



North West Leicestershire School Sports Partnership

Autumn term booklet 2021-22

The following competition structure will enable more individual young people to represent your school in sport or physical activity at a level that is appropriate to their interests and competencies. Each competition has been allocated to a tier, with a description of the tiers as follows. Please ensure that you are aware of the tier of competition so that you can select your teams appropriately.

Performance Competition	<p>Performance based competitions catering for the most talented athletes and teams that your school can field, subject to some eligibility criteria (e.g. National Governing Body age restrictions on competitions). These competitions are an opportunity to showcase the sporting prowess of your school and for teams to progress to County finals and in most competitions to Regional and National finals. We would advocate an 'in it to win it' approach to team selection for these competitions, however this does not mean that schools with 'weaker' sides should not enter as the local SSPAN and County Final structure will allow each school to perform at their relevant level as it has done so in the past.</p>
Development Competition	<p>A newly branded strand of competitive school sport where the focus is to increase the number of individual pupils that represent schools. These competitions provide the opportunity for less-engaged students, or those that are engaged but are perhaps less talented in traditional sports, to participate in non-traditional competitions. The ideal model for this is that the pupils that represent a school in the 'Performance Competitions' would not be eligible to play in 'Development Competitions', though we understand that there may be some crossover for smaller schools.</p> <p>This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered football and rugby players into dodgeball competitions, we aim to limit this so that other pupils may have the opportunity to represent their school at sport, rather than the most talented few monopolising the competition offer. The number of competitions has therefore not increased, but the new focus caters for an increase in the number of individual pupils that participate.</p> <p>The structure and format of these events may differ slightly with the potential introduction of alternative scoring and adapted rules implemented to assist with the provision of a more appropriate level of competition for the participants involved.</p>
Engagement Festival	<p>Competitions / Events that have the potential for different pupils, outside of the above competition pathways to represent their school in an event that is first and foremost about taking part and developing skills through sport. (Both physical and sport-transferable skills as well as life skills).</p>



Competition Intent



Some event pages will feature a section called competition intent. These events will be run with the intent of developing one or more of the skills outlined below.

To develop character and life skills

Young people do not always see or access the wider benefits from taking part in competitive sport. This theme shows that designing a competition around the process rather than focusing on the outcome (single measure of success) can help develop the children and young people's character and life skills.

To develop different sport specific skills

A school sport competition should be a learning environment for the young people. It is very common that young people attending competitions may still need to develop their skills further. Incorporating skill development within a competition is an excellent way for the young people to learn and help them to understand how the skills link to the game itself. This can support the development of Physical Literacy for all young people and should not be seen as an approach only for younger less able pupils.

To engage new audiences

Young people have different motivations to taking part in sport. Enjoyment is the biggest driver for activity (Active Lives Children and Young People Survey, Sport England, 2019).

To improve health

If a single measure of success acts as a demotivator – utilising different approaches and celebrating success that is relative to the individual can help motivate and improve health.

To increase motivation

Young people are motivated to take part in sport and competition for a variety of different reasons. Understanding your young people's motivations is the key to this theme. Designing competitions to increase a young person's motivations is a great way to ensure they continue to participate in the future.

To foster social connections

Young people grow and mature at different rates, which has shown to impact on their performance in sport. Sport is typically played in chronological age groups but current research would suggest until the age of nine or ten, a child's month of birth can have an impact on selection within sport (relative age effect). Biological maturation is known to be a predictor of a young person's fitness and performance; young people who are advanced in maturation are likely to be identified as those with talent. However, young people who mature earlier are likely to play to their strengths (i.e. size, strength and power), meaning that they are less likely to develop their tactical and technical skills. Late maturers are often overlooked as being too small and therefore not provided with opportunities.

To develop physical skills

Sport, physical activity and competition provides opportunities for young people to develop physical literacy skills in a fun environment at a level that is appropriate to them.

To support individual development in sport

Sport can have a positive impact on developing young people as individuals. Whether a competition is for teams or individuals, there is still the opportunity to focus on individual development. This theme highlights the process of learning and values development of the young person rather than the result of the competition.



Table Tennis Year 5/6 – Girls

Performance Event- Refer to page 1 for more information

- Date:** Tuesday 21st September 2021
- Time:** 3.10pm-5.40pm
- Venue:** The Newbridge School
- Age Group:** Year 5/6
- Gender:** Girls
- Number of pupils:** 4 players per team (limit of 1 team per school)
- Target Group:** All pupils are eligible to play.
- Format:** This event will be delivered on a pooled or knockout basis with matches consisting of the following format:
- Schools will need to rank players in each team 1-4 based on ability, with 1 being the strongest.
 - Player 1 v Player 1, 2 v 2, 3 v 3, 4 v 4
 - Player 1 v Player 2, 2 v 1, 3 v 4, 4 v 3
 - 3 points for a win, 1 for a loss.
 - If teams are still tied on points then overall score difference will decide the match winner. If the match is still tied then a single first to 5 points game will be played by the no. 1 player from each team.
- Rules:** See below for full rules.
- Pathway:** It is expected the winning team will go on to represent NWLSSP at the County final on Thursday 18th November 2021, 9.30am-12pm at Knighton Park Table Tennis Club.



Year 5/6 Table Tennis – Boys

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

- Date:** Wednesday 22nd September 2021
- Time:** 3.10pm-5.40pm
- Venue:** The Newbridge School
- Age Group:** Year 5/6
- Gender:** Boys
- Number of pupils:** 4 players per team (limit of 1 team per school).
- Target Group:** All pupils are eligible to play.
- Format:** This event will be delivered on a pool or knockout basis with matches consisting of the following format:
- Schools will need to rank players in each team 1-4 based on ability, with 1 being the strongest.
 - Player 1 v Player 1, 2 v 2, 3 v 3, 4 v 4
 - Player 1 v Player 2, 2 v 1, 3 v 4, 4 v 3
 - 3 points for a win, 1 for a loss.
- If teams are tied on points, then overall score difference will decide the match winner. If the match is still tied, then a single first to 5 points game will be played by the no. 1 player from each team.
- Rules:** See below for full rules.
- Pathway:** It is expected the winning team will go on to represent NWLSSP at the County Final on Thursday 18th November 2021, 12.30pm-3pm at Knighton Park Table Tennis Club.

Table Tennis Rules

Starting the game/serving

- The person who wins the toss or rock paper scissors, will serve first in the first game; after 2 points, the receiver becomes the server and so on after each 2 points until the end of the game.
- If 10-10 is reached, the service is alternate.
- A good service starts with the ball resting on the palm of the hand with the ball thrown upwards about 6 inches (15cm); the server hits the ball from behind the end of the table so it bounces on their side of the table and then on the other side.
- A good return is made when the receiver hits the ball over the net on to the other side of the table.

How to play a point

- Each player strikes the ball after it has bounced once on their side of the table, to clear the net and land on the opponent's side.
- A point finishes when the ball is hit by the player and it does not bounce on the other side of the table – i.e. it misses the table or into the net
- A point is won/lost when:
 - A player misses the ball
 - The ball bounces twice
 - The ball does not land on the table
 - The ball does not clear the net

Lets

- A 'let' service is when the server serves the ball and it touches the net and hits the other side; the service is repeated until good.
- A 'let' will be called by the umpire if a ball comes into the playing area from an adjoining table.

Scoring:

- A game is won by the player first scoring 11 points, with a clear gap lead of 2 points; if both players score 10 points, then the game is won when one player has a lead of 2 clear points e.g. 13-11.