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 CRICKET COMPETITION

Age group: Key stage 2

When?

Learning outcomes

Physical Me: developing skills, confidence and competence in sending and receiving on my own, with a partner and towards a target.

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 three of the School Games Values of:

Determination, Self-Belief and Honesty.

Rules and Format

- Team can be entered for Year 3/4 and Year 5/6 (combined year groups).
- A team will consist of 5 players from either year group, consisting of a minimum of 2 boys and 2 girls.
- Schools can enter multiple teams – up to 3 per age group.
- Pupils will achieve individual scores for the challenges – the scores of the 5 team members should be collated to give a team score.
- Pupils should be encouraged to have practice attempts before the scored attempt.
- Pupils should have two scored attempts, with the two scores combined to give an overall score for the challenge.
- The make-up of a team is the same for each challenge. Schools can enter just one challenge or both.
- Schools have flexibility to give rewards for the most improvement in a challenge or for success in just one challenge as part of their intra competition programme.

Scorecards and Recording Results

Equipment and Resources

- **Challenge One:** Kwik cricket ball, or similar size ball, such as a tennis ball.
- **Challenge Two:** Kwik Cricket ball, Hula hoop or chalk to draw circles and markers/cones.

Alternative Resources and Space

- Where a Kwik cricket ball is not available a similar size ball such a tennis ball can be used.
- Where Hula hoops are not available, chalk, line markers or anything to mark out a circle shape can be used.

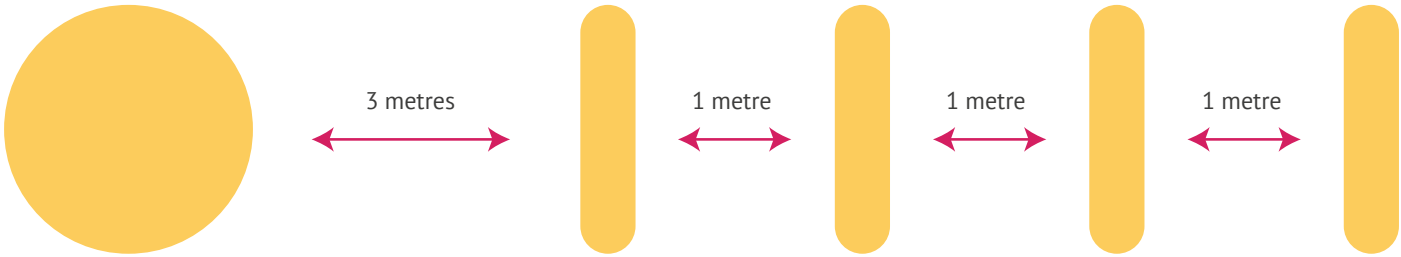
CHALLENGES

CHALLENGE ONE – COOL CATCHER

- Pupils to stand in their own space and throw a ball into the air, catching it without it hitting the floor.
- The ball should be thrown higher than head height - lower throws should be discounted.
- Pupils have 30 seconds to throw and catch as many times as possible.
- If the ball is dropped they can pick it up and carry on until the time is up.

CHALLENGE TWO – BRILLIANT BOWLER

- Pupils aim to bowl the ball into a hoop/circle area from 4 different distances. The ball must bounce anywhere inside the circle.
- Pupils can choose which line to bowl from and whether to do an over-arm or underarm bowl.
- The closest line is 3 metres from the circle with the next lines placed at 4, 5 and 6 metres.
- 2 points are awarded if the ball is bowled successfully into the circle from the first line (3 metres).
- 3 points are awarded if the ball is bowled successfully into the circle from the second line (4metres).
- 4 points are awarded if the ball is bowled successfully into the circle from the third line (5 metres).
- 5 points are awarded if the ball is bowled successfully into the circle from the fourth line (6 metres).
- The aim is to gain as many points as possible in 60 seconds.
- Pupils can attempt from different lines throughout the 60 seconds.
- Pupils must run to collect their own ball after each attempt. It is a good idea to play with a wall/fence or similar close behind the hoop to speed up collection.



Leadership opportunities

Young leaders could be utilised to co-ordinate and run each challenge station, monitor participants, timing or scoring and recording results.

Further opportunities and resources

Recognition and rewards