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 GYMNASTICS COMPETITION

Age group: Key stage 1 and 2

When?

Learning outcomes

Physical Me: developing skills, confidence and competence in rolling, balancing and jumping.

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 provide a focus on three of the School Games Values:

Determination, Self-Belief and Passion.

Rules and Format

- Teams of 4 - mixed boys and girls.
- Prior to starting the competition schools should try to split children into those that have gymnastics experience and non-gymnastic experience. This is determined by if the child has ever attended a gymnastics club or had gymnastics lessons outside of school, including at a dance school.
- Before the competition starts, children will need to choose a sequence of moves from the selection card. In each section of the sequence the child will choose a move that matches their ability. Please note there are different selection cards for KS1 and KS2. (link found in the scorecards and results section).
- Once the moves have been chosen this will allow you to band your children in to one of the three levels Engaging Gymnast, Emerging Gymnast and Elite Gymnast. This will help ensure the children are competing against a child of a similar ability. (All information on how to band the children is shown on the selection sheet.)
- Points shown on the selection card are for banding purposes and are not marked on the score sheet.
- Key stage 1 children will perform 5 gymnastic moves - Shape, Roll, 3 point balance, Travel, Jump.
- Lower Key Stage 2 Children will perform 7 gymnastic moves Shape, Roll, 3 point balance, Travel, Jump, 1 point balance, traveling jump.
- Upper Key Stage 2 children will perform 8 gymnastic moves Shape, Roll, 3 point balance, Travel, Jump, 1 point balance, traveling jump, Flexibility.
- Combine the score of the top two girls and top two boys.
- Children are to only perform skills which are within their skill level.
- Somersaults and flips are not allowed.

The competition

- Children perform their moves as above.
- Teachers and Leaders will score the routines using the scorecards provided.
- Points awarded for each move performed, additional points for completing the sequence in order, not using prompts, number of points awarded for each move is shown on the selection card.
- Extra points awarded for the general impression between 1 and 3.
- Children must present at the beginning and the end of the routine.

Scorecards and Recording Results

Equipment and Resources

- **Standard gym mats** in a line of around 6 to 12 meters. (Routines can be performed on one mat if needed.)
- Floor routines can be turned around when reaching the end of the mats.

Leadership opportunities

- Young leaders can be allocated a section of the routine to score. i.e one leader scores the shape, one leader scores the roll, one leader checks the sequence.
- Leaders can be involved with adding the score together.
- Leaders can organise the order in which the children will compete.

Further opportunities and resources

Recognition and rewards

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