lawn Tennis Club

**Age Group:** Year 5/6

**Gender:** Mixed

**Number of pupils:** Each school is allowed a maximum of 2 teams, made up of 4 children per team (2 boys and 2 girls) If you would like to add another team please email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to be added to the reserve list.

**Target group:**

- All year 5/6 children are eligible to take part

**Format:**

- Mini tennis games will take place on smaller sized courts, likely in a round robin format.

**Rules:**

- Timed Tennis is used as the format; players play for a set period of time, until the whistle blows.
- 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 diagonally opposite service box.

**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.

**Progression:**

- The winning team from AM and PM competitions will play in the L2 area final on 8<sup>th</sup> June 2022 12pm-1pm.
- The winning team will progress through the Level 3 county rounds on the 22<sup>nd</sup> June 2022 at Uppingham School.



## QUADKIDS - YEAR 3/4

### VIRTUAL COMPETITION

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

- Date:** Results deadline – **Wednesday 18<sup>th</sup> May 2022**
- 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. **We will not require names so please don't provide any.**
- Scores should be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) no later than 12pm on the 18<sup>th</sup> May 2022.
- Schools can enter as many teams as they wish to the virtual competition.
- The top 10 teams (max. of 1 per school) will be invited to attend the final on Wednesday 8<sup>th</sup> June 2022.

### QUAD KIDS FINAL – YEAR 3/4

- Date:** Wednesday 8<sup>th</sup> June 2022
- Time:** 3:30pm – 6:00pm
- Venue:** Ashby School
- Gender:** Mixed
- Number of pupils:** Maximum of 1 team per school.  
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

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:** TBC





**NWLSSP YEAR 3/4 QUAD KIDS LEVEL 2 VIRTUAL COMPETITION 2022**

**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.

**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**

Athlete	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				
1	Male					
		Office use				
2	Male					
		Office use				
3	Male					
		Office use				
4	Male					
		Office use				
5	Male					
		Office use				



## QUADKIDS - YEAR 5/6

### VIRTUAL COMPETITION

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

- Date:** Results deadline – **Wednesday 18<sup>th</sup> May 2022**
- 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. **We will not require names so please don't provide any.**
- Scores should be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) no later than 12pm on the Wednesday 18<sup>th</sup> May 2022.
- Schools can enter as many teams as they wish to the virtual competition.
- The top 10 teams (max. of 1 per school) will be invited to attend the final on Thursday 9<sup>th</sup> June 2022.

### QUADKIDS FINAL – YEAR 5/6

- Date:** Thursday 9<sup>th</sup> June 2022
- Time:** 3:30pm – 6:00pm
- Venue:** Ashby School
- Gender:** Mixed
- Number of pupils:** Maximum of 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

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:** TBC



**NWLSSP YEAR 5/6 QUAD KIDS LEVEL 2 VIRTUAL COMPETITION 2022**

**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.

**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**

Athlete	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				
1	Male					
		Office use				
2	Male					
		Office use				
3	Male					
		Office use				
4	Male					
		Office use				
5	Male					
		Office use				



## **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/> 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. **Virtual Challenge** – Deadline 12pm on Friday 1<sup>st</sup> July 2022.
2. **Inclusive – Boccia** – Deadline 12pm on Friday 1<sup>st</sup> July 2022.
3. **Inclusive – New Age Kurling** – Deadline 12pm on Friday 1<sup>st</sup> July 2022.
4. **5km Challenge** – Deadline 12pm on Friday 1<sup>st</sup> July 2022.



# 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

 <p>RESPECT</p>	<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>
 <p>DETERMINATION</p>	<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>
 <p>HONESTY</p>	<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>
 <p>SELF BELIEF</p>	<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>
 <p>PASSION</p>	<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>
 <p>TEAMWORK</p>	<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 CHALLENGES

Festival	Development
Change the event to suit your needs	Follow the rules, submit scores
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 1<sup>st</sup> July 2022.

**Aim:**

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 as many score as you like.

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

- For this term we are offering Virtual Challenges for:
  - Tennis
  - Cricket
  - Netball

**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.
- Submit scores for each player that takes part to be entered into the competition.



## INCLUSIVE – BOCCIA SKILLS CHALLENGE

Festival	Development
Change the event to suit your needs	Follow the rules, submit scores
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 1<sup>st</sup> July 2022.

**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
Change the event to suit your needs	Follow the rules, submit scores
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 1<sup>st</sup> July 2022.

**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





## VIRTUAL 5K RACE

Festival	Development
Change the event to suit your needs	Follow the rules, submit scores
Refer to page 1 and Target group below for more information	

**Date:** Score sheets to be submitted to [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) by 12pm on Friday 1<sup>st</sup> July 2022.

**Aim:**

For young people to compete in a race with other children across the partnership without having to leave their school.

**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 chance for children to represent their schools in an athletic racing event
- The competition is open to all Year 3/4 children and Year 5/6 children as separate competitions.
- Each team is made up of 10 children, 5 boys and 5 girls.
- There is no max number of teams per school, however children cannot compete in more than one team.

**Format/How does it work?**

- The 5000m is divided up into 50 sections of 100m, so schools do not need access to a full size track in order to run this event.
- Each team member completes a 100m section and crosses the line before the next person in their team starts.
- Each runner completes 5x100m sections and once the last runner completes the final 100m section the timer is stopped.
- Teams must keep the same relay sequence at all times.

**Timings:**

Overall, this event should take about 45 minutes to run, of which roughly 25 minutes is active time and the remaining 20 minutes are set up and explanation time.

**Staffing:**

The minimum number of staff required to run this event is one, although we recommend having at least two members of staff to ensure correct changeover of runners.

**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