GREATER MANCHESTER SCHOOL GAMES VIRTUAL COMPETITIONS

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GUIDANCE PAGE

ABOUT

The Greater Manchester School Games Network have worked to develop a selection of virtual competitions for schools and young people from across Greater Manchester to access. The competitions are designed to promote physical activity, support the health and well-being of all young people and enable access to an appropriate level of competition to feel a sense of achievement.

The Greater Manchester virtual competitions aim to:

- Inspire children & young people to have the confidence, competence and knowledge to reach their potential and to live a healthy and physically active life.
- Promote health and well-being in individual young people, whole classes and the whole school community.
- Allow children to consider their physical, social, thinking and healthy me and how these different aspects support them in life, competition, sport and physical activity.
- Provide a meaningful and appropriate level of competition to allow all young people to take part and feel a sense of achievement.
- Encourage personal challenges to allow every young person to improve their performance.

The competitions also encompass the six school games values of honesty, determination, teamwork, self-belief, respect and passion.

HONESTY DETERMINATION TEAMWORK SELF BELIEF PASSION RESPECT

WHEN CAN I RUN THESE COMPETITIONS?

Competitions can be run whenever works best for your school setting and timetable; during PE lessons, after-school clubs or in a specific competition schedule.

These resources are designed to be flexible so if you wish, you can adapt them and use them internally to suit your school; this may be with a small group of students, a year group or a key stage. How to enter each competition is detailed on the individual competition brief. In the spirit of fair competition if you are competing against other schools, please endeavour to abide by the outlined guidelines and rules including the number of participants per team. However, where you are using the competition briefs internally please feel free to use them in a flexible fashion that works for your school, in this situation there are also no restrictions on the number of participants.

ENSURING S.M.I.L.E.S.:

Safe, Maximum participation, Inclusive, Learning, Enjoyment, Success

Key considerations when running your virtual competition:

- The young person's motivation, competence and confidence are at the centre of the competition.
- The focus is on the process rather than the outcome (on the learning and values development of the young person rather than the result).
- The environment is safe and creates opportunities to learn and maximise social development.
- The facility and the environment that is created for the competition reflects the motivations, competence and confidence of the young person.

HEALTH AND SAFETY

Key considerations when running your virtual competition:

- Government Guidelines should be followed throughout.
- Ensure equipment is cleaned following the competition or after each use if being shared.
- Area being used should be risk assessed by the school before any activity takes place.
- Pupils will complete challenges in their own space, where space is shared, such as targets, pupils should maintain social distancing whilst awaiting their turn.
- No jewellery to be worn.
- All loose clothing to be tucked in.
- Long hair tied back.

VIRTUAL SPORTS HALL ATHLETICS COMPETITION

Age group: Key stage 1

When?

Learning outcomes

Physical Me: developing skills, confidence and competence in fundamental movement skills such as running, jumping and throwing.

Social Me: opportunity to work with my peers to develop skills, promote understanding and exchange feedback on my performance.

Thinking Me: developing awareness and understanding of what went well and what I could do to improve my own, or my team's, performance.

Healthy Me: contributing towards my 60 minutes of recommended physical activity a day as well as making me feel good and improving my concentration and learning.

School Games Values

The challenge also provides a focus on four of the School Games Values of:

Determination, Self-Belief, Passion and Respect.

Rules and Format

- Teams should consist of a squad of eight: 4 children from year 1 and 4 children from year 2 (2 boys, 2 girls from each year 1/2), although there is no restriction on the number of children who can compete in a school setting.
- Each child will take part in the seven activities: Balancer, Bouncer, Jumper, Launcher, Runner, Skipper and Thrower .

Scorecards and Recording Results

Equipment and Resources

- **Challenge One:** Stopwatch.
- **Challenge Two:** Speed bounce mat or suitable line on the ground and stopwatch.
- **Challenge Three:** Measuring tape, line/markers or mat to indicate take off point.
- **Challenge Four:** Small ball or mini javelin (as long as they can be cleaned safely).
- **Challenge Five:** Cones or lines to mark out a running track/distance.
- **Challenge Six:** Hula Hoop or skipping rope with hard handles, that can be cleaned between uses, stopwatch.
- **Challenge Seven:** Rubber ball or a ball that can be cleaned between uses (approx. the size and weight of a football).

Leadership opportunities

- Leaders can be used to time, score and record results for each event.
- Leaders can discuss with the teams before the start of the competition, the School Games Values and why these are important and can award Spirit of the Games certificates to the players that have demonstrated any of the values at the end of the competition.
- Leaders can also be used as reporters for school newsletters, or take photographs as part of a media team.

CHALLENGES

CHALLENGE ONE – BALANCER

- The balancer stands on one foot using a support where needed to initially gain balance.
- The stop watch starts when the child lets go of their support and will stop when the free leg touches to floor.
- The maximum test time that can be achieved is 15 seconds.
- Repeat on opposite leg. Maximum time that can be achieved for one is 30 seconds.

CHALLENGE TWO - BOUNCER

- The bouncer must jump from side to side over the wedge, line on the floor or safe obstacle.
- The activity is started by a blast of the squeezy whistle.
- Each child has 20 seconds to complete as many bounces as possible.

CHALLENGE THREE - JUMPER

- The jumper starts behind the edge of the mat, or line.
- Both take-off and landing should be with two feet.
- Jump will then be measured.
- Each child will have three jumps in succession, with the furthest being taken as their score.

CHALLENGE FOUR - THROWER

- The thrower must stand behind the throwing line, with a ball held in both hands at chest level.
- The ball is pushed upwards and outwards as far as possible.
- The distance will be measured.
- The thrower has three throws in succession, with the furthest taken as their score.

CHALLENGE FIVE - LAUNCHER

- The thrower must stand behind the throwing line, with a Javelin, howler or ball.
- The object is thrown overarm as far as possible.
- The distance will be measured.
- This thrower has three throws in succession, with the furthest taken as their score.

CHALLENGE SIX - SKIPPER

- The skipper starts with the hands on the hoop and other side of the hoop behind their feet.
- The skipper has 20 seconds to complete as many full repetitions of the hoop passing over their head and under their feet.

CHALLENGE SEVEN - RUNNER

- The runner starts on a mat on one side of the hall facing another mat 10 metres away (cones can be substituted for mats).
- The activity is started on a blast of the squeezy whistle.
- The runner must complete 4 lengths of the 10 metre course as quickly as possible.
- The child's score is the total time in seconds taken to complete the course.

Personal best

Running the events more than once could be used to challenge students to improve their personal best scores.

Further opportunities and resources

Recognition and rewards