



# NWLSSP Events booklet



## Virtual Festivals and Competitions

### January – March 2021

We are expanding our virtual competition and festival offer for 2020/2021, as a result of the COVID-19 pandemic and the impact this has had on schools being able to attend competitions safely.

This term we will be providing seven new virtual festivals and competitions for you to participate in, in addition to those events detailed in the September to December booklet. The majority of these competitions are adaptations of the events that we normally coordinate so hopefully you will be familiar with the activities and games, however please ask a member of the SSP staff if you require any help or support.

#### What is new this term?

##### January - March 2021

1. Gymnastics- Level 2 Competition
2. Skipping- Level 2 Competition
3. Football- Level 2 Competition
4. 5KM challenge- Level 2 Competition
5. Sitting Volleyball/Goalball- Level 2 Completion
6. Dance- Level 2 Competition
7. Fitness festival

By popular demand, the **September-December booklet** will still be available for schools to book onto, complete in school and enjoy.

Please feel free to share your results with us. We will record your engagement and promote this on our social media accounts. Please note these results will not count towards the level 2 competition as the deadline has passed.

**Follow link below to access booklet. Email [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk) to access resources.**

**<https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/02/VF-booklet-new-draft-1.1.pdf>**

1. Athletics
2. Disability Athletics
3. Dance
4. Archery
5. Boccia
6. Dodgeball
7. New Age Kurling
8. Tri golf
9. Multi-Skill
10. Multi-Sport
11. Inclusive Multi-Sport



## What is the difference between a Festival and Competition?

**Festival** - is an event that is run within your school. The aim is for pupils to have as much fun as possible while learning new skills or sports. The resources and activities can be arranged in any way to suit your school and your needs. Scoring is not the primary goal but it can be introduced if you deem appropriate.

**Competition** - is an event that is run within your school that is aimed at pupils scoring points and trying to be the best team, class or bubble within your school. For some events you can split your class into smaller groups so they can compete against someone else.

All sports and activities can be adapted by you to be either a festival or level 1 competition.

## Competition/Event Levels and Evidencing

Virtual competitions are a great opportunity for your school to engage in not only level 1 (intra) but level 2 (inter) School Games competitions.

**Level 1** - is a competition between class vs class, house vs house, bubble vs bubble (this could be broken down into half a bubble vs half a bubble if needed). You can use the available resources if you wish or adapt it to meet your needs. This event should have a competitive element.

**Level 1- Evidencing** - If you run a competition within your school in a sport outlined on the School Games website, it is advisable you record any necessary information such as registers containing number of pupils that have taken part, SEND and BAME. This information will need to be uploaded to the School Games website, this is done for the purpose of reporting back on the engagement and impact of the School Games programme and its funding.

**Level 2** - is a competition between schools. For example, School A vs School B. These are the most common competitions that we run at the NWLSSP. For the virtual competitions you will need to submit your results from Level 1 events to enter the Level 2 virtual competition. Please note that for competitions to be fair and equal schools need to follow the game cards and scoring system precisely.

**Monitoring and Evaluation** - For both level 1 & 2 events we will require schools to complete a simple monitoring and evaluation form which will be sent out with the resources.

## Staffing these events

All virtual festivals and competitions are designed so that anyone can run them.

This is the perfect opportunity for your Primary Ambassadors and any outstanding Playcoaches to get involved in the planning and delivery of events in your school when they are needed most. We have updated the Primary Ambassadors training to provide your Ambassadors with the necessary tools to help you run these events.

We appreciate the bubble system will make it difficult for Ambassadors who are traditionally Year 5/6 children to help with other bubbles. Therefore, we will be producing resources and videos that can be used by staff, Ambassadors and potentially Year 4 children to help facilitate these events.

The Primary Ambassadors workshops are now live and if you would like to have a workshop either via teams or face to face please contact us and we will arrange a day and time that is suits you best. If you would like to deliver the workshops yourself in your school, we can provide you will all the resources and support to do this.



## Booking on a Virtual Event

Booking on a virtual competition and festival follows the same process as any other NWLSSP event. Read through this rules booklet and decided which events you would like to enter.

- Visit our website – <https://www.nwleics-ssp.org.uk/>
- Log in- If you do not have a login contact [nwlssp@castlerocksch.uk](mailto:nwlssp@castlerocksch.uk)
- Go to the events page
- Selecting the competition and festival you want to enter and add it to your basket
- Checkout and make sure that you have received a confirmation email

Some events may have a deadline set for an expression of interest, please refer to the individual rules booklet for each event for further information.

## Once you have booked

We will send you a link to access the activity cards and guidance videos for the festivals and competitions you have booked on along with any further guidance. These will be easy to follow, however if you have any questions please do not hesitate to ask.

## Equipment

Each festival/competition will require different equipment. Many of these events will have equipment that is typically found in a primary school PE store, however some will require specific equipment. If there is an event that you wish to run but you do not have the equipment contact us for support.

## Post Event

Schools are advised to keep the following information for all events as evidence. This information is used by NWLSSP to provide your school with a report at the of the academic year outlining your engagement in these events. This information is invaluable to monitoring the success of events and projects and helps shape future offers.

### **Please be aware that these are requirements when entering the Level 2 events.**

- Monitoring and evaluation sheet
- Scoresheet/results
- Videos as mentioned in rules section



## Spirit of the Games Awards



Normally at 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 award these to anyone who you think meets the criteria. More than one award can be given out for each event and if someone has gone above and beyond they can obtain the Spirit of the Game Award rather than the individual awards listed below.

 RESPECT	<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>
 DETERMINATION	<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>
 HONESTY	<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>
 SELF BELIEF	<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>
 PASSION	<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>
 TEAMWORK	<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 Gymnastics** **(Level 2 Competition)**

**Date:**

WeTransfer links are to be submitted to [brushe@castlerocksch.uk](mailto:brushe@castlerocksch.uk) by 12pm on Friday 26<sup>th</sup> March 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:**

See competition section below.

**What is this event?**

A chance for children to represent their school without needing to leave the school. This event will be run in a similar way to our traditional face to face event held at Coalville Gymnastics Club, with the format outlined below being used.

- Competitions are open to ALL including club gymnasts.
- 4 competitors per team, only the top 3 scores to count towards overall team competition.
- Maximum of 3 teams per **Key Steps Group**.
- Competitors to complete a floor routine and vault.

**Format/How does it work?**

- Schools will video record their competitors completing both a floor routine and vault. These videos will be uploaded to <https://wetransfer.com/> and you are required to send the download link to [brushe@castlerocksch.uk](mailto:brushe@castlerocksch.uk) before 12pm on 26<sup>th</sup> March 2021.
- These videos will only be shared with Coalville Gymnastics club who have very kindly provided 2 judges.
- Once all videos have been judged the top 3 teams and top 3 individual winners will be announced for each Key Step.
- Once schools sign up, a guide to videoing the routines will be sent out along with supporting documents.

## **Festival (Personal Best)**

A chance for children to learn and perform gymnastic skills and routines in a safe environment, focusing on learning, improvement and enjoyment. Please ensure that a suitably qualified teacher leads the lesson in line with your gymnastics PE policy.



## **Competition**

Gymnasts will take part in the corresponding Key Step routine for their age group as seen below.

**No body management to be judged.**

**Key Steps 1** - Years 1/2 – Under 7's

<https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/11/Gymnastics-Key-Steps-1.pdf>

**Adaptive Key Steps 1 Pan-Disability** – Open age group (Years 1-6)

<https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/11/Gymnastics-Key-Steps-1.pdf>

**Key Steps 2** - Years 3/4 - Under 9's

<https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/11/Gymnastics-Key-Steps-2.pdf>

**Key Steps 3** - Year 5 & 6 - Under 11s

<https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/11/Gymnastics-Key-Steps-3.pdf>

### **Timings:**

The performances themselves only take a matter of minutes, however it is extremely important that pupils are taught proper technique for each event and allowed enough time to practice and improve in advance of the recording. Competitors should be allowed ample time to warm up before their performances. We would recommend that competitors are taught routines and techniques over several sessions prior to competing.

### **Staffing:**

Ensure that a suitably qualified person leads the sessions in line with your school's gymnastics PE policy.

### **Equipment:**

Each Key Step vault may require different equipment; the list below is an overview please see the routines for exact equipment.

- Device to record performances
- Spring board (not essential but desired) - Deduction for no spring board on vault has been removed
- Key Steps 1 - Bench
- Key Steps 2&3 - Box or movement table
- Floor mats



## **Skipping (Level 2 Competition)**

**LRS app-** We encourage schools to become familiar with the new LRS Playwaze app as this will be used increasingly with future events.

### **Date:**

Scores are to be submitted to [brushe@castlerocksch.uk](mailto:brushe@castlerocksch.uk) by 9am on Monday 12<sup>th</sup> April 2021.

### **Aim:**

For young people to try different skipping challenges and compete against other children within their school and across the partnership. Schools are also encouraged to run festival style personal best challenges where children compete against themselves.

### **Target age group:**

All pupils are eligible to take part and there will be separate KS1 & KS2 competitions.

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

A chance for children to represent their schools whether they take part during the school day or at home. Challenges can be accessed via:

- the LRS sport Play Waze app which can be accessed via a downloadable mobile app or via <https://playwaze.com/login>  
or
- via a shared drive folder that will be sent to schools

Accessing the app- An easy to follow guide has been sent to each school detailing how to register and access challenges, however this will be resent for anyone interested in this event.

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

- Different KS1 & KS2 Challenges
- Challenges are ranked by Bronze, Silver and Gold based on the length of time permitted.
- **KS1 challenges include-** single bounce, double bounce & running
- **KS2 challenges include-** single bounce, double bounce, running, slalom & speed skip
- Tutorial videos are available via this link- [https://castlerockhighschool-my.sharepoint.com/:f/g/personal/nwlssp\\_castlerocksch\\_uk/Egb4SYQPzr5Op\\_ckGGzyJBkBIMzEHRGKQZKgC0rFJrl\\_pA?e=qpYMCJ](https://castlerockhighschool-my.sharepoint.com/:f/g/personal/nwlssp_castlerocksch_uk/Egb4SYQPzr5Op_ckGGzyJBkBIMzEHRGKQZKgC0rFJrl_pA?e=qpYMCJ)



## **Competition**

### **Individual Leader Board**

There will be individual winners for each of the challenges outlined below and children will be able to enter as many challenges as they want within their correct age group.

- **KS1 challenges include**- single bounce, double bounce & running for Bronze, Silver & Gold- 9 competitions in total
- **KS2 challenges include**- single bounce, double bounce, running, slalom & speed skip for Bronze, Silver & Gold- 15 competitions in total

### **Schools Leader Board**

The winning school will be the school with the **highest percentage of participating children**. Children become eligible to count towards their school's percentage when they complete and enter a minimum of 3 challenges. There will be separate competitions for KS1 & KS2.

### **How to enter results:**

- No names will need to be sent to NWLSSP. Please number your children and submit the results for each number. We will announce the winning number, so please ensure you remember each child's corresponding number for your records.
- Competition results will only be accepted via email, using either the scoresheet provided or similar.
- Children are encouraged to practice via the app although these are for participation and the results will not be carried forward to competition.

## **Festival (Personal Best)**

Please access these challenges via the app and encourage everyone to enter their personal best results via the LRS app.

Children, teachers, and parents are all encouraged to get involved with these challenges both in school, work and at home as they are a great form of exercise. Anyone can access the videos and try them out without ever having to enter scores.

School festivals: Schools can use the videos during PE lessons, break/lunch time clubs and even at organised festivals.

There is a variety of other sporting challenges available to everyone the LRS app.

### **Equipment:**

All you need is a skipping rope!!!





## **Virtual Football** **(Level 2 Competition)**

### **Date:**

Score sheets to be submitted to [knaismith@castlerocksch.uk](mailto:knaismith@castlerocksch.uk) by 9am Monday 12<sup>th</sup> April 2021.

### **Aim:**

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

### **Target age group:**

Year 1 - 6

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

A chance for children to represent their school in a football competition without having to leave their school, following the guidance below.

- The competition is open to all year groups. Children must compete within their own age groups (1 & 2, 3 & 4 or 5 & 6), they cannot compete up an age bracket.
- 6 children per team.
- There is no maximum number of teams per school.

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

- There are five different football skill based stations for teams to compete in including; kick ups, shooting, dribbling, running and passing.
- For the shooting, dribbling and running stations the team will work together to gain as many points as possible within six minutes. For the kick ups and passing, the team will work as individual players (kick ups) or in pairs (passing) to gain as many points as possible to add onto their team total.
- Scores from each station will be added up to give an overall team score.

## **Competition**

- There three competitions: Year 1&2, Year 3&4 and Year 5&6
- 6 children per team will rotate around each station, spending 6 minutes on each activity, unless specified otherwise on the resource card (stations such as the kick up station and passing station are scored for one minute).
- Children can be given practice time to prepare for the activity at each station.
- To ensure a fair competition for all it is important that the measurements on the resource cards are adhered to.
- The stations do not all have to be completed in one day, you can set out fewer stations if staffing, space and/or time does not allow for them all to be set out.
- The scoring sheets need to be filled in correctly following the instructions listed on the sheets.

### **Timings:**

You should aim to spend about 8 minutes on each station to include enough time for explanation, practice and scoring. If you were to run the event in one day we would expect this event to take about 45 minutes to complete including changeover time.

**Staffing:**

To run the event in one day you would need 5 members of staff/leaders, one to supervise each station. We recommend staff score each station to ensure the scoring is consistent and accurate. If you have less staff available, you could run the stations over a few sessions.

**Equipment:**

- Footballs (12 for all stations set up at once)
- 7 water bottles/tall cones
- 24 cones + some extras for marking out a safety/waiting line (for all stations set up at once)
- Masking tape
- Measuring tape

**Festival**

This event can also be completed as a festival within your school. The aim of a festival is to engage as many children as possible and to ensure they enjoy the session. To do this you can change the timings spent on each station, the point scoring system (or remove the points), the distances and set up at each station. You can also add in new stations or take away existing stations.



## **Virtual 5k Race** **(Level 2 Competition)**

### **Date:**

Score sheets to be submitted to [knaismith@castlerocksch.uk](mailto:knaismith@castlerocksch.uk) by 12pm on Monday 12<sup>th</sup> April 2021.

### **Aim:**

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

### **Target age group:**

KS2 – separate Year 3/4 & Year 5/6 competitions.

### **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.

### **Competition**

- 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.
- Runners should wear race numbers to identify their position in the relay sequence.
- Teams must keep the same relay sequence at all times.
- We recommend setting up tracks in one of the two ways shown in the resource cards, however if space doesn't allow for that we have provided alternative methods of running this event too.

### **Timings:**

Due to the nature of this event we are unable to predict exactly how long this will take to run.

### **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:**

- Measuring tape
- Cones
- Stopwatch
- Race numbers and paper clips (print out on paper)



## **Festival**

This event can also be run as a festival within your school. The aim of a festival is to engage as many children as possible and to ensure they enjoy the session. To do this you can change the distances each child can run, you can change the number of players in a team, and you can even alter the overall distance of the race.



## **Sitting Volleyball Skills Challenge** **(Level 2 Competition)**

**Date:** Results to be submitted to [etaylor@castlerocksch.uk](mailto:etaylor@castlerocksch.uk) 9am on Monday 12<sup>th</sup> April 2021.

### **Aim:**

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

If you would like to try something new, we have added an extra game of goalball to this resource.

### **Target age group:**

- **Festival:** Years 3 – 6
- **Competition:** Year 3/4 and Year 5/6 (separate competitions)
- You can submit up to 3 teams per age group however all members of the team must be either SEND or beginner level children.
  - 3 teams max for Years 3/4
  - 3 teams max for Years 5/6

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

#### **Sitting volleyball competition and festival**

- A team sport comprising of 6 players, who work together to score points by grounding the ball on the other team's side of the net.
- This game is played with all players sat on the floor.
- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.

#### **Goalball festival**

- A team sport comprising of 3 blindfolded players who attempt to roll the ball into the opposite team's goal. This is an introductory game, so the primary focus is enjoyment and to try something new.

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

#### **Competition – Sitting volleyball**

- Pupils should be split into teams of 6. Each station can have a max of 1 team playing at the same time.
- Players will have 10 minutes on each station before moving onto a new station. This will allow for 5 minutes to learn and practice the game and 5 minutes to compete.
- Each station will have an activity card outlining the game and the point scoring system.
- Players try and score as many points as possible in the time frame.
- We will have an overall winner and individual station winners, so if you are unable to complete all stations you can still enter the individual station scores.
- There are 3 stations in total.
- Each station will work on a different skill required for sitting volleyball.
- They will also get the opportunity to play a sitting volleyball game, the points from the game are not added to the team's final score.



## **Festival – Sitting volleyball**

- Pupils should be split into groups of a maximum 6 players per station.
- They will get 10 minutes on each station before they move onto a new station.
- There are 3 sitting volleyball skill stations and 1 game of sitting volleyball.
- Each station will work on a different skill required for a sitting volleyball game. They will also have the opportunity to use these skills in a volleyball game.

## **Festival – Goalball**

- Pupils should be split into teams.
- Games will last for 5 minutes each.
- This optional sport is just for fun and to try something new. The activity card will explain the full set up and rules.

### **Timings:**

#### **Sitting volleyball competition**

Overall, this event should take about 60 minutes to run, of which 40 minutes is active time spent on the stations and the remaining 20 minutes are set up, change over and explanation time.

- For the competition you should not adjust the timings for the stations, however you do not have to run them all at the same time. You can run these stations over a couple of days or weeks.

#### **Sitting volleyball festival**

Overall, this event should take 60 minutes for sitting volleyball of which 40 minutes should be active time spent playing the stations and games and the remaining 20 minutes are set up, change over and explanation time.

- For the festival you can adjust the timings as appropriate for your children or run the event over several weeks.

#### **Goalball festival**

Allow 5 minutes per game, aim to provide children with as much game time as possible within your allocated time.

### **Staffing:**

We do advise that due to the nature of these events that there is one staff member to lead each activity. The festival can be adapted to accommodate the number of staff members available and can be run in one session or over several sessions.

- To run the sitting volleyball event in one day we recommend 4 staff members/leaders.
- To run the goalball game, we recommend 1-2 staff members/leaders.

### **Equipment:**

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

#### **Sitting Volleyball**

- Cones & floor markers/flat cones.
- Indoor net (tennis or badminton)
  - Alternative - chairs and tape can be used as an alternative with the net measuring 1m high.
- Beach ball
  - Alternative - balloons.
- Hoops.
  - Alternative - tape or chalk.



### Goalball

- Cones & floor markers/flat cones.
- Goalball (a bell ball, it is a ball with 2 bells inside).
  - Alternative - a soft ball in lots of plastic bags (it must make a noise when rolled).
- Blindfold or eye covering per player.
  - Ask players to bring in a jumper or t-shirt from home to use as a blindfold.

For the festival, adaptations can be made. If you do not have the equipment required please contact us for support.

For the competition please check to see if you can use the alternatives before contacting us for support.

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

- This event is scored on points awarded at each station.
- You will need to submit scores for each team who takes part.

#### **Scoring for the festival:**

- This event is not scored however there can be points awarded at each station/game if you wish.



## **NWLSSP Virtual Dance Competition** **(Level 2 Competition)**

**Date:** Deadline to submit videos by **9am on Monday 12<sup>th</sup> April 2021.**

**Aim:**

Create a dance routine being as creative as you like. Have fun, learn new moves to a song of your choice.

**Target age group:**

- EYFS – Year 6

**What is this event?**

- A competition for children to share their performances with children from different bubbles and schools.

**Format/How does it work?**

### **Rules**

- The competition rules are designed to be as easy and as fair as possible providing consistent criteria for our judges/participants and maximum fun for our teams.
  - We advise the group to be no larger than 30 pupils.
  - Your dance should be no longer than 3 minutes 30 seconds.
  - You can feature props and costumes if you wish, however you will not be awarded additional points for doing so.
  - Any style of dance is permitted.
  - We will require a video of your dance to be submitted (see below for more information).
  - Teacher tips on the judging criteria can be found in the resource pack.

### **Recording and Video Submission**

- All videos should be filmed in landscape.
- Check the sound quality of your video before you submit.
- You can submit up to 5 videos per school.
- Dances will need to be submitted via “We Transfer”
  - Upload your video to <https://wetransfer.com/> and send the download link to [etaylor@castlerocksch.uk](mailto:etaylor@castlerocksch.uk)
- Check that everyone involved in these videos has permission for the video to be shared outside of your school.
- Videos will only be shared with the event organiser and judges.
- Deadline to submit for judging – 9am on Monday 12<sup>th</sup> April 2021.

**Timings**

- This event might take a couple of weeks practice before you are ready to record.
- Max of 3 minutes 30 seconds.

**Staffing**

- We would suggest that a staff member is in charge of music and recording.

**Equipment:**

- You can use any props or costumes you like.





**Scoring:**

- A judging panel will view all the videos submitted and score each dance out of 30.
- Teacher tips on the judging criteria can be found in the resource pack.



## **6-week Fitness Programme** **(Festival)**

### **Research**

Research has shown that the COVID-19 pandemic and lockdown has had a profound impact on the activity levels of children with only 19% achieving the Chief Medical Officer's (CMO) recommendation of 60 minutes of activity daily. That is a fall of 30% from 49% pre lockdown, with 7% of children reporting that they didn't do any physical activity at all.

Many primary PE Co-ordinators within NWLSSP have expressed concerns regarding the fitness levels of children when they returned in September and this is backed up nationally with research showing that as many as 73% of children have returned to school with a low level of physical fitness.

### **Aim**

It is recommended by the CMO that schools provide opportunities for children to achieve at least 30 of the 60-daily active during school time.

This fitness plan aims to help engage children in at least 30 minutes of continuous medium to high intensity physical activity with minimal breaks in order to increase heart rate and improve overall fitness levels. This plan does this through fun high intensity games which disguise the fitness components included.

### **Target age group:**

- Separate programs
- Year 1 – Year 2
- Year 3 – Year 6

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

- 6 sessions based on games to improve the fitness of the class/year group.

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

- The resource guide will provide you with a 6-week plan for either a KS1 or KS2 group.
- Follow the guide in setting up the sessions to see improvements.
- Sessions are fully adaptable to fit around your timings, space, class sizes and equipment

### **Timings**

- Each session should last the length of a normal PE lesson
- 35-60 minutes each week.
- Complete in a 6-week block.

### **Staffing**

- We would suggest that a staff member is in charge of each session.

### **Equipment:**

- Cones
- Hoops
- Bean bags or cones or bibs
- Footballs



## **Deadline for submitting results**

1. Gymnastics- Level 2 Competition	26 <sup>th</sup> March 2021
2. Skipping- Level 2 Competition	12 <sup>th</sup> April 2021
3. Football- Level 2 Competition	12 <sup>th</sup> April 2021
4. 5KM challenge- Level 2 Competition	12 <sup>th</sup> April 2021
5. Sitting Volleyball/Goal Ball- Level 2 Completion	12 <sup>th</sup> April 2021
6. Fitness festival	N/A