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 RUNNING 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 three of the School Games Values of:

Determination and Self-Belief and Passion.

Rules and Format

- Each participating school will devise their own 1 mile course (or use a mile course that exists).
- The course can be on the playground and/or field or track or any space that the school has risk assessed to be safe and fulfils the requirements of the risk assessment.
- The distance should be 1,600 metres (1 Mile) on a terrain that is where possible even, relatively flat and easy to view for the whole course.
- Complete the activity on a day where the weather is favourable. Dry and clear conditions are not only safer but will also encourage the children to perform better.
- Years 3/4 and years 5/6 will compete separately with a boys and girls race for each year group.
- Record the top 4 finishers in each race.
- Record all participants place and times for the personal best competition. More information on where and how to record your scores is shown on the next page.

Scorecards and Recording Results

Leadership opportunities

Young leaders could be utilised to set up and mark out the course, marshall during races, and record times and finishing places.

PERSONAL CHALLENGE

Every participant aims to improve their performance each week they take part.

Further opportunities and resources

Recognition and rewards

greater sport
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MANCHESTER