GREATER MANCHESTER SCHOOL GAMES VIRTUAL COMPETITIONS

GREATERSPORT | GM SCHOOL GAMES NETWORK | SCHOOL GAMES

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 TENNIS COMPETITION

Age group: Key stage 2

When?

Learning outcomes

Physical Me: developing skills, confidence and competence in agility, balance and hand eye coordination.

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:

Teamwork, Determination, Self-Belief and Honesty.

Rules and Format

- Teams should be selected from Years 3/4 and 5/6 and must include 2 boys and 2 girls to create a team of 4.
- Players need to be numbered 1 or 2. Example: Girl 1, Girl 2 & Boy 1, Boy 2.
- Girl 1 and Boy 1 are to work together in paired challenges. The same for players number 2.
- We will collate results for Year 3/4 teams and Year 5/6 teams. See further details on the next page for results.
- Students will compete using four separate challenges, scoring points within each challenge to provide a combined total.
- Each pair should have two attempts to create their best combined total, preferably with some practice in between attempts.
- Players will go one at a time and retrieve their balls at the end of each game.

Scorecards and Recording Results

Equipment and Resources

- **Challenge One:** 2 marker cones, 2 rackets, 2 tennis balls, stopwatch.
- **Challenge Two:** 4 marker cones, net or barrier tape, 1 racket, tennis balls.
- **Challenge Three:** 1 racket, 1 ball, stopwatch.
- **Challenge Four:** 1 racket, 1 ball, hoop (spots or cones can be used if you do not have a hoop), stopwatch.

Alternative Resources and Space

- Where a tennis court space is not available, players would ideally be 10 metres apart and a 3x3m space to simulate a service box.
- To create a net tennis tape, barrier tape or string can be used between two points at roughly 1 metre height.
- Where hoops are not available, targets can be created using chalk or markers.

CHALLENGES

CHALLENGE ONE – BALANCER / BOUNCER RELAY

- Set up 2 cones 10m apart. Players line up behind cone A in a straight line.
- Players can walk, jog or run but must keep the ball on or bouncing on the racket.

BALANCER (Years 3/4)

- Player 1 places the ball on their tennis racket and travels to and around cone B and back. Once they are back Player 2 will go. (Make sure the ball is on the netted part of the racket).
- The next player completes the same relay and then the team complete as many relays as they can in 2 minutes.

BOUNCER (Years 5/6)

- As per the balancer relay but players should bounce the ball upwards on their racket when completing the relays.
- If the ball is dropped at any point, they should pick up from where it was dropped and continue.

Key points

- Keep your racket level and still. When bouncing keep it just above waist height and flick your wrist to create bounce.

Watch the demonstration

CHALLENGE TWO – TENNIS TARGET

- Organise players into pairs on a court or another suitable space.
- Use nets or barrier tape if there are insufficient courts with the target (a 3m X 3m Box) on the opposite side to the player, approximately 10m away.
- Each player has ten shots at the target, hitting the ball over the net. Underarm serve for Year 3/4 and over-arm serve for year 5/6.
- Player 1 stands behind the target and feeds the ball to player 2 who aims at the target. Player 1 retrieves the ball and feeds their partner again whilst keeping score.
- Change roles after 10 shots.

Key points

- Always return to a ready position between shots.
- Build on accuracy and then add more power.
- Think about your body position when releasing the ball, the racket should end up pointing at the box you are serving to.

Watch the demonstration

CHALLENGE THREE –TWIZZERS

- Each player to have a racket and ball in a sufficient space.
- The challenge is to hit the ball up, then turn over the racket to hit the ball up again with the opposite side of the racket (not spinning the racket).
- Participants are to have 3 turns to see how many they can do in a row.

Key points

- Try to keep the ball in the centre of the racket to ensure it bounces upwards (rather than off to the side) with enough time to help you turn the racket.
- Keep the bounces under control but high enough to give you time turn the racket.

Watch the demonstration

CHALLENGE FOUR – POP AND DROP RALLY

- Each child to have a racket and ball and be in a sufficient space with a hoop or target in a circle shape.
- The object of this challenge is to hit the ball up, let it bounce once into the hoop (or circle) and continue until your time is up.
- See how many times in a row you can land the ball in the hoop within 60 seconds.

Watch the demonstration

Leadership opportunities

In school young leaders could be utilised to co-ordinate and run each challenge station, monitoring participants, maintaining safety, timing, scoring and recording results.

Further opportunities and resources

Recognition and rewards