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 BOCCIA COMPETITION

Age group: Key stage 2

When?

Learning outcomes

Physical Me: developing skills, confidence and competence in sending, accuracy and balance.

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:

Teamwork, Determination and Self-Belief.

Rules and Format

- Teams for both age groups will be made up of 3 players all on court at one time.
- A square 4 metres x 4 metres is drawn or taped out, pupils sit around the square.
- The jack is placed in the middle of the playing square. Each player has 2 balls. The teacher or leader throws a coin to decide which team throws first. Player one from each team then throws or rolls their ball trying to get as close to the jack as possible.
- Each ball should be marked to help distinguish whose ball is whose.
- The team furthest from the jack must play all their balls until they either manage to get closer to the jack, or run out of balls.
- The game is over when all the balls have been played. The game is scored by awarding 3 points for every ball of the same colour closer to the jack than the nearest opposing coloured ball. i.e. Blue team have 3 balls closer to the jack then this will be 9 points awarded.
- The match will be made up of 8 games, with teams encouraged to break after 4 games to discuss tactics.
- Players must remain seated whilst playing their balls.
- If the jack is hit out of the playing square by any ball, the teacher / leader will place it back in the middle and the game will continue from where it left off.
- When all balls have been played, pupils take it in turns to go and collect their own balls.

Scorecards and Recording Results

Equipment and Resources

- **Standard Boccia Balls** (six red, six blue and one white jack) or alternative equivalent e.g. different colour tennis balls, bean bags, hockey airflow balls.
- **Ramps -** these are only to be used when deemed appropriate for the individual.
- **Benches or chairs.**
- **Tape, chalk, or throw down spots** to mark out the playing zone.
- **Stickers or coloured tape** to mark each pupil's balls.
- **Coloured card or paper** the same colour as the boccia balls being used for the game.

Leadership opportunities

This competition is very easy to run and officiate and therefore would be an ideal opportunity for some of your pupils to work on their leadership skills.

- Leaders can take control of the coin toss / rock, paper, scissors to start the game.
- Leaders will hold up a piece of paper or card (red or blue) to indicate which team should play the ball next.
- Leaders can total the score up at the end of each game and record on the score sheet provided.
- Leaders can discuss with the teams the School Games Values and why these are important before the start of the competition.

PERSONAL CHALLENGE

BEACH BALL BLAST

This challenge helps players to develop strong accurate propulsion. Players aim at a beach ball (or equivalent) placed in a hoop or circle; the object is to knock the beach ball out of the hoop/circle. How many times can they the knock the ball out in a minute.

IN THE SCORING ZONE

This challenge offers a larger target for players to help them focus and use different types of aiming (palm up or backhand grip). Use a floor target or mark a target with chalk on the floor, with different points for each area of the target. How many points can they get with six throws?

More information

For more information on either of the challenges above, visit the School Games website **here.**

Further opportunities and resources

Recognition and rewards