ENGAGE

SCHOOL GAMES

PANATHLON CHALLENGE
Primary Schools

We have teamed up with the Panathlon Foundation to deliver their Virtual Panathlon Challenge to schools in Norwich.

The Challenge is made up of two parts; the Pre Season and the Game Day.

The Pre Season takes place over a number of weeks where pupils take part in a series of activities which develop their fundamental skills.

On the Game Day, pupils attempt to achieve their personal best score in a selection of the activities.

TARGET AUDIENCE

The challenges is designed to engage pupils with a Special Educational Need or Disability (SEND) in Primary Schools.

This is an Engage themed event, is non-competitive and focuses on targeting pupils) who would benefit from being more physically active.

YEAR GROUPS

This challenge is suitable for pupils in Key Stage 1 and Key Stage 2

LEADERSHIP OPPORTUNITIES

- Use leaders to set up and pack away equipment
- Use leaders to demonstrate the activities to other pupils
- Use leaders to lead part of the session (e.g. warm up/cool down)
- Use leaders to time activities
- Use leaders to record results
- Use leaders to take photos for use in school newsletter/website/social media

SCHOOL GAMES VALUES

During each of the competitions 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.

NORWICH
SCHOOL SPORT PARTNERSHIP

PANATHLON CHALLENGE

ENGAGE

CHALLENGES

Pre Season

Activities can be delivered over a series of lessons allowing schools to pick and mix which activities they practice each lesson, depending on the size of group, space, facilities etc.

Each activity is designed to develop a different fundamental skill (Balance and Agility, Target or Throwing).

B*alance and Agility*

- Murray Movement
- Venus Volley
- Messi Football
- Pirate Ship
- Parachute Popped

Target

- *Loopy Basketball*
- *Tunnel Ball*
- *Funfair*
- *Direct Hit*

Throwing

- Noughts and Crosses
- Traffic Lights
- Flip It
- Snooker Frame

See the following pages for activity cards outlining instructions for delivering each activity and a link to watch a demonstration video.

Game Day

On the game day schools are challenged to take part in four time based activities. Pupils should aim to achieve their best score within the set time period.

- Messi Football
- Loopy Basketball
- Direct Hit
- Flip It

HOW TO ENTER

As this is an Engage themed event we do not ask schools to submit pupils scores. We do however ask schools to complete the Results Form on our website (click below link) to let us know how many pupils took part in the challenge.

www.norwichssp.co.uk/virtualchallenges

The deadline for entries is **Friday 28th May**

1. Murray Movement

Equipment: Bean bag (ball, or rolled up socks), tennis racket (or badminton) cones.

Set-up: Cones are set out 50cm apart (measure from end of cone) with chalk or floor markings showing the direction. The approx. size 3.5 x 3.5m

Aim: Complete a slalom course around the cones', with the bean bag balanced on a tennis racket. Team members take it in turns. Activity can be varied using a football or hockey sticks to dribble.

Scoring:
- **Team**: Add the total number of completed slaloms to give an overall team/bubble score. (5 mins)
- **Individual:** Time 2 goes and add times together.

Adaptations:
- VI competitors can follow a guide.
- HI: A visual cue can be given to start the slalom as well as audio. For example, say 'go' and lower an arm.
- Wheelchair users can self-propel on a wider course (1m at each cone) or be pushed.
- PD & LD students with balance difficulties can have support from an adult and walk through all activities. Competitors can carry an item without a racket through the course if required.
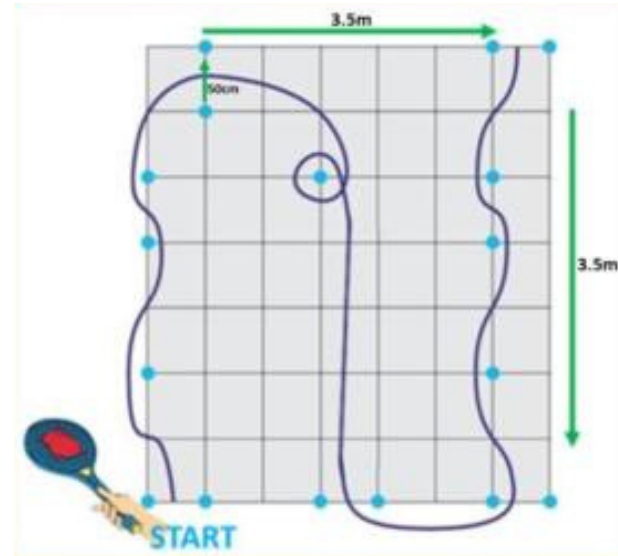
Click for demo video

2. Venus Volley

Equipment: Bean bag (ball or rolled up socks), short tennis racket or equivalent, 6 hoops, 3 cones.

**Set-up**: Hoops and cones are set out in an inverted triangle 1.5m from the throw line.

Aim: 'Using a racket propel one bean bag/ball towards the hoops to score points'
.
Scoring: 'From where the bean bag first lands.'
- If the bean bag lands in any hoop = 1 point. If it slides out it is still 1 point.
- If the bean bag hits the floor and slides in = 0 points
- If the bean bag has a direct hit on a cone = 3 points (Max score per go)
- **Team**: Add every point scored to give a team total. (5 mins)
- **Individual:** SEN child - 5 goes add total

Adaptations:
- VI competitors: Leaders clap in direction of hoop.
- Wheelchair users can deliver their shot slightly closer if required.
- Place the bean bag on the face of the racket to propel the shot
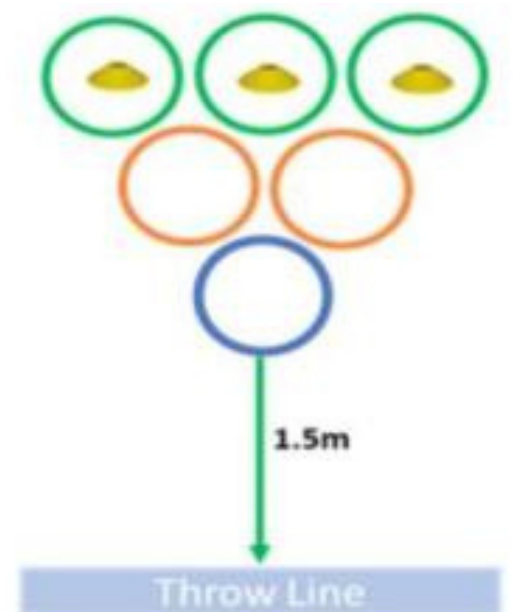
Click for demo video

3. Messi Football

Equipment: 6 cones, 1 x football per competitor, 1.5m goal area with cones

Set-up: Set the correct distances to the goal area. Schools may vary the distances based upon the size of the school hall or outdoors (See diagram as an example)

For game day distances will need to be accurate-see game day rules

**Aim: '**Dribble the ball and score as a continuous relay'.
- From the start line dribble the ball through both sets of cones (select either right or left)
- Once through the 2nd cones, the student may shoot the ball at the goal

Scoring:
- Small inner goal (50cm = 1 point)
- Outer goal (total 50cm either side of inner goal) = 3 points
- T**eam:** Add every score for a team/bubble total (based on 5 mins)
- **Individual:** Five goes – add all five together (Game day)

Adaptions:
- Wheelchair users may hold the ball in hands and throw rather than kick or use a ramp.
- VI competitors: Leaders or guides can clap near the goal area.
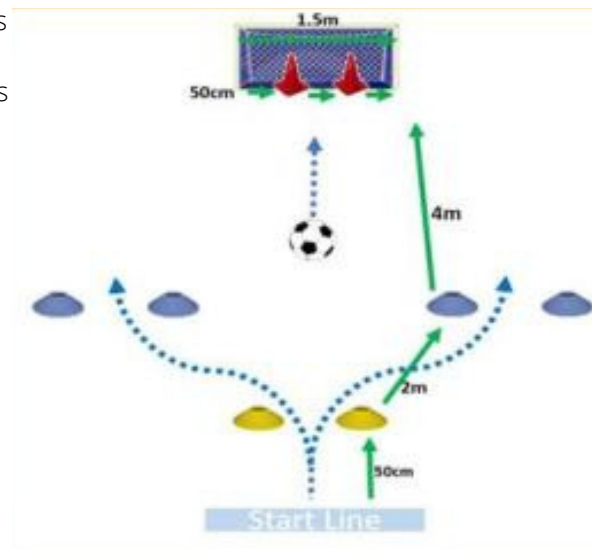
▶ **Click for demo video**

4. Pirate Ship

Equipment: Bean bag each (ball, or rolled up socks), stopwatch, numbered floor disks (cardboard circles numbered 1-10/ chalk if schools are outside) mat, one cone per competitor.

Set-up: Floor disks/chalk are set out in a hopscotch course with a treasure mat 50cm directly in front with (each square 30cm) (see diagram for distances).

Aim: 'A continuous relay', competitors hop/jump their way to the treasure mat and run back (alternatively collecting their bean bag from the mat then carrying it back to the mat)

Before the start- Competitors place their bean bag on the gym mat or cone disc called the 'Treasure Chest' ready for collection.
- On the start whistle, player 1 completes the course by hopping on numbers 1-4-7-10 and collects their bean bag from their cone. They then run back (off) the mat to join the end of the line, then the next competitor starts.
- On the second lap they all complete the course by jumping two feet- 2 & 3- 5 & 6- 8 & 9 carrying their bean bag and leaving it on their cone 'treasure chest'
- On the third lap they all collect their bean bag by completing a full hopscotch on all the numbers.

▶ **Click for demo video**

Scoring:
- **Team**: Time (3 laps each) based on a team of four – repeat to find fastest time. Or competitors score one point for every correct (number) sequence. Suggest shorter time e.g. 2 mins/ rest/ then 2 mins.
- **Individual**: Time one complete number sequence (3 laps)

Adaptations:
- Wheelchair users complete alternate courses a shown in the diagram. 1/4/7/10 straight line. The course can be made larger using gym mats if required.
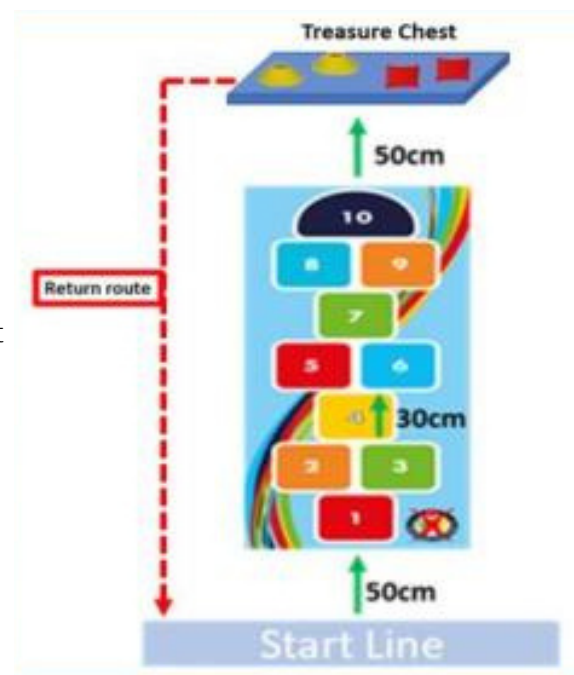
5. Loopy Basketball

Equipment: Basketball each (or netball/football size 4), 3 x hoops (tape/cones)
3 cones

Set-up: 3 x hoops taped to the floor at 1m, 2, 3m from the throw line.
1 x start cone 4 metres from the throw line
Two cones 1m apart to dribble through (see diagram)
.

Aim: 'Dribble and shoot aiming for any hoop'
- Competitors dribble or bounce catch from a start line which is 4 metres in distance.to the 'scoring zone' (line/box).
- Competitors must bounce the ball at least 3 times before a shot
- They have one attempt to throw and aim for any hoop then collect their ball (without touching the hoops) and rejoin the end of the line.

Scoring: 'From where the ball first lands'
- If the ball bounces in a hoop it is classed as a goal
    1m =1pt, 2m = 2pt, 3m = 3pts
- This is a continuous relay until the whistle starts/stops.
- **Team**: Add every score for a team/bubble total (based on 5 mins)
- **Individual**: Five throws – add five scores together (Game Day)

Adaptations:
- VI- leader/helper can clap in direction of hoop.
- Wheelchair users can carry the ball on their lap - but are encouraged to bounce the ball at least once before reaching the scoring zone, which can be adapted closer to hoops. Ramps can be used to propel the ball.

Click for demo video

6. Tunnel Ball

Equipment: Tri-golf putter (or cricket bat, hockey stick , tennis or badminton racket per child), 1 ball per child (small ball), 3 small cones, additional larger cones or rolled up towel set in 'semi-circle' area.

Set-up: Set out the start cones green x 2 m, yellow x 2.5m, blue x 3m away from the tunnel of cones. (Tunnel = 1m length, 50cm wide). At end of the tunnel (distance of 50cm) form a semi-circle (diameter of 30cm) using a rolled-up towel or large cones.
.

Aim: 'Putt' the ball down the tunnel of cones towards the semi-circle without hitting any cones. The ball must enter the semi-circle to score any points.
- Competitors can select which tee to play off by placing their ball next to the cone (not on it) and collect their ball after their shot.
- The next competitor does not putt until the previous player has rejoined the end of the line off the course.

Scoring:
- Green 1pt (2m)
- Yellow 5pts (2.5m)
- Blue 10pts (3m)
- **Team**: Add every score for a team/bubble total.
- **Individual:** SEN child- add based on 6 goes

Adaptations:
- VI- leader/helper can clap in direction of hoop.
- Bell balls can create audio cue
- Wheelchair users take their shots closer or use ramps to propel the ball
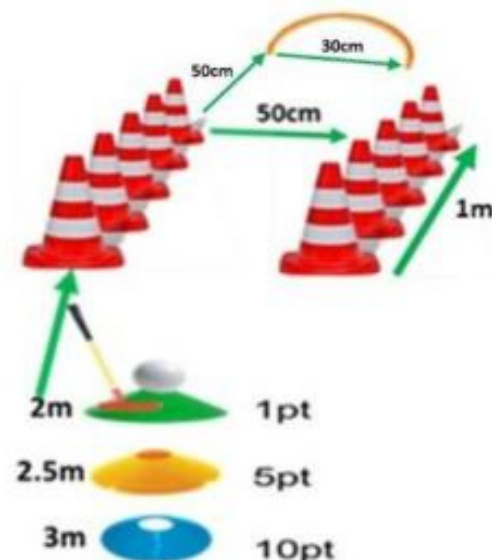
Click for demo video

7. Funfair

Equipment: Bean bag (or smallball, rolled up socks), bench (or gym mat), 4 cones, 4 x balls.

Set-up: A bench/gym mat or the floor has 4 cones (red, blue, blue, red) with balls balanced on top. (50cm)

Aim: 'To knock the ball off a cone in a continuous relay'.
   (Designate someone to replace balls after every hit).
- Round one- Competitors take it in turns to throw their bean bag/ball from the 1m line. They collect their own bean bag/ball.
- The next competitor does not throw until the previous player has rejoined the end of the line away from the throw area.
- Round two- Each competitor throws from 2m line
- Round three- Each competitor throws from 3m line
- If time remains before the final whistle the 'team' restarts at line one.

Scoring:
- 1 point for each ball knocked down from 1m
- 2 points for each ball knocked down from 2m
- 3 points for each ball knocked down from 3m
- Team: Add every score for a team/bubble total (5mins).
- Individual: SEN child- add based on 6 goes

Adaptations:
- VI players. Leader/guide can clap in the direction of a ball
- Wheelchair users can deliver their shots from the first line or use a ramp from all the lines (with cones on the floor).
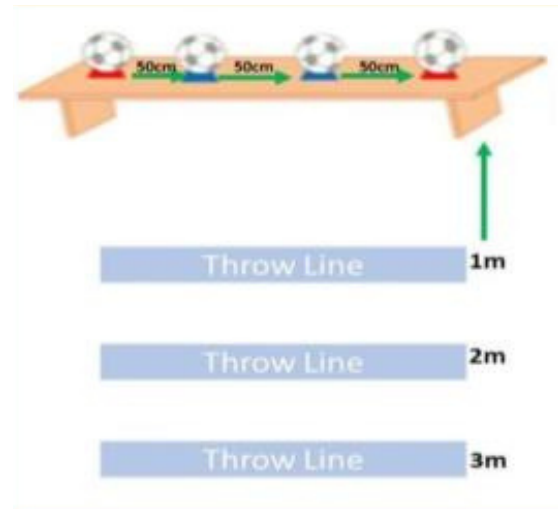
Click for demo video

8. Direct Hit

Equipment: 1 ball per child (bean bag), set of stumps (skittles/cardboard tubes or equivalent) 1 x cone

Set-up: Place one set of stumps/skittles 3 metres from a throw line.

Aim: 'Hit the stumps' A continuous team relay that gets more difficult.' (aim at the stumps for points- take stumps away!)
- ·1st go: The first competitor stands at the cone and rolls/underarm throws the ball towards the stumps, they then join the end of the queue and the next competitor takes their turn until everyone has had one attempt at the 3 stumps.
- 2nd go: Take one stump away leaving two. (select a designated person to remove stumps)
- 3rd go: Take one stump away leaving one.
- The next competitor does not throw until the previous player has collected their ball and rejoined the end of the line away from the throw area.

Scoring: Keep restarting until the whistle
- 1st go: 1 point if any of the 3 stumps are hit.
- 2nd go: 2 points if any of the 2 stumps are hit. (If unable to take away stumps- aim for outside stumps)
- 3rd go: 3 point if the final stump is hit. (If unable to take away stumps-aim for middle stump)
- No points if the ball hits the base only rather than a stump.
- Team: Add the team/bubble total.
- Individual: Two full rounds (3/2/1 stump) – add scores together (1+2+3+0+0+3=9)
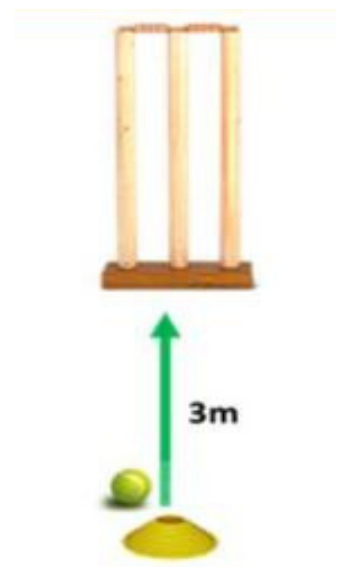
Click for demo video

Adaptations:
- VI- leader/helper can clap in direction of stump.
- Bell balls can create audio cue
- Wheelchair users take their shots closer or use ramps to propel the ball

THROWING

9. Noughts and Crosses

Equipment: Boccia balls (or bean bags/rolled up socks/small ball),9 hoops (or tape boxes), 2 cones per child.

Set-up: 9 x hoops (taped to the floor) set out in 3 x 3 box
First hoop 1.5m from the throw line.

Aim: 'For competitors to throw three boccia balls in a line'
- All competitors must stand behind a line with their boccia ball.
- Competitors take it in turns to throw their boccia ball into a hoop or target area. (it must stay in the hoop to count)
- If successful, the competitor can place their cone in the hoop to indicate where the boccia ball landed. They then retrieve their ball to allow play to continue.

Scoring: 3 balls in a line = 3 points for the team
- Team: total number of points scored by the final whistle, including any part hoops at the end of allocated time.
- Individual SEN child, one point for every hoop based on 6 throws

Reset the game every time a line is scored so that the team /bubble continue.

Adaptations:
Ramps can be used to propel ball onto the court
VI players can use bell balls to create an audio cue. Leaders/helpers can clap in the direction of the hoop.
Helpers can point using a paddle to indicate the next player to throw
Schools can select a different line after each reset should they wish to make the game more difficult.
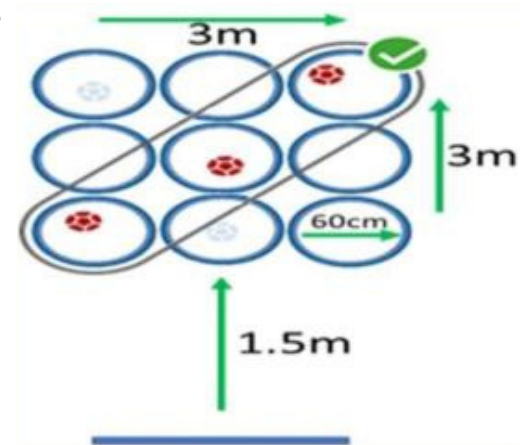
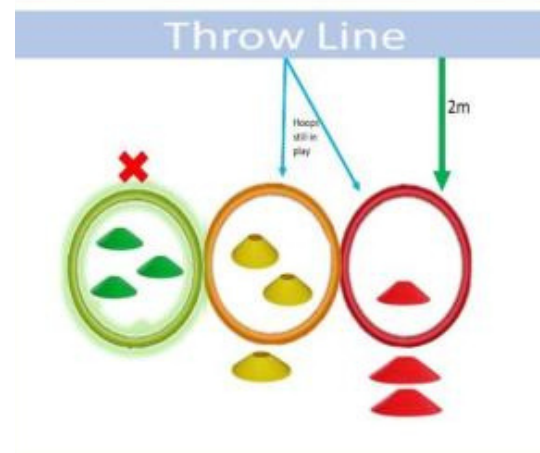▶ **Click for demo video**

10. Traffic Lights

Equipment: Boccia ball one per child (small ball or bean bag/ rolled up socks) 9 cones (3 x red, 3 x yellow, 3 x green) 3 x medium size hoops (taped boxes for target area).

Set-up: 3 x medium size hoops (taped to the floor) are set out like traffic lights red, yellow, and green, 2m from a throw line. Behind each hoop place three cones.

Aim: 'Throw 3 balls in a hoop to switch on the light'
Competitors take it in turns to throw their boccia ball into a hoop or target area. Collecting their own ball after each go.
- Once a ball lands (and stays) in a hoop the competitor/helper places a cone from behind the hoop to indicate 1pt.
- 3 cones- stop play in that colour- see diagram
- Teams have two remaining colours to aim for.

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Scoring: One point scored for every cone in a hoop, including any part hoops at the end of allocated time.
- Team: All three lights on (9 points for 3 cones) restart the game and continue play.
- Individual SEN child, one point for every hoop based on 9 throws

Adaptations:
- Ramps to propel ball onto the court.
- VI create an audio -Leaders/helpers can clap in the direction of the hoop.

11. Flip It

Equipment: Boccia ball one per child (or small ball/bean bag/ rolled up socks), tape measure,
1 x medium hoop (or 2 x hoops one to be cleaned or 1 per child)

Set-up: Mark out a throw line then small lines for 1m,2m,3m,4m and place a hoop at the 1m line. If hoops are not available, mark four boxes on the floor at 1m intervals.
(remind competitors not to run, or step into the hoop to avoid slips)

Aim   'Throw Boccia Ball into the hoop'
- Competitors have 4 goes each, then go to the back of the queue
- All turns start with the hoop placed at the 1m line
- Score from where the ball first lands in the hoop (it can roll out) (a designated helper flips the hoop on to the next line) progressing (from 1m to 2m to 3m to 4m)
- Do not flip the hoop on a miss
- The competitor collects their own ball, for their next go
- After 4 goes the next person in the team has their go starting at 1m
- Continuous relay for 5 minutes.

Scoring: Hoop flips= 1pt for every direct shot. (max 4m per go)
- Team: Add every flip together (20 team flips = 20 points) (based on 5 mins)
- Individual: Add all the flips together (Based on three goes =12 throws in total for game day)

Adaptations: Wheelchair user may roll the ball into and out of the hoop rather than a direct throw.
Ramps can be used to propel ball onto the court (Large card folded into a V shape if no ramps available).
VI create an audio -helpers can clap in the direction of the hoop.
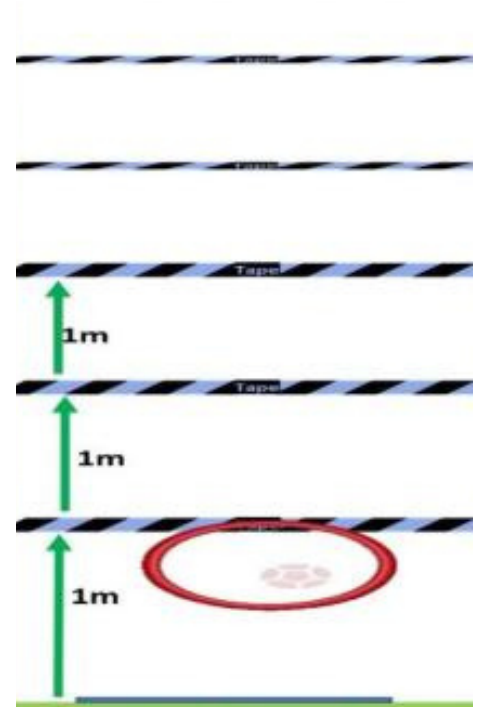
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12. Snooker Frame

Equipment: Boccia ball (or bean bag) one per child, 7 x Hoops (or tape can create a target area). 7 pieces of paper with numbers/colours to be taped inside each hoop.

Set-up: Tape hoops to the floor, 2m from the throw area. (see diagram) with a coloured number/paper taped inside the hoop
- The red hoop must be placed in the front.

Aim: 'Hit the red area for a bonus shot'
From the 2m throw line, competitors take it in turns to throw their ball into the red hoop (no 1)
- If the ball hits the red hoop area the competitor will get a 2nd go for a bonus colour/number.
- If the competitor misses the red hoop the next in line throws.
- The team continue to aim at any targets until the final whistle. (Red must be the 1st shot for every go)
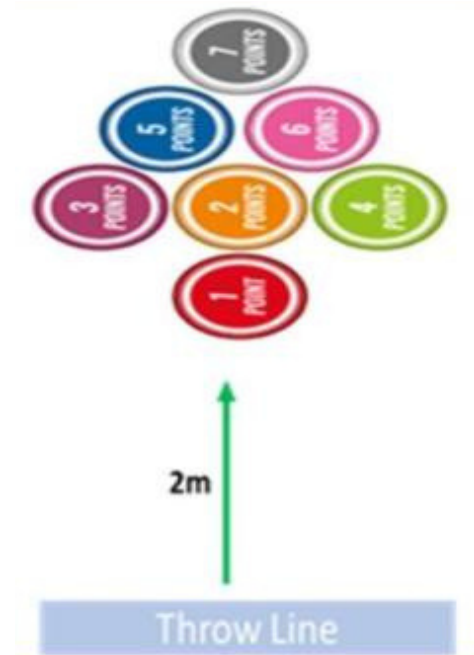
Scoring:
Team: continuous total for the team
Individual: SEN child based on 6 goes
- 1 point for nearest hoop (RED)
- 2 points (Hoop on 2nd row)
- 3 points (Hoop on 2nd row)
- 4 points (Hoop on 2nd row)
- 5 points (Hoop on 3rd row)
- 6 points (Hoop on 3rd row)
- 7 points for the back hoop

Adaptations: Ramps can be used to propel ball onto the court
VI create an audio -helpers can clap in the direction of the hoop.

Click for demo video

Game Day - Results Sheet

Team or Individual Name	Example Scoring / Flip It	Messi Football	Loopy Basketball	Direct Hit	Flip It	Overall Points Total / Lowest number of 'Overall Points' wins	Finishing Position
	8						
Position/Overall Points	6th = 6pts						
	17						
Position/Overall Points	1st = 1pt						
	15						
Position/Overall Points	2nd =2pts						
	13						
Position/Overall Points	3rd =3pts						
	4						
Position/Overall Points	8th = 8pts						
	10						
Position/Overall Points	5th = 5pts						
	7						
Position/Overall Points	7th = 7pts						
	12						
Position/Overall Points	4th = 4pts						
	6						
Position/Overall Points	9th = 9pts						
	5						
Position/Overall Points	10th = 10 pts						

Scoring - Quick Cheat sheet

Balance & Agility	Team	Individual
Murray Movement	Number of completed slaloms, in 5 minutes.	Two attempts. Add times together.
Venus Volley	Add all points, in 5 minutes.	Five goes. Add points.
Messi Football	Number of points, in 5 minutes.	Five goes. Add points.
Pirate Ship/ Parachute Popped	Number of completed rounds, in 2-5 minutes or time 3 laps each for a team time (Based on 4 in a team)	2 laps parachute/ 3 laps Pirate Ship
Target	**Team**	**Individual**
Loopy Basketball	Add all points, in 5 minutes.	Five attempts. Add points.
Tunnel Ball	Add all points, in 5 minutes.	Six attempts. Add points.
Funfair	Add all points, in 5 minutes.	Six attempts. Add points.
Direct Hit	Add all points, in 5 minutes.	Two full rounds (3/2/1 stump) – add scores together (1+2+3+0+0+3=9)
Throwing	**Team**	**Individual**
Noughts & Crosses	Add all points, in 5 minutes.	Six throws. Add points.
Traffic Lights	Add all points, in 5 minutes.	Nine throws. Add points.
Flip It	Add all points, in 5 minutes.	Three attempts (12 throws). Add points.
Snooker Frame	Add all points, in 5 minutes.	Six throws. Add points.