North West Leicestershire School Sports Partnership

Spring Term Booklet 2026 - 2027

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	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.
Development Competition	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. 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. 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.
Inspire Event	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).

BOCCIA KS2

Excel Event- Refer to page 1 for more information

Date: Tuesday 12th January 2027

Venue/Time: 9:15am – 11:00am @ Forest Way School
12:30pm – 2:30pm @ Ibstock School

Age Group: Years 3 – 6

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

Number of pupils: Each school is allowed 1 team, made up of 4 children per team. This will be different at level 3. If you would like to enter additional teams please email angus.youles@castlerock.org.uk

Target group:

- Pupils with a physical disability, and/or SLD (severe learning disability)/MLD (mild learning disability) from all special and mainstream schools, ideally those who have not had the opportunity to represent their school at other sporting events. All participants on a team must have either a physical disability, SLD or MLD in order for the team to be eligible to progress to level 3.
- Should a team field ineligible a player/team on the day then they cannot win the competition.

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 – please bear in mind court dimensions may be adjusted in order to fit the required amount of courts in).

Equipment:

- All games can 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 is TBC.

BASKETBALL YEAR 5/6 - EXCEL

Excel Event- Refer to page 1 for more information

Date/Venues/Times: Monday 18th January 2027 – Castle Rock – 3:30pm to 5:30pm
Thursday 21st January 2027 – Ibstock School – 3:30pm to 5:30pm
Level 2 Finals – Thursday 4th February 2027 – Ibstock School – 3:30pm to 5pm

Age Group: Year 5/6

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

Number of pupils: 10 players per squad, 5 players on court. Maximum of 1 team per school. If you would like to add another team please email angus.youles@castlerock.org.uk to be added to the reserve list competition.

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.
- 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 team field an ineligible player/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.
- **Teams must retreat to the half way line once they have lost possession in their front court.**

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 the Level 3 competition, this date is TBC.

BASKETBALL YEAR 5/6 - DEVELOP

Develop Event- Refer to page 1 for more information

Date/Venues/Times: Tuesday 19th January 2027 – Ivanhoe School – 3:30pm to 5:30pm – OPEN MIXED (no stipulation on number of boys or girls per team)
Tuesday 26th January 2027- Ivanhoe School – 3.30pm – 5.30pm – GIRLS ONLY

Age Group: Year 5/6

Number of pupils: 10 players per squad, 5 players on court. Maximum of 1 team per school. If you would like to add another team please email angus.youles@castlerock.org.uk to be added to the reserve list competition.

Target Group: Strictly for pupils who you would not bring to a Excel event. This event is targeted at pupils who are above inspire standard but are not excel standard.

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.
- 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 team field an ineligible player/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.
- **Teams must retreat to the half way line once they have lost possession in their front court.**

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:

- There will be no Level 3 progression for this event.

Archery KS2

Inspire Event- Refer to page 1 for more information

Date: Wednesday 3rd February 2027

Time: 9:30am – 11:30am

Venue: Ivanhoe School, North Street, Ashby-de-la-Zouch, LE65 1HX

Age Group: KS2

Target Audience: Inactive or disengaged pupils in KS2, no set number of boys & girls in a team.

Number of pupils: Up to 6 pupils per school. **Please inform us when booking on how many children you will be bringing.**

Format: Pupils will rotate round a series of skill stations ran by Ivanhoe Archers to give them the chance to learn and practice new skills before listening to a talk and demonstration from Ivanhoe Archers.

This event is designed to engage those least active pupils within your school in a sport that differs from typical mainstream sports. It can be particularly useful for engaging with SEND pupils too and the event is non-competitive with the main focus being enjoyment and engagement.

Equipment:

- Pupils will need to wear appropriate clothing and footwear suitable for indoor sports, such as trainers.
- Drinks are recommended.

LEVEL 1 & 2 RISE GYMNASTICS

Excel Event- Refer to page 1 for more information

Date: Tuesday 9th February 2027

Time: Start and finish times TBC, depending on number of entries.
Approximate timings – 12:00pm - 6:00pm

Venue: Coalville Gymnastics Club – LE67 3NQ

Age group: Any age group – Year 1 – Year 6

Number of pupils: Maximum of 1 team per school. If you would like to add another team please email angus.youles@castlerock.org.uk to be added to the reserve list competition.
4 competitors per team, only the top 3 scores to count towards overall team competition.
Should a team field ineligible a player/team on the day then they cannot win the competition.

Target group: Competition is open to ALL, including club gymnasts.

Format: Gymnasts will take part in Level 1 or 2 RISE routines.
All competitors will have a chance to warm up before the event.
As part of the routine, each child will compete in:

- Core Skills
- Vault
- Ball OR Ribbon (schools decide which of the 2 disciplines they perform based on equipment, confidence, skill level etc)

All gymnasts in the team must perform the same 3 strands (therefore once Ball or Ribbon is decided, all gymnasts will perform the same routine)

Routines:

The Level 1+2 Rise Gymnastics routines for Core Skills, Vault, Ball and Ribbon are available from the British Gymnastics website found here (scroll down the page to the video under the heading "Example Schools Rise Gymnastics Competition Routines" click on the video and all routines will appear on the right hand side) - https://www.british-gymnastics.org/schools-competition

Progression:

- The winning team from the Level 1 + 2 Rise Gymnastics event will advance to the Level 3 County Finals – Wednesday 17th March 2027 at Oakham Gymnastics Club.

- 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.

LEVEL 3 & 4 RISE GYMNASTICS

Excel Event- Refer to page 1 for more information

Date: Wednesday 10th February 2027

Time: Start and finish times TBC, depending on number of entries.
Approximate timings – 12:00pm - 6:00pm

Venue: Coalville Gymnastics Club – LE67 3NQ

Age group: Any age group – Year 1 – Year 6

Number of pupils: Maximum of 1 team per school per competition. If you would like to add another team please email angus.youles@castlerock.org.uk to be added to the reserve list competition.
4 competitors per team, only the top 3 scores to count towards overall team competition.
Should a team field ineligible a player/team on the day then they cannot win the competition.

Target group: Competition is open to ALL, including club gymnasts.

Format: Gymnasts will take part in Level 3 or 4 RISE routines.
All competitors will have a chance to warm up before the event.
As part of the routine, each child will compete in:

- Core Skills
- Vault
- Ball OR Ribbon (schools decide which of the 2 disciplines they perform based on equipment, confidence, skill level etc)

All gymnasts in the team must perform the same 3 strands (therefore once Ball or Ribbon is decided, all gymnasts will perform the same routine)

Routines:

The Level 3 and 4 Rise Gymnastics routines for Core Skills, Vault, Ball and Ribbon are available from the British Gymnastics website found here (scroll down the page to the video under the heading "Example Schools Rise Gymnastics Competition Routines" click on the video and all routines will appear on the right hand side) - https://www.british-gymnastics.org/schools-competition

Progression:

- The winning team from the Level 3 and 4 competitions will advance to Level 3 County Finals – Wednesday 17th March 2027 at Oakham Gymnastics Club.
- 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.

New Age Kurling

Excel Event – Refer to page 1 for more information

Date/time/venue:

Tuesday 23rd February 2027, 1:00pm – 3:00pm @ Greenstone Primary School, LE67 1HQ

Thursday 25th February 2027, 9:00am – 11:00am @ Forest Way School, LE67 4UU

Age Group: Years 3-6

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

Number of pupils: 4 pupils per team, max two teams per school. If you would like to enter a second team please contact nwlssp@castlerock.org.uk

Target group:

- Pupils with a physical disability, and/or SLD (severe learning disability)/MLD (mild learning disability) from all special and mainstream schools, ideally those who have not had the opportunity to represent their school at other sporting events. All participants on a team must have either a physical disability, SLD or MLD in order for the team to be eligible to progress to level 3.
- Should a team field ineligible a player/team on the day then they cannot win the competition.

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:

- 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 target than the nearest opposing kurling stone.
- There will be 3 ends (games) per match (time permitting).
- More information is available at: http://www.gbkurling.co.uk/

Equipment:

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

Progression

- The winning team from each event will play in a North West Leicestershire final to determine who will represent North West Leicestershire at the level 3 event. The level 3 event will take place at Whitwick and Coalville Leisure Centre on 27/4/27.

KS2 Dance Festival

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

Date, Time and Venue: Monday 1st March 2027 @ Thornley Dance Academy, Rothley House, Coalville, LE67 3NR

Morning session- 9:15am-11:45am

Afternoon session- 12.15pm- 2.45pm

Age Group: KS2

Gender: Mixed

Number of Pupils Initial limit of 5 pupils per school, any number of boys/girls. If you would like more places email nwlssp@castlerock.org.uk to be placed on the waiting list.

Intent: The overall aim of this event is to inspire pupils to take up dancing in the short and long term through a fun, have a go, make friends and learning opportunity.

Target Group: The festival feel to this event means that it is **not appropriate for pupils who are already fully engaged in dance either at school or in a community setting**. It will be more suited to those pupils who are one or two positive experiences away from engaging in dance moving forward.

This festival designed to be fully inclusive for all pupils that take part.

Format Each session will consist of 2 workshops both showcasing a different form of dance. Pupils will have the chance to take part in both workshops, teachers will also have the chance to join (not mandatory) while using this event as a CPD opportunity.

Equipment: All students must wear PE kit with all jewellery removed and long hair tied back, pupils should also bring their own water bottle.

This event is being run with the help of Thornley Dance Academy, with them hosting the event and providing 2 expert instructors to lead the workshops.

SWIMMING GALA EXCEL YEAR 5/6

Excel Event- Refer to page 1 for more information
This competition has been split into 2 competitions excel pathway and development. Full details are outlined 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 angus.youles@caslterock.org.uk to be placed on the waiting list. If we have free space we will offer you a place on the other competition.

Date: Tuesday 2rd March 2027

Time: 9:15am-11am
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: Whitwick & Coalville Leisure Centre, Stephenson Way, Coalville LE67 3FE

Parking: Will be available at Whitwick & Coalville Leisure Centre.

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

Number of pupils:

Minimum 8 children	**Maximum** 16 children
• 2 Year 5 boys • 2 Year 6 boys • 2 Year 5 girls • 2 Year 6 girls	• 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 having 8 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 heats 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 final on Wednesday 28th April 2027 at Uppingham School Sports Centre. 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.

EXCEL 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)

Medley relay order:
1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle

EXCEL SWIMMING GALA

TEAM SHEET

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			XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX
			XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX
4 X 1 LENGTH Y6 MEDLEY	XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX		
	XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX		
4 X 1 LENGTH Y5 FREESTYLE			XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX
			XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX
4 X 1 LENGTH Y6 FREESTYLE	XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX		
	XXXXXXXXX XXXXXXXXX	XXXXXXXXX XXXXXXXXX		

SWIMMING GALA DEVELOP YEAR 5/6

Development Event- Refer to page 1 for more information
This competition has been split into 2 competitions excel pathway and development. Full details are outlined 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 angus.youles@castlerock.org.uk to be placed on the waiting list. If we have free space we will offer you a place on the other competition.

Date: Tuesday 2nd March 2027

Time: 11.15-12:45pm
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 11.30am.

Venue: Whitwick & Coalville Leisure Centre, Stephenson Way, Coalville LE67 3FE

Parking: Will be available at Whitwick & Coalville Leisure Centre.

Age group: Years 5/6

Number of pupils:

Minimum	**Maximum** 16 children
• No minimum	• 4 Year 5 boys • 4 Year 6 boys • 4 Year 5 girls • 4 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 having 8 lanes there may be two heats for each event depending on the number of schools participating.

- By entering into the development competition, you are asking to be place in a development heat.
- 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 disqualification.
- 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, freestyle, breaststroke & 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: This competition is for fun and to experience a swimming gala. If you would like to progress to the county final please sign up for the Excel competition with an eligible team.

DEVELOP 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 BACKSTROKE Y5 GIRLS
6	1 LENGTH BACKSTROKE Y5 BOYS
7	1 LENGTH BACKSTROKE Y6 GIRLS
8	1 LENGTH BACKSTROKE Y6 BOYS
9	1 LENGTH FREESTYLE Y5 GIRLS
10	1 LENGTH FREESTYLE Y5 BOYS
11	1 LENGTH FREESTYLE Y6 GIRLS
12	1 LENGTH FREESTYLE Y6 BOYS
13	4 X 1 LENGTH Y5 MIXED MEDLEY RELAY (2 GIRLS & 2 BOYS)
14	4 X 1 LENGTH Y6 MIXED MEDLEY RELAY (2 GIRLS & 2 BOYS)
Medley relay order: Backstroke – Freestyle – Breaststroke - Freestyle	
15	4 X 1 LENGTH Y5 MIXED FREESTYLE RELAY (2 GIRLS & 2 BOYS)
16	4 X 1 LENGTH Y6 MIXED FREESTYLE RELAY (2 GIRLS & 2 BOYS)

Medley relay order:

5. Backstroke
6. Freestyle
7. Breastroke
8. Freestyle

SWIMMING GALA

TEAM SHEET

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 can compete in a max of two individual events and two relays.

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

QUICK STICKS HOCKEY - DEVELOP

Development Event- Refer to page 1 for more information
This competition has been split into 2 competitions excel and development. Full details are outlined below. Please read carefully before making a decision which one you want to enter as you **can only enter 1.** If you wish to enter both please enter your main preference and email the office at angus.youles@castlerock.org.uk to be placed on the waiting list. If we have free space we will offer you a place on the other competition.

Date/time/venue: Year 3/4 – Tuesday 9th March 2027 3:30pm–6pm @ Ivanhoe School
Year 3/4 – Thursday 11th March 2027 3:30pm-6pm @ Castle Rock School
Year 5/6 – Tuesday 16th March 2027 – 3.30pm – 6pm @ Ivanhoe School
Year 5/6 – Thursday 18th March 2027 – 3.30pm – 6pm @ 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.

Age group: Years 3/4 & 5/6

Gender: Mixed – teams to have at least one girl in their squads.

Number of pupils: Max squads of 6, 4 players on the pitch & 2 subs.
There are no goalkeepers.
Schools can bring 1 team, however if you would like to bring another please contact nwlssp@castlerock.org.uk and if space allows we will accommodate this request.

Target Group: Strictly for pupils who you would not bring to a Excel event. This event is targeted at pupils who are above inspire standard but are not excel standard.
You can only enter Develop or Excel Quick Sticks

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. 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 choose to either pass or dribble the ball from a free pass situation (another player must touch the ball before you can shoot).
- 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: There is no level 3 progression for this event.

QUICK STICKS HOCKEY - EXCEL

Excel Event- Refer to page 1 for more information
This competition has been split into 2 competitions excel and development. Full details are outlined below. Please read carefully before making a decision which one you want to enter as you **can only enter 1.** If you wish to enter both please enter your main preference and email the office at angus.youles@castlerock.org.uk to be placed on the waiting list. If we have free space we will offer you a place on the other competition. ONLY Year ¾ Progress to a Level 3 Final this year, NOT Year 5/6.

Date/time/venue: Year 3/4 – Tuesday 9th March 2027 3:30pm–6pm @ Ivanhoe School
Year 3/4 – Thursday 11th March 2027 3:30pm-6pm @ Castle Rock School
Year 5/6 – Tuesday 16th March 2027 3:30pm–6pm @ Ivanhoe School
Year 5/6 – Thursday 18th March 2027 3:30pm-6pm @ Castle Rock School

Final: The Year 3/4 final will take place on the Wednesday 14th April 2027 @ 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: Max 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 angus.youles@castlerock.org.uk and if space allows we will accommodate this request.

Target Group: All pupils are eligible to play in this competition
You can only enter Develop or Excel Quick Sticks

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. At Level 3 teams will play 3 x 7 minute thirds.
- 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 choose to either pass or dribble the ball from a free pass situation (another player must touch the ball before you can shoot).
- 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.

Progression: The winners of the Year 3/4 competitions will play against each other to determine one overall North West Leicestershire winner who will go on to represent NWL in the Level 3 competition. The date of the level 3 competition is 20th May 2027 at Leicester Hockey Club.

PERSONAL BEST FEST

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

Date, Time and Venue: Wednesday 17th March 2027 @ Ivanhoe School, North Street, Ashby de la Zouch, LE65 1HX

9:15am-11:00am

Age Group: KS2

Gender: Mixed

Number of Pupils Maximum of 10 pupils per school, any number of boys/girls.

Intent: To support individual development in sport.

Target Group: 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.

Aim: 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.

How will it work: 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.

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.

Format 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.

Equipment: 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.