



North West Leicestershire School Sports Partnership

Spring 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	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	<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	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).



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.



BOCCIA KS2

Performance Event- Refer to page 1 for more information

Intent: 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).

Date: Tuesday 11th January 2022

Venue/Time: 9:15am – 11:00am @ Forest Way School
1:15pm – 3:00pm @ Ibstock Community College

Age Group: Years 3 – 6

Gender: Open mixed (no stipulation on numbers of boys and girls)

Number of pupils: Each school is allowed a maximum of 1 team, made up of 4 children per team.

Target group:

- Pupils with a physical, learning disability or co-ordination difficulty from all special and mainstream schools.
- The event is aimed at beginner level children who have not had opportunity to represent the school at other sports events.

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.

Key Terminology:

- White ball = “Jack”
- Red and Blue balls = team balls
- Red side/Blue side = colour of the ball a team is using for that game
- End = a game

Rules:

- The red side always starts the first end by propelling the jack into court. The captain chooses the player on their side to play the jack. The jack ball must cross the ‘V’ line to be in play.
- The player who propels the jack ball also plays their team’s first coloured ball.
- A player from the opposing side then propels their first coloured ball.
- The side whose ball is furthest from the jack must play until they either manage to get closer to the jack, or run out of balls. The side with remaining balls then propels them.
- The end is completed when all balls from both sides have been played.
- The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.
- Blue side then starts the second end.
- More information on general boccia at:
 - <http://boccia.uk.com/about-boccia/> (links to rules and court diagrams down the page).

Equipment:

- All games should be played from a seated position so clothing requirements are flexible – ideally sports clothing should be worn and suitable indoor footwear.
- It is advised participants bring filled water bottles.

Progression:

There will also be a Level 3 Boccia competition for the winners of the North West Leicestershire competition to attend. This will be held at Loughborough University on 6/04/22 Timings TBC.



BASKETBALL YEAR 5/6

Performance Event- Refer to page 1 for more information

Intent: 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.

Date/Venues/Times: 18th January 2022 @ Ibstock Community College – 3.30pm – 5.30pm
19th January 2022 @ The Castle Rock School – 3.30pm - 5.30pm
20th January 2022 @ The Castle Rock School– 3.30pm – 5.30pm

Level 2 final for qualifying schools 27/01/22 at The Castle Rock School, 4pm-5pm.

Age Group: Year 5/6

Gender: Open Mixed (No stipulation on number of boys or girls per team)

Number of pupils: Each school is allowed a maximum of 1 team. 10 players per squad, 5 players on court.

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.

Rules

- Games shall be approx. 6 minutes (one-way), against a running clock. (Dependent on available court time)
- No time outs are allowed
- Directional arrow will determine jump ball situations and possession.
- **Player – Player defence, ½ court only. Teams must retreat to the half way line once they have lost possession in their front court.**
- Substitutes - Coaches are strongly encouraged to use a rotation system so all players have equal court time.
- There will be no personal fouls recorded; however, referees have the power to eject players if they are abusing this rule. Each team can have 6 team fouls and thereafter the opposing team will receive 1 point and possession.
- No foul shots will be taken. If a player is fouled in the act of shooting and the shot scores 3 points will be awarded. If the player is fouled in the act of shooting and the shot misses 1 point is awarded and the team gains side line possession at the nearest side or end line.
- Should a school field ineligible team on the day then they cannot win the competition.
- Three basic rules apply to the Years 5 & 6 tournament:
 1. No double dribble
 2. No travelling
 3. No contact.

Equipment:

- Pupils will need to wear appropriate clothing and footwear suitable for indoor sports, with matching clothing.
- Drinks are highly recommended for all players.

Progression:

The winning team from the Level 2 final will progress to a level 3 competition 16th March 2022 at Leicester Riders Arena 12.30-3pm.



KEY STEPS 3 GYMNASTICS

Performance Event- Refer to page 1 for more information

<u>Date:</u>	Tuesday 8 th February 2022
<u>Time:</u>	Start and finish times TBC, depending on number of entries. Approximate timings – 2:00pm - 6:00pm
<u>Venue:</u>	Coalville Gymnastics Club – LE67 3NQ
<u>Age group:</u>	Key Steps 3 - Year 5 & 6 - under 11
<u>Number of pupils:</u>	Maximum of 1 team per school. If you would like to add another team please email nwlssp@castlerocksch.uk to be added to the reserve list. 4 competitors per team, only the top 3 scores to count towards overall team competition.
<u>Target group:</u>	Competition is open to ALL including club gymnasts (linked to National School Games rules).
<u>Format:</u>	Gymnasts will take part in Key Step 3 routines. All competitors will have a chance to warm up before the event. As part of the routine, each child will compete in: <ul style="list-style-type: none">• Floor Routine• Vault• Body Management/Conditioning (not to be judged at this event (level 2) but would be if team advances to the level 3 competition)
<u>Routines:</u>	The Key Steps 3 routine will be available from the NWLSSP website. http://www.nwleics-ssp.org.uk/rules/ British Gymnastics offer teacher resources for a fee which can be found here - https://www.british-gymnastics.org/clubs/schools/schools-gymnastics
<u>Progression:</u>	<ul style="list-style-type: none">• The winning team from the Key Steps 3 event will advance to level 3 of the School Games which will take place at Oakham Gymnastics Club on 30th March 2022.• Please note it is only complete school teams who can advance to level 3 of the School Games and not the winning top 4 individuals as the level 3 competition is only open to school teams representing their school sport partnership.



KEY STEPS 2 GYMNASTICS

Performance Event- Refer to page 1 for more information

<u>Date:</u>	Wednesday 9 th February 2022
<u>Time:</u>	Start and finish times TBC, depending on number of entries. Approximate timings – 2:00pm - 7:00pm
<u>Venue:</u>	Coalville Gymnastics Club – LE67 3NQ
<u>Age group:</u>	Key Steps 2 - Years 3 & 4 - Under 9
<u>Number of pupils:</u>	Maximum of 1 team per school. If you would to add another team please email nwlssp@castlerocksch.uk to be added to the reserve list. 4 competitors per team, only the top 3 scores to count towards overall team competition.
<u>Target group:</u>	Competition is open to ALL including club gymnasts (linked to National School Games rules).
<u>Format:</u>	Gymnasts will take part in key step 2 routines. All competitors will have a chance to warm up before the event. As part of the routine, each child will compete in: <ul style="list-style-type: none">• Floor Routine• Vault• Body Management/Conditioning (not to be judged at this event (level 2) but would be if team advances to the level 3 competition)
<u>Routines:</u>	The Key Steps 2 routine will be available from the NWLSSP website. http://www.nwleics-ssp.org.uk/rules/ British Gymnastics offer teacher resources for a fee which can be found here - https://www.british-gymnastics.org/clubs/schools/schools-gymnastics
<u>Progression:</u>	<ul style="list-style-type: none">• The winning team from the Key Steps 2 event will advance to level 3 of the School Games which will take place at Oakham Gymnastics Club on 30th March 2022.• Please note it is only complete school teams who can advance to level 3 of the School Games and not the winning top 4 individuals as the level 3 competition is only open to school teams representing their school sport partnership.



KEY STEPS 1 GYMNASTICS + KEY STEPS 1 PAN-DISABILITY

Performance Event- Refer to page 1 for more information

- Date:** Thursday 10th February 2022
- Time:** Start and finish times TBC, depending on number of entries.
Approximate timings – 3:00pm - 6:00pm
- Venue:** Coalville Gymnastics Club – LE67 3NQ
- Age group:** Key Steps 1 - Years 1 & 2 – Under 7
Adaptive Key Steps 1 Pan-Disability – Open age group (Years 1-6)
- Number of pupils:** Maximum of 1 team per school.
If you would to add another team please email nwlssp@castlerocksch.uk to be added to the reserve list.
4 competitors per team, only the top 3 scores to count towards overall team competition.
- Target group:** Competition is open to ALL including club gymnasts (linked to National School Games rules).
- Format:** Gymnasts will take part in Key Step 1 routines.
All competitors will have a chance to warm up before the event.
As part of the routine, each child will compete in:
- Floor Routine
 - Vault – bench
 - Body Management/Conditioning (not to be judged at this event (level 2) but would be if team advances to the level 3 competition)
- Routines:** The Key Steps 1 routine will be available from the NWLSSP website.
<http://www.nwleics-ssp.org.uk/rules/>
- British Gymnastics offer teacher resources for a fee which can be found here -
<https://www.british-gymnastics.org/clubs/schools/schools-gymnastics>
- Progression:**
- The winning team from the Key Steps 1 event will advance to level 3 of the School Games which will take place at Oakham Gymnastics Club on 30th March 2022.
 - Please note it is only complete school teams who can advance to level 3 of the School Games and not the winning top 4 individuals as the level 3 competition is only open to school teams representing their school sport partnership.



SWIMMING GALA YEAR 5/6

Development Event- Refer to page 1 for more information

This competition has been split into 2 competitions performance pathway and development. Full outlines are below. Please read carefully before making a decision which one you want to enter as you **can only enter 1.**

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

If you wish to enter both please enter your main preference and email the office at NWLSSP@castlerocksch.uk to be placed on the waiting list. If we have free space we will offer you a place on the other competition.

Date: 28th February 2022
7th March 2022

Time: 9:15-10:45am
Please be punctual as we need to start the first race on time in order to fit in the busy timetable of events. First race must commence by 9.30am.

Venue: Swimming pool at The Castle Rock School, LE67 4BR

Parking: Please park in the Castle Rock bus park and walk up to the swimming pool.

Age group: Years 5/6

Number of pupils:

<u>Minimum</u>	<u>Maximum</u> 16 children
<ul style="list-style-type: none">No minimum	<ul style="list-style-type: none">4 Year 5 boys4 Year 6 boys4 Year 5 girls4 Year 6 girls

Target group:

- This competition is aimed at schools who do not have full teams or who want to mix year groups (bring younger swimmers or more of one gender).
- Swimmers can swim up or down ONLY 1 year group.
- All swimmers are eligible to enter as long as they can comfortably swim 25m.

Equipment:

- All competitors must wear a swimming hat.
- Goggles are not permitted unless teachers have received written permission for them to do so.

- All swimmers should come ready changed with swimsuits under their clothes to get changed poolside to minimise congestion in the changing rooms. Changing rooms will be available after the gala.

Format:

- As this event is a development all times will be collected and recorded however there will be no progression further.
- Due to the pool only having 4 lanes there may be two heats for each event depending on the number of schools participating.
- Results will be e-mailed to schools as soon as they have been collated.

Rules:

- Swimmers must be in the water for all starts and changeovers.
- Swimmers competing in backstroke events must start, swim and finish on their backs.
- To avoid disqualification in all races the swimmer must swim from start to end of the race. If they stop and hold the lane rope or stand up and walk during the race they will be disqualified.
- Pupils must touch the poolside with BOTH HANDS together at the finish and change-over of all breaststroke & butterfly events
- To avoid disqualification in relays the outgoing swimmer must wait for the incoming swimmer to touch the side of the pool before pushing off.
- Medley relay - four swimmers in the following order, backstroke, breaststroke, butterfly & freestyle.
- For the medley you are allowed to swap out 1 stroke for another.
 - For example, swapping out backstroke for a different stroke. You should keep the strokes in the correct order. So if you swapped out backstroke for breaststroke the order you would swim would be;
 - Breaststroke, breaststroke, butterfly & freestyle.

Spectators:

Unfortunately, due to health and safety regulations and the popularity of this event **there is no capacity for spectators**. Please specify how many adults will be accompanying your team and inform parents that they will not be able to watch this event.

Progression:

No pathway for teams in this competition. For pathway enter the 10:45-12pm event.



SWIMMING GALA YEAR 5/6

Performance Event- Refer to page 1 for more information

This competition has been split into 2 competitions performance pathway and development.

Full outlines are below. Please read carefully before making a decision which one you want to enter as you **can only enter 1.**

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

If you wish to enter both please enter your main preference and email the office at nwlssp@castlerocksch.uk to be placed on the waiting list. If we have free space we will offer you a place on the other competition.

Date: 28th February 2022
7th March 2022

Time: 10:45-12:15pm
Please be punctual as we need to start the first race on time in order to fit in the busy timetable of events. First race must commence by 11am.

Venue: Swimming pool at The Castle Rock School, LE67 4BR

Parking: Please park in the Castle Rock bus park and walk up to the swimming pool.

Age group: Years 5/6 **ONLY**

Number of pupils:

<u>Minimum</u> 8 children	<u>Maximum</u> 16 children
<ul style="list-style-type: none"> • 2 Year 5 boys • 2 Year 6 boys • 2 Year 5 girls • 2 Year 6 girls 	<ul style="list-style-type: none"> • 4 Year 5 boys • 4 Year 6 boys • 4 Year 5 girls • 4 Year 6 girls

Target group: All swimmers are eligible to enter as long as they can comfortably swim 25m and are in years 5 and 6.

Equipment:

- All competitors must wear a swimming hat.
- Goggles are not permitted unless teachers have received written permission for them to do so.
- All swimmers should come ready changed with swimsuits under their clothes to get changed poolside to minimise congestion in the changing rooms. Changing rooms will be available after the gala.

Format:

- Each individual swimmer may only compete in 2 individual races and 2 relays.

- Due to the pool only having 4 lanes there may be two heats for each event depending on the number of schools participating.
- All pupils will be timed and places allocated according to their times. Results will be collated across the galas to select the team to go through to the level 3 School Games
- Results will be e-mailed to schools as soon as they have been collated.

Rules:

- Swimmers must be in the water for all starts and changeovers.
- Swimmers competing in backstroke events must start, swim and finish on their backs.
- To avoid disqualification in all races the swimmer must swim from start to end of the race. If they stop and hold the lane rope or stand up and walk during the race they will be disqualified.
- Pupils must touch the poolside with BOTH HANDS together at the finish and change-over of all breaststroke & butterfly events
- To avoid disqualification in relays the outgoing swimmer must wait for the incoming swimmer to touch the side of the pool before pushing off.
- Medley relay - four swimmers in the following order, backstroke, breaststroke, butterfly & freestyle

Spectators:

Unfortunately, due to health and safety regulations and the popularity of this event **there is no capacity for spectators.** Please specify how many adults will be accompanying your team and inform parents that they will not be able to watch this event.

Progression:

The winning school will represent North West Leicestershire at level 3 School Games Championships on Friday 29th April 2022, 2:30 – 6:30pm at Uppingham School.
Please note that at level 3 teams will consist of 8 children: 2 Year 5 boys & 2 Year 6 boys and 2 Year 5 girls & 2 Year 6 girls



SWIMMING GALA

ORDER OF EVENTS

	EVENT
1	1 LENGTH BREASTSTROKE Y5 GIRLS
2	1 LENGTH BREASTSTROKE Y5 BOYS
3	1 LENGTH BREASTSTROKE Y6 GIRLS
4	1 LENGTH BREASTSTROKE Y6 BOYS
5	1 LENGTH BUTTERFLY Y5 GIRLS
6	1 LENGTH BUTTERFLY Y5 BOYS
7	1 LENGTH BUTTERFLY Y6 GIRLS
8	1 LENGTH BUTTERFLY Y6 BOYS
9	1 LENGTH BACKSTROKE Y5 GIRLS
10	1 LENGTH BACKSTROKE Y5 BOYS
11	1 LENGTH BACKSTROKE Y6 GIRLS
12	1 LENGTH BACKSTROKE Y6 BOYS
13	1 LENGTH FREESTYLE Y5 GIRLS
14	1 LENGTH FREESTYLE Y5 BOYS
15	1 LENGTH FREESTYLE Y6 GIRLS
16	1 LENGTH FREESTYLE Y6 BOYS
17	4 X 1 LENGTH Y5 MIXED MEDLEY RELAY (2 GIRLS & 2 BOYS)
18	4 X 1 LENGTH Y6 MIXED MEDLEY RELAY (2 GIRLS & 2 BOYS)
Medley relay order: Backstroke – Breaststroke – Butterfly - Freestyle	
19	4 X 1 LENGTH Y5 MIXED FREESTYLE RELAY (2 GIRLS & 2 BOYS)
20	4 X 1 LENGTH Y6 MIXED FREESTYLE RELAY (2 GIRLS & 2 BOYS)



SWIMMING GALA

TEAM SHEET

Medley relay order:

1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle

SCHOOL:

TEAM MANAGER:

Team size:

Minimum: 8 children: 2 Year 5 boys & 2 Year 6 boys and 2 Year 5 girls & 2 Year 6 girls

Maximum: 16 children: 4 Year 5 boys & 4 Year 6 boys and 4 Year 5 girls & 4 Year 6 girls

Each child must compete in one or two individual events and one or both relays.

Please note that at level 3 teams will consist of 8 children: 2 year 5 & 2 year 6 boys and 2 year 5 & 2 year 6 girls

EVENT	Y5 GIRLS	Y5 BOYS	Y6 GIRLS	Y6 BOYS
1 LENGTH BREASTSTROKE				
1 LENGTH BUTTERFLY				
1 LENGTH BACKSTROKE				
1 LENGTH FREESTYLE				
4 X 1 LENGTH Y5 MEDLEY			XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX
			XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX
4 X 1 LENGTH Y6 MEDLEY	XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX		
	XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX		
4 X 1 LENGTH Y5 FREESTYLE			XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX
			XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX
4 X 1 LENGTH Y6 FREESTYLE	XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX		
	XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX		



NEW AGE KURLING

Performance Event- Refer to page 1 for more information

Intent: 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.

Date: Tuesday 1st March 2022

Time/Venue: 9.15am – 11.00am @ Forest Way School
1.15pm – 2.45pm @ Ibstock Community College

Age Group: Years 3-6

Gender: Open mixed (no stipulation on numbers of boys and girls)

Number of pupils: 4 pupils per team, 1 team per school. If you would like to enter a second team please contact nwlssp@castlerocksch.uk.

Format:

- Teams will be made up of 4 children per team.
- To be confirmed closer to event – likely to be round robin format with the aim of maximum participation for all players.

Target group:

- Pupils with a physical, learning disability or co-ordination difficulty from all special and mainstream schools.
- The event is aimed at beginner level children who have not had opportunity to represent the school at other sports events.

Rules:

- In teams players will alternate in delivering their kurling stones towards the target.
- The game is scored by awarding one point for every kurling stone of the same colour closer to the middle of the target than the nearest opposing kurling stone.
- There will be 3 ends (games) per match (time permitting).
- More information is available at: <http://www.gbcurling.co.uk/>

Equipment:

- All games can be played from a seated / kneeling position so clothing requirements are flexible – ideally sports clothing will be worn and suitable indoor footwear.
- It is advised participants bring drinks.

Progression:

The winning team from the Level 2 final will progress to a Level 3 competition at Loughborough University on 6th April 2022. Timings TBC.



QUICK STICKS HOCKEY

Performance Event- Refer to page 1 for more information

Date/time/venue: Yr 3/4 – 16th March 2022 3pm–6pm @ Ivanhoe College
Yr 3/4 – 17th March 2022 3:30pm–6pm @ The Castle Rock School
Yr 5/6 – 23rd March 2022 3pm–6pm @ Ivanhoe College
Yr 5/6 – 24th March 2022 3:30pm–6pm @ The Castle Rock School

Please note that buses & mini buses will only be allowed on site to drop off and pick up, no parking will be available on site during the games.

Final: Both finals will take place on the 31st March 2022 @ The Castle Rock School

Age group: Years 3/4 and 5/6

Gender: Mixed
Minimum of 2 girls in a team and one girl on the pitch at any one time

Number of pupils: Squads of 6, 4 players on the pitch & 2 subs.
At level 3 competitions substitutes will be used to support coaching and officiating
There are no goalkeepers.
Schools can bring 1 team, however if you would like to bring another please contact nwlssp@castlerocksch.uk and if space allows we will accommodate this request.

Target Group: All pupils are eligible to play in this competition

Format:

- Schools will be put into pools and will play other teams 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 7 – 10 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.

Rules:

- A centre pass starts the game, alternating between the teams and at the start of each period, with all players in their own half, 3 meters away from the ball.
- In order to score, a player must shoot from within the 'shooting zone'.
 - For our competition the shooting zone will be the final third of the pitch. At the Level 3 competition this is likely to be a D.
- A Penalty Goal is awarded if a defending player stops the ball crossing the goal-line with their feet or body.

- A Free Pass is taken from where the offence occurs, opposing players must be 3 meters away from the ball. The Free Pass taker may only touch the ball once before it is touched by another player.
- Goalkeepers are not allowed – players must not continually defend from the goal line.

A Free Pass is awarded when;

- The ball crosses the side line; taken from where the ball left the pitch
- The ball crosses the back line by the attacking team; taken from the edge of the shooting zone in line with where the ball leaves the pitch, other team in their own half
- The ball crosses the back line by the defending team; taken from the edge of the shooting zone on the side of the goal the ball crossed the line – cannot score directly.
- A player kicks, propels, picks up, throws or carries the ball (it is not an offence if the ball touches the players foot, only if it breaks down play or creates a disadvantage).
- Attempts to play a ball above the knee with a stick.
- Uses the (rounded) back side of the stick.
- Whilst striking the ball, causes any actual or possible danger to themselves or other players.
- Obstructs by running between the ball and opponent.
- Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire.

Equipment:

Pupils will need to wear PE kit and will need to bring their own drink.
Shin pads and mouth guards are advisable.

Where possible, please bring sticks. Please notify us in advance if you need to borrow wooden sticks as they are limited.

Pathway:

Participants of the competition will be given information on local hockey clubs.

Progression:

The winning team from the Level 2 Year 5/6 final will progress to a Level 3 competition. Date, time and venue TBC. There is no Year 3 / 4 pathway.



PERSONAL BEST FESTIVAL – KS2

Festival Event- Refer to page 1 for more information

<u>Date/Time/Venue:</u>	Wednesday 30 th March 2022 @ Ashby School 9.15am-10.30am Wednesday 30 th March 2022 @ Ashby School 11.00am-12.15pm
<u>Age Group:</u>	KS2
<u>Gender:</u>	Mixed
<u>Number of Pupils</u>	Maximum of 10 pupils per school, any number of boys/girls.
<u>Intent:</u>	To support individual development in sport.
<u>Target Group:</u>	Low self-esteem issues, low sporting ability, in need of a positive sporting experience, haven't represented school at anything else and need encouragement to be active.
<u>Aim:</u>	The aim of this event is to provide a positive, fun and engaging sporting experience for children who may have low self-esteem/low sporting ability and those who view sport in a negative light. The event is designed to teach children about determination, resilience and self-improvement to help their confidence and teach them to see challenges as opportunities to grow. It has been proven that having a growth mind set can improve a child's progress & attainment.
<u>How will it work:</u>	<p>Schools will identify up to 10 KS2 pupils who would benefit from this experience and complete the challenges in their school and record their personal best score on their personal best passport prior to the face to face event. This can be done once but ideally multiple times.</p> <p>At the face to face event the pupils will complete the same challenges as before and attempt to beat their personal best. This event is all about being the best they can be and trying to beat their own scores, not competing against other pupils.</p>
<u>Format</u>	Upon arrival pupils will be put into mixed teams with pupils from other schools to rotate around the 4 personal best challenge stations which will be randomly selected from the Best Fest passport. These stations are the same activity for Year 3/4 and Year 5/6 pupils but can be adapted to be better suited to the age of the pupil taking part.
<u>Equipment:</u>	All students must wear PE kit with all jewellery removed and long hair tied back, pupils should also bring their own water bottle and their personal best passport.



ORIENTEERING Y5/6

Performance Event- Refer to page 1 for more information

Intent: 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.

<u>DATE:</u>	5 th April 2022
<u>TIME:</u>	9.45am – 2.30pm with times allocated (TBC)
<u>VENUE:</u>	Donisthorpe Woodlands
<u>YEAR GROUP (S):</u>	Y5/6
<u>GENDER:</u>	Mixed teams
<u>TEAM SIZE:</u>	Initial limit of 26 pupils per school (increasing dependant on entries) <u>Recommended ratio:</u> Minimum of 1 teacher to 8 teams/16 children (max).

Rules

- Pupils will be set off at intervals in pairs.
- Results generated for each pair.
- School results = 4 highest scoring pairs.
- 10 points per control.
- Minus 5 points for each minute over the 30-minute time limit.

Format

- A network of points (controls) are planned across a mapped site.
- Set start and finish locations, with start times staggered.
- Pairs will be given a copy of the course map, just before starting.
- Pairs have an electronic "dibber" to show they have visited a control (Each dibber cost £40 if lost, this is payable by the school).
- The aim is for teams to visit as many marked controls and return to the finish line in under 30mins.
- Controls can be visited in any order.

On Arrival

- On arrival you will need to sign in and provide the SSP with a list off all the children you have competing. No children's names will be required before the event but we will need a copy to keep while the children are competing, this will be returned to you or destroyed after the event and will only be used in an emergency. This document will follow in the pre event email.

Map Walk

- In order to speed up the preparation process, increase children's understanding prior to the day and due to reduction in core SSP staffing, schools will be sent a video of the map walk and start line which children must be shown before arriving. **Teachers will also need to do the map walk with their teams.**

During the event

- Due to the size of this event each school will be required to provide 2 members of staff to patrol a section on the course for the 25/30 mins that their school is competing. This is a necessity for all schools.

Equipment:

- **EACH PAIR WILL NEED A STOPWATCH/WATCH**
- Appropriate outdoor clothing (as it traditionally rains) including:
 - Waterproof coat
 - Footwear to run on grass, mud, and hard surfaces
 - Warm clothing in case of cold weather
 - Full leg covering clothes
 - Change/dry clothes or warm coat to travel back to school
 - Drinks and additional items as required.
- NWLSSP & Leicestershire Orienteering Club will provide maps, checkpoints and all associated event equipment.
- We ask that all schools wear distinctive clothing so that your children can be identified on the course- bibs, school branded clothing etc.

Further information on the sport:

<http://www.leioc.org.uk/>

<http://www.leioc.org.uk/new-to-o/>

Some additional opportunities.

Event name	Location	Date	Entries
Yvette Baker Trophy heat (Children Aged 6 to 18)	Burbage Common, Hinckley	Sunday 3 April 2022	Probably turn up on the day, might have to pre-enter (depends on Covid regulations) Entry fee £3
Yvette Baker Trophy final *	Irchester Country Park, Northamptonshire	Sunday 3 July 2022	Pre-enter through the Leicestershire club Entry fee £6
British Schools Score Championship year 5 to year 13	Shipley Park, Heanor, South Derbyshire	Saturday 8th October 2022	Pre-enter through the Derbyshire club Entry fee £6
British Schools Score Championship year 5 to year 13	Leicestershire, probably Bagworth Woodlands	Saturday 14 th October 2023	Pre-enter through the Leicestershire club Entry fee £6

* Yvette Baker Trophy is an inter-club, or near inter-county, competition for juniors in England and Wales.

All events may run as pairs, mixed pair scores in boys competition.

Five children from Worthington primary school went to the Yvette Baker Trophy Final at Sandringham in 2019.

If either of these might be of interest then contact Roger Edwards of the Leicestershire Orienteering Club- rwmhedwards@gmail.com

British School Score Championship, is much like the Donisthorpe event, there are normally few complete teams from UK primary schools. Any school with a full team of four should do well. Leicestershire schools have won the primary and the small secondary championship in the past.



QUADKIDS - YEAR 3/4

Performance Event- Refer to page 1 for more information

DATE:

Virtual results deadline – Wednesday 18th May 2022

FORMAT:

Schools must complete each of the events listed below within their school and record scores (using the form below) for teams of up to 5 boys and 5 girls. We will not require name so please don't provide any.

Scores should be submitted to nwlssp@castlerocksch.uk no later than 12pm on the 18/5/22

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. See details below.

Score sheets & details on the final are found below.



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				



QUAD KIDS FINAL – YEAR 3/4

<u>DATE:</u>	8 th June 2022
<u>TIME:</u>	3:30pm – 6:00pm
<u>VENUE:</u>	Ashby School
<u>GENDER:</u>	Mixed
<u>NUMBER OF PUPILS:</u>	<p>1 Team per school can attend the final</p> <p>Minimum of 4 boys and 4 girls per team</p> <p>Maximum of 5 boys and 5 girls per team</p> <p>The top 4 boys' scores and the top 4 girls' scores over the 4 events will be added together for the team score</p>
<u>EVENTS:</u>	<p>50 metre sprint</p> <p>400 metre run</p> <p>Vortex Howler (approx. 32cm long) throw (max. 2 step run up)</p> <p>Standing Long Jump</p> <p>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.</p> <p>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.</p>
<u>PATHWAY:</u>	TBC



QUADKIDS - YEAR 5/6

Performance Event- Refer to page 1 for more information

DATE:

Results deadline – **Wednesday 18th May 2022**

FORMAT:

Schools must complete each of the events listed below within their school and record scores (using the form below) for teams of up to 5 boys and 5 girls. **We will not require name so please don't provide any.**

Scores should be submitted to nwlssp@castlerocksch.uk no later than 12pm on the 18/5/22

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.

Score sheets & details on the final are found below.



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				



QUAD KIDS FINAL – YEAR 5/6

<u>DATE:</u>	9 th June 2022
<u>TIME:</u>	3:30pm – 6:00pm
<u>VENUE:</u>	Ashby School
<u>GENDER:</u>	Mixed
<u>NUMBER OF PUPILS:</u>	<p>1 Team per school can attend the final</p> <p>Minimum of 4 boys and 4 girls per team</p> <p>Maximum of 5 boys and 5 girls per team</p> <p>The top 4 boys' scores and the top 4 girls' scores over the 4 events will be added together for the team score</p>
<u>EVENTS:</u>	<p>75 metre sprint</p> <p>600 metre run</p> <p>Vortex Howler (approx. 32cm long) throw (max. 2 step run up)</p> <p>Standing Long Jump</p> <p>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.</p> <p>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.</p>
<u>PATHWAY:</u>	TBC



VIRTUAL EVENTS

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

Each term new virtual events will become available.

1. **Virtual Challenge** – Deadline 12pm on Friday 1st April 2022.
2. **Inclusive –Boccia & New Age Kurling** -Deadline 12pm on Friday 1st April 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

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





VIRTUAL CHALLENGES

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

Date: Results to be submitted to nwlssp@castlerocksch.uk by 12pm on Friday 1st April 2022.

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

Target age group:

- Year 3/4 and Year 5/6 (separate competitions)
- No limit on number of results submitted.

What Virtual Challenges are on offer this term?

- For this term we are offering Virtual Challenges for:
- Basketball
- Hockey
- Skipping

Format/How does it work?

- Download the personal best card from our website or email 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 to be entered into the competition.

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

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

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

Scoring for the competition:

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



INCLUSIVE - Boccia Skills Challenge

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

Date: Results to be submitted to nwlssp@castlerocksch.uk by 12pm on Friday 1st April 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
Refer to page 1 and Target group below for more information	

Date: Results to be submitted to nwlssp@castlerocksch.uk by 12pm on Friday 1st April 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