



NWLSSP Events booklet



Virtual Festivals/Competitions

September – December

As a result of the COVID-19 pandemic and its impact on schools, particularly in terms of attending competitions and events, we are expanding our virtual competition and festival offer for 2020/21.

This year we will be providing 10 virtual festivals/competitions for you to choose from. All of these competitions are based on events that we normally run so you should be familiar with the activities and games being played, however if you aren't, they are simple and easy to follow and SSP staff are always here to help.

What is on offer?

1. Athletics- Level 2 Competition/Pathway to level 3
2. Disability Athletics- Level 2 Competition/Pathway to level 3
3. Dance Off- Festival- A partnership wide virtual video
4. Archery-Level 2 Competition
5. Boccia Skill Challenge- Level 2 Competition
6. Dodgeball- Level 2 Competition
7. New age kurling skill challenge- Level 2 Competition
8. Tri golf- Level 2 Competition
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 with the aim of pupils having as much fun as possible while learning new skills or sports. Any of the resources and activities can be arranged in any way to suit your school and your needs, scoring isn't the primary goal but 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, School Games Mark 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, both of which can contribute towards your School Games Mark award.

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- School Games Mark / Evidencing - If you run a competition within your school in a sport outlined on the School Games website, record the necessary information, upload the event onto the School Games website and keep evidence that it happened such as registers, score sheets, fixtures, results, photos/videos,



social media post and promotional material, then this event can count towards your School Games Mark award.

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 which will count towards your School Games Mark award. Please note that for competitions to be fair and equal schools need to follow the game cards and scoring system precisely.

School Games Mark / Evidencing - Traditionally the NWLSSP can verify your attendance at Level 2 events for School Games Mark applications, however as it is virtual it is important that you keep as much evidence as possible including registers, score sheets, fixtures, results, photos/videos, social media post and promotional material. This evidence will need to be kept and potentially checked by a NWLSSP staff member in the event that the School Games Mark criteria requires it.

We will confirm in our records and on the School Games website that you have taken part in the Level 2 competition.

Level 3 Sports Hall Athletics- The winning Level 2 school will have their scores entered into the Level 3 virtual event to represent the North West Leicestershire area.

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/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 staff these events, particularly those that require additional help to run.

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 December deadline for most events means that you can structure the events to be done in one session, over a couple of sessions or even over a half term to allow you maximum flexibility.

The Primary Ambassadors workshops will be going live on 29th September 2020 via <https://www.nwleics-ssp.org.uk>. You will receive more information about the programme at the meeting along with a follow up email with further details.

Booking on a Virtual Event

Booking on a virtual competition and festival is the same 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
- Go to the events page
- Selecting the competition/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/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 others do require specific equipment.

If there is an event that you wish to run but you do not have the equipment the SSP does have a limited amount of equipment that we could loan you for a set period of time.

Please email nwlssp@castlerocksch.uk to book in the equipment as it is on a first come first served basis.

Post Event

Schools are advised to keep the following information for all events as evidence for School Games Mark awards. **Please be aware that these are requirements if entering the Level 2 events.**

- Registers
- Leadership record - a log of who helped
- Pictures/videos
- Fixtures/scoresheets
- Promotional material (emails or posters)
- Social media posts



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





Sportshall Athletics

(Level 2 Competition with Pathway to Level 3)

Date: Results to be submitted to etaylor@castlerocksch.uk by 12pm on Monday 16th November.

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:

- Festival: Years 3 – 6
- Competition: Year 3, 4, 5, 6 (separate competitions)

What is this event?

- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.
- You will be able to take part in 5 stations as a class or bubble.
- You can submit these spreadsheets to the SSP to see:
 1. How your class or bubble did against your school/other schools
 2. For us to find your best athletics per year group (across classes/bubbles) to see who will progress to the Level 3 competition

Format/How does it work?

Competition

Results must adhere to Sportshall Athletics Virtual Format and be submitted to NWLSSP to be involved the Level 2 event. The best school from each area will then be submitted to LRS for the County Level 3 Final.

- Complete in groups of up to 40, per class or bubble.
- Input the results into the spreadsheet provided.
- Submit results to the SSP.
- The top 5 boys and 5 girls for each station earn you points towards your total.
- Each station will have an activity card outlining the game and the point scoring system.
- The stations are:
 - Standing long jump, speed bounce, shuttle run, vertical jump, chest push.
- Opportunity to be listed on the National League Tables.

Festival (Personal Best)

Mass engagement model allowing schools to run “personal best” type intra school event without having to compare their results against any other schools.

- Pupils will compete individually to achieve their personal best.
- They will get as many attempts as they like on each activity before they move on.
- There are 5 stations in total
 - Standing long jump, speed bounce, shuttle run, vertical jump, chest push.
- All stations can be adapted to suit the equipment you have in school.
- No results have to be submitted to the NWLSSP.
- No results have to be inputted into the spreadsheet.

Timings:

Please note this competition can be run in conjunction with the Disability Sportshall Athletics.

If you wish to run the event with all stations in one day, we would estimate the event to take about 60 minutes, with 40 minutes of activity time at stations and 20 minutes for set up, change over and rule



explanation. Another way in which you can run this event is by running 1 station per session and run the event over a couple days or weeks.

Staffing:

Please note this competition can be run in conjunction with the Disability Sportshall Athletics. There should be one leader per station to record the results. We understand staffing may be an issue for schools so would recommend either training up the groups to record other scores in a peer to peer model or running 1 station per session and run the event over a couple days or weeks. To run in full in one 60 minute session we recommend 5 - 8 staff members/leaders.

Equipment:

Each station has an activity card that outlines all the equipment required for that station however they are based around the following:

- Standing long jump (mat)
- Speed bounce
- Stopwatch
- Cones
- Tape measure
- Vertical jump
- Size 5 basketball

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

For the competition we can lend you all the equipment via our booking system.

Competition Scoring

- This event is scored on either time or distance.
- You are not limited to how many classes or bubbles you submit per age group.
- All results should be inputted into the spreadsheet provided and sent to the SSP.

Festival Scoring (optional)

- Completing the spreadsheet will tell you the top 5 boys and 5 girls for each station.
- You can award house points or certificates using this information if you wish.



Disability Sportshall Athletics

(Level 2 Competition with Pathway to Level 3)

Date: Results to be submitted to etaylor@castlerocksch.uk by 12pm on Monday 16th November.

Aim:

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

Target age group:

- Festival: Years 3 – 6
- Competition: Year 3, 4, 5, 6 (separate competitions)

What is this event?

- This is a fun skill-based event designed to be fully inclusive for all pupils to take part.
- You will be able to take part in 5 stations as an individual while doing the Sportshall athletics competition as a class or bubble.
- You can submit these scores to the SSP to see
 1. How you class or bubble did against your school/other schools.
 2. For us to submit your score for Level 3 competition.

Format/How does it work?

Competition

Results must adhere to Sportshall Athletics Virtual Format and be submitted to NWLSSP to be involved the Level 2 event. The athletes scores will then be submitted to LRS for the County Level 3 Final.

- Complete as individuals.
- Input the results into the spreadsheet provided.
- Submit results to the SSP.
- Each station will have an activity card outlining the game and the point scoring system.
- The stations are:
 - Standing long jump, speed bounce, shuttle run, vertical jump, chest push.
- Opportunity to be listed on the National League Tables.

Festival (Personal Best)

Mass engagement model allowing schools to run “personal best” type intra school event without having to compare their results against any other schools.

- Pupils will compete individually to achieve their personal best.
- They will get as many attempts as they like on each activity before they move on.
- There are 5 stations in total
 - Standing long jump, speed bounce, shuttle run, vertical jump, chest push.
- All stations can be adapted to suit the equipment you have in school.
- No results have to be submitted to the NWLSSP.
- No results have to be inputted into the spreadsheet.

Timings:

Please note this competition can be run in conjunction with the Sportshall Athletics event.

If you wish to run the event with all stations in one day, we would estimate the event to take about 60 minutes, with 40 minutes of activity time at stations and 20 minutes for set up, change over and



rule explanation. Another way in which you can run this event is by running 1 station per session and run the event over a couple days or weeks.

Staffing:

Please note this competition can be run in conjunction with the Sportshall Athletics event. There should be one leader per station to record the results. We understand staffing may be an issue for schools so would recommend, either training up the groups to record other scores in a peer to peer model or running 1 station per session and run the event over a couple days or weeks. To run in full in one 60-minute session we recommend 5 - 8 staff members/leaders.

Equipment:

Each station has an activity card that outlines all the equipment required for that station however they are based around the following:

- Standing long jump (mat)
- Speed bounce
- Stopwatch
- Cones
- Tape measure
- Vertical jump
- Size 5 basketball

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

For the competition we can lend you all the equipment via our booking system.

Competition Scoring

- This event is scored on either time or distance.
- You are not limited to how many pupils you submit per age group.
- All results should be inputted into the spreadsheet provided and sent to the SSP.

Festival Scoring (optional)

- Completing the spreadsheet will tell you the top 5 boys and 5 girls for each station.
- You can award house points or certificates using this information if you wish.



NWLSSP Virtual Dance Off

(Level 1 Festival & Partnership wide compilation video)

Date: Deadline to submit Dance Off videos by 12pm on Wednesday 18th November.

Aim:

Create a dance routine being as creative as you like. Have fun, learn new moves, and teach each other, with the option of sharing your dance with other bubbles within your school and the wider partnership through the NWLSSP Virtual Dance off video!

Target age group:

- EYFS – Year 6

What is this event?

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

Format/How does it work?

Video Submission – book on by 7th October

- We would like to be able to celebrate everyone who chooses to run a dance festival, to do this we are looking to put together a video compilation of everyone's dancing to a pre-set song.
- We will send out a poll to everyone who books on with a list of songs, we will then pick the top songs as options for people to choose to dance to.
- The dance should last at least 40 seconds.
- Your school will feature in our partnership wide dance video to the song you chose to dance.
- Dances will need to be submitted via "We Transfer"
 - Upload your video to <https://wetransfer.com/> and send the download link to nwlssp@castlerocksch.uk
- To be part of this compilation video please ensure that any children featured in the video that you submit to us can have their image up on social media.

Festival

This event will take place within your own school and not appear within the video.

- All abilities and styles of dance from wake and shake to Just Dance or any dances you are already planning this term e.g. linked to Bonfire Night, Halloween, Diwali or Christmas themes.
- Choose your own music.
- Recommend dances to be between 30 – 60 seconds long each, however this is at your discretion.
- If space allows, consider having everyone in the hall in bubble groups and then a group will get up and perform.
- If space does not allow you can film performances before the festival and watch them all over an agreed morning or afternoon.
- We recommend each dancer can take part in up to 2 dances (this can be as a group, bubble, solo or duets), however this is at your discretion.



Timings

Timings will depend on several different factors.

- Number of teams who enter
- Learning in advance
- Times between performances

Staffing

Each group will ideally need a leader, this can either be a young person from your school or a staff member.

Equipment:

- You can use any equipment you like.

Festival Scoring (Optional):

- Normally we do not score our dance festival however you may wish to do this to help involve everyone in the class or bubble.
- **Notes to consider**
 - Scoring should be done fairly without causing alarm or distress to any of the performers.
 - Get the children to score the dances as a group therefore it is a group decision and not on an individual decision.
 - Consider an internal scoring system where the children vote and agree on a score as a bubble/class. This can then be shared out the next day with a leader board.
 - We suggest that you score based on the Spirit of the Games Values.



Archery Year 3/4 & 5/6

(Level 2 Competition)

Date: Results to be submitted to knaismith@castlerocksch.uk by 12pm on Monday 7th December.

Aim:

For young people to try archery and compete against other children of the same age virtually across the NWL area.

Target Group:

- Year 3/4 and Years 5/6 (separate competitions)
- Archery is a particularly good sport to engage your low sporting ability and SEND children.

Format/how does it work?

- Split pupils into teams of 8 – no maximum number of teams.
- Each child in the team will shoot 6 ends of 6 arrows each, ensuring each child has the opportunity to shoot 36 arrows in the competition.
- Year 3/4 - The target must be 5m from the shooting line.
- Year 5/6 - The target must be 7m from the shooting line.

Timings:

You may need to run this event over several sessions to get all the ends completed. It may be easiest to get each child to fire 2 ends per session and extend the competition over 3 sessions, although if you prefer you can still aim to get all 6 ends done in a single session.

Staffing:

For this event it is recommended that there is at least 1 teacher per 4 targets to record the scores for it.

Equipment:

- Bows
- Arrows
- Targets
- Cones
- Wrist guards are recommended but not required.

The NWLSSP can loan out equipment to schools, but they will be lent out and required back on specific dates to ensure as many schools as possible have access to the equipment whilst still abiding by Covid-19 policies.

Scoring:

- This event is scored; more information is in the resource pack.
- You will need to submit scores per team who plays.



Archery (Festival)

Aim:

For young people to try archery and enjoy getting used to using the bow and shooting the arrows.

Target Group:

- Year 3/4 & Year 5/6
- Archery is a particularly good sport to use to engage your inactive and SEND pupils with.

Format:

- There are three games stations, and one straight shooting station for the children to rotate around.
- Station one is a water bottle shooting station, station two is a balloon popping station, station three is a game that involved shooting and throwing bean bags and station four is just a normal target practice station.
- Children should spend around 15 minutes on each station.

Timings: Overall, we estimate this festival to take about 1 hour & 15 minutes, of which 60 minutes is activity time and 15 additional minutes for station changeover and explanation.

Staffing: For this event, it is recommended that there is one staff member per station to supervise and assist the children. If you don't have four staff members available in one session, you could run fewer stations and run the other stations in the next session.

Equipment:

- Bows
- Arrows
- Targets
- Cones of different colours
- Balloons
- Water bottles (partially filled)
- Beanbags

The NWLSSP can loan out equipment to schools, but they will be lent out and required back on specific dates to ensure as many schools as possible have access to the equipment whilst still abiding by Covid-19 policies.

Each station card will have the required equipment listed for it for that station.

Scoring:

This event is a festival and so will not be scored, however children could keep track of their individual scores if they chose to.



Boccia Skills Challenge

(Level 2 Competition)

Date: Results to be submitted to dkendrick@castlerocksch.uk by 12pm on Monday 7th December.

Aim:

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

Target age group:

- **Festival:** Years 1 – 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?

- 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?

Competition

- Pupils should be split into teams of 3. Each station can have a max of 2 teams playing at the same time to keep the games competitive.
- Players will get 10 minutes on each station before moving onto a new station.
- 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 5 stations in total.
- Each station will work on developing the skills required for a boccia game.
- They will also get the opportunity to play a boccia game, the points from the game are not added to the team's final score.

Festival

- Pupils should be split into groups of a maximum 6 per station.
- Players will get 10 minutes on each station before moving onto a new station.
- There are 5 stations in total.
- Each station will work on developing the skills required for a boccia game. They will also get the opportunity to play a game.

Timings:

Overall, this event should take about 90 minutes to run, of which 60 minutes is active time spent on the station and the remaining 30 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.



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

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 full event in one day we recommend 5 staff/leaders.

Equipment:

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

- Boccia balls – 2 per pupil
- Jacks (white boccia ball)
- Tape or thrown down lines
- Benches
- Chairs or benches (1 chair per pupil or 1 bench per station)
- Buckets
- Hula hoops
- Target mat (new age kurling or similar)

For the festival, adaptations can be made if you do not have the equipment required so please contact us for support. For the competition we can lend you all the equipment via our booking system if required.

Scoring for the competition:

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



Dodgeball

(Level 2 Competition)

Date: Results to be submitted to brushe@castlerocksch.uk by 12pm on Monday 7th December.

Aim:

For young people to try dodgeball 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:

- Years 5/6

What is this event?

- A team event where in groups of 6+ participants, players try and score as many points on each of the 4 activities as possible in the given time frame.

Format/How does it work?

Competition

- Teams of 6+ players rotate through the 4 challenge stations.
- Teams are allowed a practice before commencing a 5-minute scoring period.
- Ensure game cards are followed precisely for Level 2 entry.
- Once all 4 challenges have been completed scores are added together to give team score.

Dodgeball Festival

- Split teams in equal groups.
- Teams get 5 minutes on each station before rotating onto a new station
- There are 4 stations for you to choose from.
- Feel free to use the four competition stations, plus a traditional game of dodgeball for your festival.
- Alternatively feel free to use the alternative resources available on www.yourschoolgames.com in the resource section.

Timings:

Competition - If you wish to run the event with all challenges in one day, we would estimate the event to take about 45 minutes, with 20 minutes of scoring activity time at the challenges and 25 minutes for set up, change over, rule explanation and quick practice time.

Festival - If you wish to run the event with all games in one day, we would estimate the event to take about 65 minutes, with 40 minutes of scoring activity time at the challenges and 25 minutes for set up, change over, rule explanation and quick practice time. Timings will vary for the conditioned games and can be used as a progression.

Staffing:

A great opportunity for your Ambassadors or Play Coaches to help staff this event. Recommend having 1-2 leading and scoring each of the games with a teacher overseeing the event. 4-8 leaders in total.

Equipment:



Each station has an activity card that outlines all the equipment required for that activity however they are based around the following:

- Dodgeball or a soft ball that can ideally fit in one hand, larger than a tennis ball. Otherwise a ball that can be thrown with both hands.
- Cones/with ball on top.
- Light larger balls.
- Markings for wall such as tapes, chalk, paper.

For the festival, adaptations can be made if you do not have the equipment required.

Scoring:

- This event is scored; more information is in the resource pack.
- You will need to submit scores per team who plays.



New Age Kurling Skills Challenge

(Level 2 Competition)

Date: Results to be submitted to etaylor@castlerocksch.uk by 12pm on Monday 7th December.

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:

- **Festival:** Years 1 – 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?

- 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?

Competition

- Pupils should be split into teams of 4. Each station can have a max of 2 teams playing at the same time to keep the games competitive.
- Players will get 10 minutes on each station before moving onto a new station.
- 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 5 stations in total.
- Each station will work on a different skill required for a new age kurling game.
- They will also get the opportunity to play a new age kurling game, the points from the game are not added to the team's final score.

Festival

- Pupils should be split into groups of a maximum 8 per station.
- They will get 10 minutes on each station before they move onto a new station.
- There are 5 stations in total.
- Each station will work on a different skill required for a new age kurling game. They will also get the opportunity to play a new age kurling game.

Timings:

Overall, this event should take about 90 minutes to run, of which 60 minutes is active time spent on the station and the remaining 30 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.



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

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 full event in one day we recommend 5 staff members/leaders.

Equipment:

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

- New age kurling stones – 1 per pupil minimum
- New age kurling target mat/target mat/coloured paper/tape
- Tape
- Thrown down lines
- Water bottles (empty)

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

For the competition we can lend you all the equipment via our booking system.

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.



Tri Golf Year 3/4 & 5/6

(Level 2 Competition)

Date: Results to be submitted to knaismith@castlerocksch.uk by 12pm on Monday 7th December.

Aim:

For children to have a go and engage with tri golf in a competitive environment.

Target Group:

- Year 3/4 and Years 5/6 (separate competitions)

What is this event?

- A team event where in groups of 8+ participants, players try and score as many points on each of the activities as possible in the given time frame.

Format/how does it work?

Competition

- Pupils should be split into teams of 8+ children per team – you should aim for an even split of girls and boys, although we do recognise this may not be possible within smaller schools/with the current bubbles.
- Teams rotate around 8 tri golf-based skill stations, spending 5 minutes at each station.
- Each station will have an activity card outlining the station and the point scoring system.
- Scores will need to be recorded on each station for the total number of points gained overall by the whole team on the scoring sheets provided.

Festival

- Pupils should be split into teams of 8+ children per team.
- 8 skill-based stations will be set up, following the instructions shown on the activity cards provided to each school.
- Children will then rotate round the 8 stations, spending 5 minutes at each station.
- Stations can be adapted in terms of distance and equipment to aid the children and the school.
- You don't have to run all the stations; you can pick and choose the stations you wish to run.
- This event is a festival and so won't be scored, however children can keep track of their own score if they choose to.

Timings:

If you wish to run the event with all stations in one day, we would estimate the event to take about 70 minutes, with 40 minutes of activity time at stations and 30 minutes for change over, rule explanation and quick practice time. Another way in which you can run this event is by running 2 stations a session over 4 sessions to allow for appropriate staffing of each station.

Staffing:

There should be one staff member per station to record the results. We understand staffing may be an issue for schools so would recommend running 2 stations at a time and having two staff members to score a station each. Year 5/6 ambassadors may be able to assist you with scoring the stations, in which case you may be able to set up more stations per session. To run this event in one day you would need 8 staff members/ambassadors available to score each station.



Equipment:

- Tri golf equipment
- Cones

This can be borrowed from the NWLSSP upon request, however please note that schools will have a specific amount of time they can borrow this for in order to allow for as many schools as possible to use the equipment whilst also abiding by Covid-19 guidelines.

Station Specific Rules:

- All distances displayed on the activity cards must be followed in order to compete in the Level 2 competition.
- Unless specified otherwise on the activity card there is only one ball to be used per 5 children, **children need to run out and collect their own ball** as soon as they have hit it and pass it onto the next child.
- Children may have their own putter and chipper to prevent the passing over of clubs each turn.
- Practice is allowed before the scoring starts, but once the game officially starts there is only 5 minutes allowed to score as many points as possible (unless stated otherwise on the activity card).
- For the Bullseye Station the target should be on the floor, not propped up.
- PLEASE NOTE:
 - For the Finders Keepers Station if all the cones are hit and collected a staff member/ambassador should as quickly as possible put the cones back out at the correct distances again. It may help to have these distances pre-measured on the floor in tape to assist in a quick reset.
 - For the Dominoes Station if all the cones are hit and collected a staff member/ambassador should as quickly as possible put the cones back out at the correct distances again. It may help to have these distances pre-measured on the floor in tape to assist in a quick reset.



Multi-Skill **(Festival)**

Aim:

For young people to enjoy playing new activities and be excited about taking part, developing the correct skills and having fun.

Target age group:

- Year 1/2

What is this event?

- This is a fun skill-based festival designed to be fully inclusive for all pupils to take part.

Format/How does it work?

- Pupils will be split into 8 equal sized groups
- They rotate through 8 skill-based stations, spending 5 minutes at each station.
- There are 12 stations in total to choose from - recommended that 8 stations are selected.
- Each station will be a different skill-based challenge.
- All stations can be adapted to suit the equipment you have in school, however they are based on developing agility, balance, co-ordination, running, jumping, throwing, and catching.

Timings:

Overall, this event should take about 60 - 70 minutes to run, of which 40 minutes is active time spent on the stations and the remaining 20 - 30 minutes is set up, change over and explanation time. As this event is a festival you can adjust the timings as appropriate for your children or run the event over several weeks.

Staffing:

Due to the simplicity of the games it is possible for staff to monitor 2 side by side stations at the same time. Schools can set out 2 - 4 stations a week for the children to try. You can also adjust the amount of time the children spend at each station to give them longer to perfect the skills if needed. If you do have enough members of staff available, you could set out more stations at a time. To run in full on one day we recommend 4 – 8 staff/leaders.

Equipment:

Each station has an activity card that outlines all the equipment required for that station. The list below is roughly what you need.

- | | | |
|---------------------------------|------------------|-------------------|
| • Cones | • Hurdles | • Bucket |
| • Soft balls | • Bean bags | • 1 metre rulers |
| • Tennis balls | • Tennis rackets | • Skittles |
| • Floor markers/flat cones/tape | • Ladders | • Skipping ropes |
| • Hula hoops | • Stopwatches | • Benches |
| | • Speed bounces | • Gymnastics mats |

Adaptations can be made if you do not have the equipment required for a station, contact us for support.

Scoring:

This event is not scored.



Multi-Sport **(Festival)**

Aim:

For young people to enjoy playing new sports and activities and be excited about taking part, developing the correct skills and having fun.

Target Group:

- Year 2/3

What is this event?

- This is a fun skill-based festival designed to be fully inclusive for all pupils to take part.

Format/How does it work?

- Pupils are split into 8 equally sized groups.
- They rotate through 8 skill-based stations, spending 5 minutes at each station.
- Each station will have a different sport themed activity.
- All stations can be changed and adapted to suit the equipment and time you have available to run this event.

Timings:

Overall, this event should take about 60 - 70 minutes to run, of which 40 minutes is active time spent on the stations and the remaining 20 - 30 minutes is set up, change over and explanation time. As this event is a festival you can adjust the timings as appropriate for your children or run the event over several weeks.

Staffing:

For this event you can run it with 2 members of staff, and simply put out 2 stations a week for the children to have a go at. You can also adjust the amount of time the children spend at each station to give them longer to perfect the skills if needed. If you do have enough members of staff available, you could set out more stations at any one time. To run in full on one day we recommend 4 – 8 staff/leaders.

Equipment:

Each station has an activity card that outlines all the equipment required for that station. The below is roughly what you need.

- | | | |
|--------------------|--------------------------|-------------------|
| • Basketball | • Standing long jump mat | • Tennis racquets |
| • Cricket stumps | • Hockey sticks | • Tennis balls |
| • Cricket bat | • Hockey balls | • Footballs |
| • Cricket balls | • Rugby balls | • Cones |
| • Speed bounce mat | | |

Adaptations can be made if you do not have the equipment required for that sport or if you want to include a different sport, contact us for support.

Scoring:

This event is a festival and so is not scored, however children can keep track of their own scores if they wish.



Inclusive Multi-Sport (Festival)

Aim:

For young people with SEND and beginner level children to enjoy playing new sport and activities, while being excited about taking part, developing the correct skills and having fun.

Target age group:

- Year 1 – 4
- SEND
- Beginner level children

What is this event?

- This is a fun skill-based festival designed to be fully inclusive for all pupils to take part.
- All stations can be adapted to suit the equipment you have in school however they are based on the following games:
 - Boccia, new age kurling, sitting volleyball, athletics, handball and football.

Format/How does it work?

- Pupils to be split into equal groups.
- Players will get a minimum of 10 minutes on each station before moving onto a new station.
- There are 6 potential stations in total- however not all 6 must be done.
- Each station will be a different sport or skill-based challenge.

Timings:

Overall, this event should take about 90 minutes to run, of which 60 minutes is active time spent on the station and the remaining 30 minutes is set up, change over and explanation time. As this event is a festival you can adjust the timings as appropriate for your children or run the event over several weeks.

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 the couple of several weeks.

Equipment:

Each station has an activity card that outlines all the equipment required for that station. However, see below a rough outline of required equipment.

- | | | |
|---|---------------------------|----------------------------|
| • Cones | • Beach balls or balloons | • Soft ball |
| • Boccia set | • Ladders | • Floor markers/flat cones |
| • New age kurling set | • Hurdles | • Goal or hula hoop |
| • Indoor net (tennis or badminton, tape can be used as alternative) | • Long jump mat | • Goals & soft football |
| | • Speed bounce mat | |

Adaptations can be made if you do not have the equipment required for a station

Scoring:

This event is not scored, however if you feel appropriate a scoring/reward system can be introduced.



Deadline for submitting scores

1. Athletics- <u>Level 2 Competition</u> / Pathway to level 3	Monday 16 th November
2. Disability Athletics- <u>Level 2 Competition</u> / Pathway to level 3	Monday 16 th November
3. Dance- <u>Festival- A partnership wide virtual video</u>	Wednesday 18 th November
4. Archery- <u>Level 2 Competition</u>	Monday 7 th December
5. Boccia Skill Challenge- <u>Level 2 Competition</u>	Monday 7 th December
6. Dodgeball- <u>Level 2 Competition</u>	Monday 7 th December
7. New Age Kurling skill challenge- <u>Level 2 Competition</u>	Monday 7 th December
8. Tri Golf- <u>Level 2 Competition</u>	Monday 7 th December
9. Multi-Skill	No deadline date
10. Multi-Sport	No deadline date
11. Inclusive Multi Sport	No deadline date