

North West Leicestershire School Sports Partnership

Autumn term booklet 2023-24

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.

Excel Competition	<p>Excel 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>In this category 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 'Excel 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>
Inspire Event	<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>



GIRLS' FOOTBALL FESTIVAL – ALBERT VILLAGE F.C.

Inspire Event - Refer to page 1 and Target Group below for more information

Date and Venue: Tuesday 19th September 2023 @ Donisthorpe Woodlands

Time: Year 3/4: 9:15am – 12:30pm
Year 5/6: 1:15pm – 4:30pm

Gender: Girls

Number of Pupils: Maximum of 6 pupils per school.

Target Group: Girls who **do not currently play football for your school team/for a football club**. The aim of this festival is to encourage girls into football and provide a fun and positive footballing experience for new and inexperienced players.

Format:

- Girls will be mixed up into teams with girls from other schools and will then rotate around 6 fun skill based stations.
- These stations are ran by young leaders/club representatives.
- Once the girls have been to each station they will get the chance to play some friendly football matches in their mixed school teams. Scores will not be kept from the games.

Equipment: NWLSSP will provide appropriate footballs for the competition.

All students must wear PE kit, **football boots and shin pads** with all jewellery removed and long hair tied back. Students should bring their own water bottles.



GIRLS' FOOTBALL FESTIVAL – COALVILLE

Inspire Event - Refer to page 1 and Target group below for more information

Date and Venue: Wednesday 20th September 2023 @ Coalville Town F.C.

Time:
Year 3/4: 9:15am – 12:30pm
Year 5/6: 1:15pm – 4:30pm

Gender: Girls

Number of Pupils: Maximum of 6 pupils per school.

Target Group: Girls who **do not currently play football for your school team/for a football club.** The aim of this festival is to encourage girls into football and provide a fun and positive footballing experience for new and inexperienced players.

Format:

- Girls will be mixed up into teams with girls from other schools and then rotate around 6 fun skill based stations.
- These stations are ran by young leaders/club representatives.
- Once the girls have been to each station they will get the chance to play some friendly football matches in their mixed school teams. Scores will not be kept from the games.

Equipment: NWLSSP will provide appropriate footballs for the competition.

All students must wear PE kit, **football boots and shinpads** with all jewellery removed and long hair tied back. Students should bring their own water bottles.



Table Tennis Year 5/6 – Girls

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

<u>Date:</u>	Tuesday 26 th September 2023
<u>Time:</u>	3:00pm-5:30pm
<u>Venue:</u>	The Newbridge School
<u>Age Group:</u>	Year 5/6
<u>Gender:</u>	Girls
<u>Number of pupils:</u>	4 players per team (limit of 2 team per school)
<u>Target Group:</u>	All pupils are eligible to play.
<u>Format:</u>	<p>This event will be delivered on a pooled or <u>knockout</u> basis with matches consisting of the following format:</p> <ul style="list-style-type: none">○ 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.
<u>Rules:</u>	See below for full rules.
<u>Pathway:</u>	The winning team will go on to represent NWLSSP at the County final, which is TBC



Year 5/6 Table Tennis – Boys

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

<u>Date:</u>	Wednesday 27 th September 2023
<u>Time:</u>	3:00pm-5:30pm
<u>Venue:</u>	The Newbridge School
<u>Age Group:</u>	Year 5/6
<u>Gender:</u>	Boys
<u>Number of pupils:</u>	4 players per team (limit of 2 team per school).
<u>Target Group:</u>	All pupils are eligible to play.
<u>Format:</u>	<p>This event will be delivered on a pool or <u>knockout</u> basis with matches consisting of the following format:</p> <ul style="list-style-type: none">○ 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.
<u>Rules:</u>	See below for full rules.
<u>Pathway:</u>	The winning team will go on to represent NWLSSP at the County final, which is TBC



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.



GIRLS' FOOTBALL COMPETITION YEAR 5/6

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

- Date:** Tuesday 3rd October 2023
- Time:** 3.00pm – 6:00pm (please note – finish time may change depending on entries)
- Venue:** Coalville Town F.C., Owen Street, Coalville, LE67 3DA
- Age group:** Years 5/6 **ONLY**
- Number of pupils:** A squad of up to 10 girls with 7 playing at any one time, 1 of whom shall be the goalkeeper (max of 1 team per school, if you would like to enter more than 1 team please email nwlssp@castlerock.org.uk to be added to a wait list).
- Target group:** All year 5/6 girls are eligible to play.
- Equipment:** Pupils must wear PE kit **including shin pads and football boots**. Long hair must be tied back and all jewellery removed.
- Back Up Date:** **If this event is unable to run due to waterlogged pitches on the day the venue of this event will be moved to Tuesday 10th October 2023.**
- 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.
 - Depending on the number of entries matches will be between 7-12 minutes.
 - The pitches will be approximately 65m x 40m depending on the number of pitches required and the conditions of the pitches.
 - The competition shall be governed in accordance with the Rules and Regulations of the Football Association for this age group.
- This includes:
- Using size 4 footballs.
 - Opponents must retreat to their own half from a goal kick.
 - Points will be awarded in the round robin or pool stage as follows: 3 points for a win, 2 points for a draw and 1 point for a loss.
 - In the event of two or more teams being equal on points the head to head results shall take precedence, followed by goal difference, if goal difference is equal the team that has conceded the fewest goals shall take precedence. If the teams are still tied, kicks from the penalty mark will take place.
 - In the event of a draw in the knockout stage the match will go to 5 minutes of extra time one way, if it is still a draw at the end of this time the outcome will be decided by penalties.
 - Substitutes shall be permitted at any time during the game, with the referee's permission and players may re-enter the game.
- Progression:** Winners will progress to represent NWLSSP in the Pokémon Cup on Thursday 9th November 2023 (Small School Girls) & Saturday 11th November 2023 (Non-small School Girls).



TAG RUGBY YEAR 5/6

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

- Dates and Venues:** Wednesday 4th October 2023 – Ashby Rugby Club (LE65 1DP)
Thursday 5th October 2023 – Coalville Rugby Club (LE67 5PF)
- Time:** 12:00pm – 5:30pm
- Age Group:** Year 5/6
- Gender:** Teams must have a minimum of 4 boys and 4 girls in the squad, with at least 2 boys and 2 girls on the pitch at all times.
- Number of Pupils:** Teams of 8-a-side, max squad of 12 (limit of 2 teams per school) If you would like to enter more than 1 team please email [c](#) to be added to a wait list.
- Target Group:** All pupils in the relevant age groups are eligible to compete.
- Format:**
- Schools will be put into pools and will play other schools in the pool in a round robin format.
 - Games will be two halves of a minimum of 6 minutes and a maximum of 10 minutes each way with 1 minute for half time. This may be changed 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.
- Equipment:**
- Pupils will **need** to wear PE kit and **BOOTS**.
 - Each school will need to bring their own tag belts.
 - Appropriate clothing for outdoor activity is recommended.
 - Pupils will need to bring their own drinks.
- Rules:**
- See below.
- Pathway:**
- All participants will be given information on Coalville RFC and Ashby RFC on the day of the competition.
 - There is no level 3 progression for this event.



Tag Rugby Rules

Rules video- does not cover all rules but may help understand the main rules. <https://youtu.be/oCJvI0sm2NI>

Accompanying rules slide for video- <https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/02/Rules-of-Tag-Rugby-1.pdf>

Ball Carrying

- The ball must be carried in two hands and players must not obstruct the tags using the ball.

Free pass

- A free pass from the centre of the pitch is used to start the game, and after every time a try is scored. It is also used at the side of the pitch when the ball goes out of bounds from where the referee determines.
- Free passes cannot be taken nearer than 7m from the goal line. The pass must go backwards to a member of the team starting 2m away from the taker. Opponents must be 7m away.

Scoring

- To score a try the ball must be placed down behind the opponents scoring line (**no diving**).

Passing

- Passes must be made sideways or backwards. If the ball is passed forward or handed to a team mate the opposition is awarded a free pass.
- All passes should have air between the passer, the ball and the catcher. If there is no air between the pass it will be deemed a grab and a free pass awarded to the opposition.
- The ball cannot be slapped or grabbed out of an opposing players' hands. If the ball is slapped/grabbed out of a player hands a free pass will be awarded.

The Tag

- The tag is the removal of one of the tags from the ball carriers belt. The ball carrier can dodge but not prevent their tags being taken. Players must have 2 tags to be part of the game.
- When the ball carrier is tagged they must pass the ball within 3 seconds or 3 steps, the ball carrier has 1 step to score a try once tagged.
- After being tagged the player must retrieve and re-attach their tag before re-joining the game. The player making the tag must give the tag back to the player it came from and must not throw it on the floor.

Knock on

- A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded to the opposition.

Offside

- This is the hardest concept for the children to understand.
- An imaginary offside line is created horizontally across the pitch when a "tag" has been made.
- The defending team must get behind this line to continue playing and are only allowed over this line once the tagged player passes the ball.
- Defending players that cross this line and affect play are offside.
- This stops them from standing in passing lanes and pulling tags before receiving the ball.

Penalties (Turn Over)

- Passing the ball forward/dropping the ball and it goes forward.
- Slapping, grabbing/snatching the ball off someone (your team or another team).
- Spinning to stop being tagged.
- Diving to score, pass or tag
- Contact in any form.

Free Pass

- Being offside and interfering with play (catching the ball, tagging a player, gets in the way of a pass).
- Contact in any form.



MULTI-SPORT FESTIVALS

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

Date, Time and Venue:

Wednesday 11th October 2023 - 10:30am – 12:00pm – Arrive from 10:15am – Whitwick and Coalville Leisure Centre.

Wednesday 11th October 2023 - 1:00pm – 2:30pm – Arrive from 12:45pm – Whitwick and Coalville Leisure Centre.

Thursday 12th October 2023– 9:30am – 11:00am – Arrive from 9:15am – Ashby School.

Thursday 12th October 2023– 1:30pm – 3:00pm – Arrive from 1:15pm – Ashby School.

Age group:

Year 2/3

Gender:

Mixed

Number of pupils:

Maximum of 30 pupils per school.

Intent:

To develop physical skills.

Target group:

- This is a fun skill based festival designed to be fully inclusive for all pupils to take part.
- Ideally schools will provide opportunity for any pupils who have not already experienced level 2 competitions.

Format:

- Pupils will be split into groups of approximately 10 children from different schools, depending upon the total number of children at the festival.
- Pupils will then take part in multi-sport based challenges to develop hand – eye coordination, movement and spatial awareness.
- These will be skill based for a number of sports.
- Pupils will rotate around the 10 stations.

Equipment:

Pupils will need to wear PE kit and bring their own drink.

Additional information:

The festival will not be scored. The young person should simply be excited about taking part, developing the correct skills and having fun.

NOTE: Remember to detail number of pupils you are bringing on the website 1-30 pupils.



INCLUSIVE MULTI-SPORT

Inspire Event - Refer to page 1 for more information

<u>Date:</u>	Tuesday 24 th October 2023
<u>Times & Venues:</u>	9:30am – 11:00am @ Forest Way School- Arrive from 9:15am. 1:30pm – 2:45pm @ Ibstock CC- Arrive from 1:15pm.
<u>Age Group:</u>	Year 1 - 4
<u>Gender:</u>	Mixed
<u>Number of Pupils:</u>	Initial limit of maximum 12 pupils per school.
<u>Intent:</u>	To develop physical skills.
<u>Target Group:</u>	<p>Pupils with a <u>physical, learning disability or co-ordination difficulty</u> from all special and mainstream schools.</p> <p>The event is aimed at beginner level children who have not had the opportunity to represent the school at other sports events.</p>
<u>Format:</u>	<ul style="list-style-type: none">• The festival will focus on fun and skill development.• Pupils will be split into groups, depending upon the total number of children at the festival.• Pupils will take part in multi-sport skill based challenges.• Pupils will rotate around the stations.
<u>Equipment:</u>	Pupils will need to wear PE kit and trainers. Pupils will need to bring their own drink.
<u>Additional Information:</u>	The festival may be scored but this is secondary to taking part, developing skills and having fun.

NOTE: Remember to detail number of pupils you are bringing on the website 1-12 pupils.



MULTI-SKILL FESTIVAL

Inspire Event - Refer to page 1 for more information

<u>Date, Time and Venue:</u>	Wednesday 25 th October 2023 – 10:30am – 12:00pm – Arrive from 10:15am – Whitwick and Coalville Leisure Centre. Wednesday 25 th October 2023 – 1:00pm – 2:30pm – Arrive from 12:45pm – Whitwick and Coalville Leisure Centre. Thursday 26 th October 2023– 9:30am – 11:00am – Arrive from 9:15am – Ashby School. Thursday 26 th October 2023– 1:30pm – 3:00pm – Arrive from 1:15pm – Ashby School.
<u>Age Group:</u>	Year 1/2
<u>Gender:</u>	Mixed
<u>Number of Pupils:</u>	Maximum of 30 pupils per school.
<u>Intent:</u>	To develop physical skills.
<u>Target Group:</u>	This is a fun skill based festival designed to be fully inclusive for all pupils to take part.
<u>Format:</u>	<ul style="list-style-type: none">• Pupils will be split into groups of approximately 10 children, depending upon the total number of children at the festival.• Pupils will then take part in multi skill based challenges that develop their agility, balance and co-ordination, these will include running, jumping, throwing and catching.• Pupils will rotate around the 10 stations.
<u>Equipment</u>	Pupils will need to wear PE kit and arrive already changed. They will also need to bring their own drink.
<u>Additional Information:</u>	The festival will not be scored. The young person should simply be excited about taking part, developing the correct skill and having fun.
<u>NOTE: Remember to detail number of pupils you are bringing on the website 1-30 pupils.</u>	



SPORTS HALL ATHLETICS YEAR 5/6

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

<u>Date & Time:</u>	Tuesday 31 st October 2023 1:00pm – 3:30pm Tuesday 31 st October 2023 3:30pm – 5:45pm Thursday 2 nd November 2023 3:30pm – 5:45pm
<u>Venue:</u>	Ibstock Community College, Ibstock, LE67 6NE
<u>Age Group:</u>	Year 5/6
<u>Gender:</u>	Mixed girls and boys
<u>Number of pupils:</u>	Maximum of 15 girls and 15 boys, minimum 9 girls and 9 boys. Schools that have less than 100 pupils can join with another small school.
<u>Target Group:</u>	All pupils are eligible to compete.
<u>Format:</u>	<ul style="list-style-type: none">• This is a fun, team-based format with an exciting range of relay races and 6 field events.• Race descriptions are available via the following link and selecting “sports hall handbook” http://www.sportshall.org/primary/primary-sportshall• Pupils are able to complete a maximum of two track and two field events.
<u>Equipment:</u>	Pupils will need to wear PE kit and bring their own drink.
<u>Progression:</u>	The winning team will go on to represent NWLSSP in the Level 3 County finals. Date and times TBC.



DANCE FESTIVAL

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

<u>Date:</u>	Thursday 9 th November 2023
<u>Time:</u>	4:30pm – 7:00pm – No parents, schools or participants are permitted on school site before 4.00pm.
<u>Venue:</u>	Ivanhoe College, North St, Ashby-de-la-Zouch LE65 1HX
<u>Age group:</u>	KS1 and KS2 – Depending on entries, likely to be one session with timetabled slots.
<u>Gender:</u>	Mixed or single sex groups
<u>Number of pupils:</u>	Up to one full class
<u>Target group:</u>	This is open to all pupils and the intention is for children to share their performances with children from other schools.
<u>Spectators:</u>	Spectators will be allowed and this will be done on a ticketed basis, the number of spectators per child will be decided once we have confirmed the number of schools attending.
<u>Format:</u>	<ul style="list-style-type: none">• All abilities and styles of dance from wake and shake to pop or any dances you are already planning this term e.g. linked to Bonfire Night, Halloween, Diwali or Christmas themes.• Choose your own music.• Dances to be no longer than 3 minutes each.
<u>Equipment:</u>	Pupils will need to wear PE kit or clothing suitable for dance, costumes welcome. Pupils will need to bring their own drink.
<u>Additional information:</u>	Please detail on the pre-event e-mail the total number of pupils and staff you will be bringing and the number and length of each dance. We will require you to send over the music you intend on dancing to via WeTransfer.



DODGEBALL FESTIVAL

Inspire Event - Refer to page 1 and Target group below for more information

Date and Venue Year 3/4 – Monday 20th November 2023 @ The Castle Rock School, Meadow Lane, Coalville, LE67 4BR

Year 5/6 – Tuesday 21nd November 2023 @ Ashby School, Range Road, Ashby, LE65 1DT

Time: 3:30pm – 5:30pm

Gender: Mixed

Number of Pupils Maximum of 10 pupils per school, any number of boys/girls. If you would like bring more children please email nwlssp@castlerock.org.uk and if possible, we will attempt to accommodate this request.

Intent: To engage new audiences.

Target Group: Strictly for pupils who have not represented their school at (level 2) inter school competition and that you would not consider bringing to a competitive dodgeball competition.

Format

- Children will be mixed up with other schools and play against each other in a round robin format.
- Games will be played on a badminton size court.
- Matches will finish when the first team legally eliminates all opposing players. A 2 minute time limit applies to games and if neither team has been eliminated by the end of the match, the team with the greater number of players remaining will be the winners.

Rules:

The object of the game is to eliminate all opposing players by getting them OUT. This may be done by;

- Hitting the opposing player with a LIVE thrown ball below the shoulders – no head shots allowed.
- Catching a LIVE ball thrown by the opposition before it touches the ground.
- If a player is out they can return to live play if a member of their team catches a live ball.

'Live' definition

- A ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc.).

Boundaries

- During play all players must remain within the boundary lines. Players may leave and enter the boundaries through their end line only to retrieve balls.

Opening Rush

- 3 balls are placed along the centre line. Players start behind the end line, touching the wall and on the official's start they 'rush' in and collect any of the balls. They must then ensure that they pass the ball backwards to a member of their team before they are allowed to strike the opposition.

Equipment: NWLSSP will provide appropriate balls for the competition. All students must wear PE kit with all jewellery removed and long hair tied back.

Progression: There is no level 3 progression for this event.



DODGEBALL DEVELOPMENT COMPETITION

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

<u>Date and Venues:</u>	Tuesday 21 st November 2023 @ Ibstock College, Central Avenue, Ibstock, LE67 6NA Wednesday 22 nd November 2023 @ Ibstock College, Central Avenue, Ibstock, LE67 6NA
<u>Time:</u>	3:30pm–5:30pm
<u>Age Group:</u>	Year 5/6
<u>Gender:</u>	Mixed: 4 girls & 4 boys
<u>Number of Pupils:</u>	6 players on court at any one time, 8 players in a team. 2 girls and 2 boys to be on court to start a match. Maximum 1 team per school. If you would like to add another team please email nwlssp@castlerock.org.uk to be added to the reserve list.
<u>Target Group:</u>	Strictly for pupils who you would not bring to a performance event. This event is targeted at pupils who are above inspire standard but are not excel standard.
<u>Format</u>	<ul style="list-style-type: none">• Schools will play against each other in a round robin format.• Games will be played on a badminton size court.• Matches will finish when the first team legally eliminates all opposing players. A 2-minute time limit applies to games and if neither team has been eliminated by the end of the match, the team with the greater number of players remaining will be the winners.• Schools will each have three “power play” cards to use throughout the competition, these cards may say things like “start with all the balls” or “defend the bib” and can only be used once in the tournament. Only one school can use a power play at a time, if two schools both want to use a power play in the same match then the teams will decide who gets to use it by playing rock, paper, scissors.
<u>Rules:</u>	<p>The object of the game is to eliminate all opposing players by getting them OUT. This may be done by;</p> <ul style="list-style-type: none">• Hitting the opposing player with a LIVE thrown ball below the shoulders – no head shots allowed.• Catching a LIVE ball thrown by the opposition before it touches the ground.• If a player is out they can return to live play if a member of their team catches a live ball. <p>‘Live’ definition</p> <ul style="list-style-type: none">• A ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc.). <p>Boundaries</p> <ul style="list-style-type: none">• During play all players must remain within the boundary lines. Players may leave and enter the boundaries through their end line only to retrieve balls. <p>Opening Rush</p> <ul style="list-style-type: none">• 3 balls are placed along the centre line. Players start behind the end line, touching the wall and on the official’s start they ‘rush’ in and collect any of the balls. The ball then must touch their own wall before they are allowed to strike the opposition.
<u>Equipment:</u>	NWLSSP will provide appropriate balls for the competition. All students must wear PE kit with all jewellery removed and long hair tied back.
<u>Progression:</u>	There is no level 3 progression for this event.



DODGEBALL YEAR 5/6 EXCEL COMPETITION

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

Dates, Times & Venues:

Monday 27th November 2023 @ Castle Rock – 3:30pm – 5:45pm

Tuesday 28th November 2023 @ Ashby School - 3:30pm – 5:45pm

Thursday 30th November 2023 @ Ibstock CC – 3:30pm – 5:45pm

Final – Thursday 7th December 2023 @ Ibstock CC – 3:30pm - 4:15pm

Age Group:

Year 5/6

Gender:

Mixed: 4 girls & 4 boys

Number of Pupils:

6 players on court at any one time, 8 players in a squad. 3 girls and 3 boys to start each game. **Please note that squad sizes and gender split may be different at the County Finals.** Maximum of 2 teams per school. If you would like to add another team please email nwlssp@castlerock.org.uk to be added to the reserve list.

Format:

- Schools will play against each other in a round robin format.
- Games will be played on a badminton size court.
- Matches will finish when the first team legally eliminates all opposing players. A 2 minute time limit applies to games and if neither team has been eliminated by the end of the match, the team with the greater number of players remaining will be the winners.
- Schools will each have three “power play” cards to use throughout the competition, these cards may say things like “start with all the balls” or “defend the bib” and can only be used once in the tournament. Only one school can use a power play at a time, if two schools both want to use a power play in the same match then the teams will decide who gets to use it by playing rock, paper, scissors.

Rules:

The object of the game is to eliminate all opposing players by getting them OUT. This may be done by;

- Hitting the opposing player with a LIVE thrown ball below the shoulders – No head shots allowed.
- Catching a LIVE ball thrown by the opposition before it touches the ground.
- If a player is out they can return to live play if a member of their team catches a live ball.

‘Live’ definition

- A ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).

Boundaries

- During play all players must remain within the boundary lines. Players may leave and enter the boundaries through their end line only to retrieve balls.

Opening Rush

- 3 balls are placed along the centre line. Players start behind the end line, touching the wall and on the official’s start they ‘rush’ in and collect any of the balls. They must then ensure that they pass the ball backwards to a member of their team before they are allowed to strike the opposition.

Equipment:

NWLSSP will provide appropriate balls for the competition. All students must wear PE kit with all jewellery removed and long hair tied back.

Progression:

The winning team will go on to represent NWLSSP in the Level 3 County finals. Date and times TBC.



Sports Hall Athletics

(Level 2 Competition with Pathway to Level 3)

Development	Excel/Performance
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Date: Results to be submitted to Kirsty.naismith@castlerock.org.uk

Declaring whether the spreadsheet is for development or excel competition, schools can enter both but not with the same children by 12pm on Thursday 1st December 2023.

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:

- Year 3, 4, 5, 6 (separate competitions)
- Minimum of 5 boys and 5 girls per age group.
- No max limit on teams

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.
- You can submit these spreadsheets to the SSP to see:
 1. How you 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 best school from each area in both the development and excel/performance competitions will then be submitted to LRS for the County Level 3 Final.

- Complete in groups of up to 40 per spreadsheet. (You can use more than 1 spreadsheet).
- Input the results into the spreadsheet provided.
- Submit results to the SSP.
- The top 5 boys and 5 girls for **each station** earn points towards team total.
 - Please note this is not the best 5 across all stations, but the BEST 5 in each station.
- 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.

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

Competition Scoring

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



PERSONAL BEST FEST

Inspire Event - Refer to page 1 and Target group below for more information

<u>Date, Time and Venue:</u>	Wednesday 13 th December 2023 @ The Castle Rock School, Meadow Lane, LE67 4BR 9:15am-11:00am
<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 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.