

BELONG



SCHOOL GAMES

SUFFOLK
VIRTUAL COMPETITIONS

2021

MULTI SKILLS

DATES 1st February – 26 March

TARGET AUDIENCE

These events are non-competitive but participation focused, targeting students who lack confidence but want to participate because they understand the benefits of physical activity.

YEAR GROUPS

These challenges are for boys & girls in:

- Years 1 & 2
- Years 3 & 4
- Years 5 & 6

WHERE

These challenges can be done in school or at home.

LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.



VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



Determination - Determination is about the journey you go on to push yourself and achieve your dreams.



Passion - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



Respect - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



Honesty - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



Self Belief - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork - Treating everybody equally, supporting each other and working together to achieve at your very best level.

MULTI SKILLS

Complete each activity as many times as possible in 60 seconds. The levels become progressively harder from Easy to Challenging. The harder the challenge the more points scored for performing it correctly. Every time you perform your task correctly you will receive points. For example, if you complete the Activity 3 task 10 times your score will be 30 points.

Record your scores on the Personal Best sheet and see if you can improve each week.

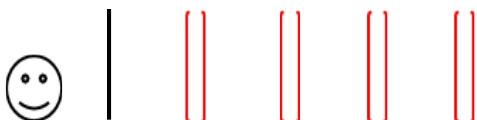
Easy – 1 Point

Target Golf – Place a hoop, any circular target or cardboard box 4 metres away. You then have to throw your items to land and stay in your target. You can use a maximum of 5 items, therefore you may need to retrieve them before you can continue with the activity. You will score 1 point per item that finished in the target area.



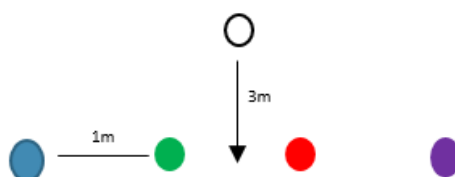
Medium – 2 Points

Jumping Frogs – You will need to mark out a start line and create 4 obstacles to jump over, e.g. cones, ropes, or ladders. When jumping always take off and land on 2 feet. Each time you finish the course you will receive 2 points, then you need to run back to the start line and repeat the activity.



Hard – 3 Points

Cone Agility – Place 4 different coloured markers (eg cones, socks) 1 metre apart from each other in a straight line, then add one white marker which will be your ‘home’ 3 metres back but in the middle of the line. You will need a partner to call out a colour, you then leave your position to touch that colour and return to your white marker. As soon as you return your partner will say a different colour and you repeat the process. You will score 3 points every time you touch a coloured marker and return to your starting position.



Challenging – 4 Points

Lion Walk – Moving on your hands and feet like a lion while retrieving items from a target area placed 5 metres away from your home base. You will get 4 points for every item you manage to get back to your home. You can use hoops, cones and skipping ropes to mark out the areas and equipment such as balls, beans bags, socks etc for the items which need collecting.



SCORING

Pupils - Record your scores on the Personal Best sheet and see if you can improve each week.

Copy your score sheet to your teacher.

HOW TO ENTER

Schools - Please send in your participation data sheets to sqo@westbourne.attrust.org.uk by 26th March

