

# ENGAGE



# SCHOOL GAMES

Norwich SSP  
Virtual Challenge

## PANATHLON CHALLENGE SECONDARY 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 Secondary 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 3 and Key Stage 4

### 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





### 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).

#### Balance and Agility

- Stick Slalom
- Venus Volley
- Rally Tennis
- Athletics

#### 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.

- Stick Slalom
- Athletics
- Funfair
- Direct Hit

### 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](http://www.norwichssp.co.uk/virtualchallenges)**

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

## 1. Stick Slalom

**Equipment:** Hockey stick, ball (unihock stick, tri-golf can work) cones.

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

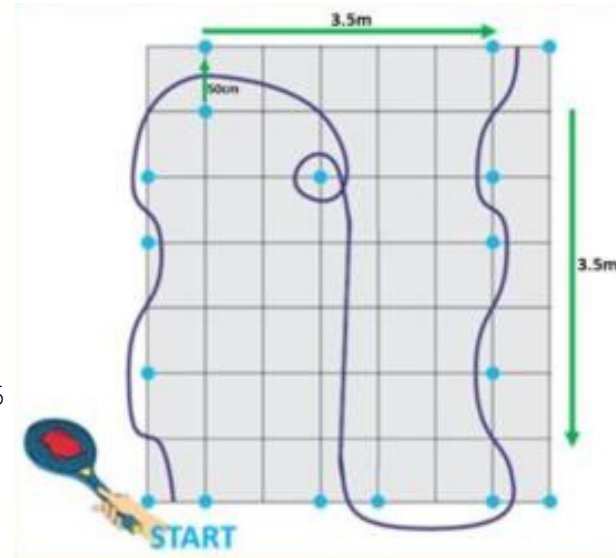
**Aim:** Team members take it in turns to complete a slalom' course around the cones, keeping the ball in contact with the hockey stick.

### Scoring:

- **Team:** Add every completed round for a team/bubble total (based on 5 mins)
- **Individual:** 'Time' two goes and add time together

### Adaptations:

- Bell balls can aid VI players.
- VI competitors can choose to follow a leader through the course or have a guide as assistance.
- A visual cue is to be given by the leader to start the slalom as well as audio. For example, say 'go' and lower an arm.
- Wheelchair users can carry a ball and can be pushed.
- Activity can be varied using a football to dribble or tennis racket to balance a ball.



**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.

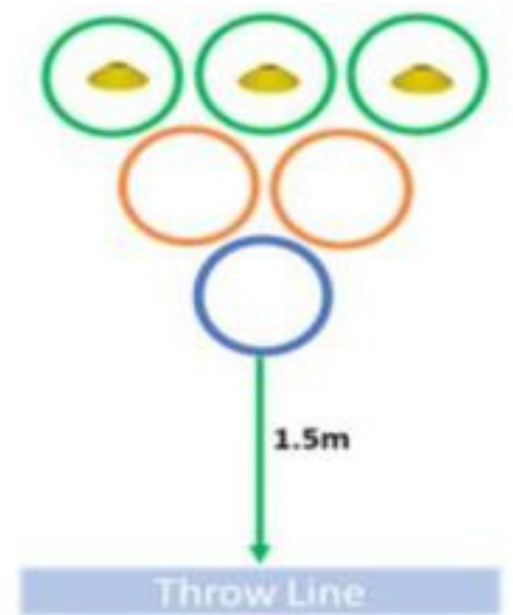
**Aim:** 'Using a racket propel one bean bag/ball towards the hoops to score points'

**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



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### 3. Rally Tennis

**Equipment:** Ball, tennis racket or equivalent per child, tape. (rackets to be wiped after each go)

**Set-up:** Mark out the court area with tape. Use half a badminton court in width or (2m width) length 6 m (no net)

**Aim:** Two competitors stand and aim to push/roll the ball in a continuous rally on a small court between two cones. The ball must go past the minimum hit line (2m). The rally ends when:

- The ball lifts from the floor
- The ball goes past the end line
- The ball hits a player's body, including hand
- The ball does not pass between the cones
- The ball is hit inside the minimum hit line
- The ball stops within the minimum hit line

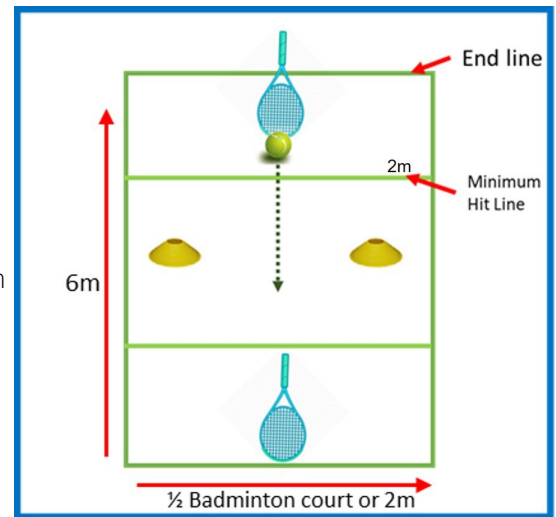
Rotate each pair after each rally ends (Max rally 30 secs)

**Scoring:**

- **Team:** The highest rally for the team is recorded
- **Individual:** Highest score with a partner

**Adaptations**

- Bell balls can aid VI players.
- Wheelchair users can use their chair to stop the ball, this does not affect rally count (side on using the big wheel, taking extra care when pushing from backwards to forwards),
- Wheelchair users could also use a cricket bat/hockey stick if unable to reach to the floor, but ball must still stay along floor.



**Click for demo video**

### 4. Athletics

**Equipment:** Long jump mat/gym mats with a tape measure, speed bounce mat or line on floor, stopwatch

**Set-up:** Place mats as per diagram. Split the team 'micro bubble' in half ready to start at the same time (long jump & speed bounce)

**Standing Long Jump:**

Requires designated person to measure and record

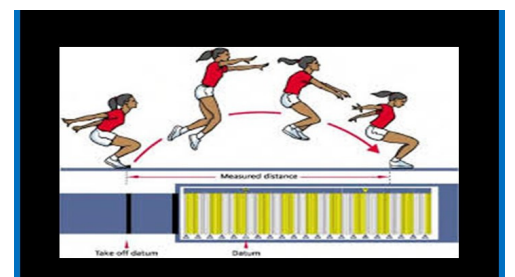
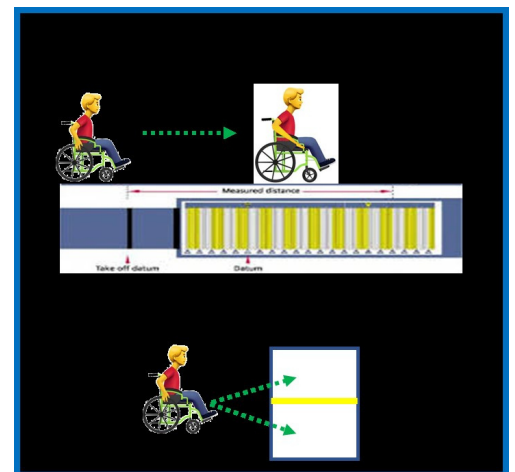
**Aim:** Three jumps per competitor before moving to speed bounce

- Two footed take off from a standing position with both feet behind the take off-line
- The participant may step forward after the jump however any step back or touching of the mat or floor behind the feet is a no jump (x)

**Scoring:**

- Measurement is taken from the back heel back to the take off-line
- A valid jump is recorded if both the athlete's feet land on any part of the mat
- When each competitor has completed their 3 goes. The two highest individual jumps and two lowest individual jumps will be added together to give an overall long jump score.
- For an individual – take the longest jump only (SEN student)

**Adaptations:** Wheelchair user- one push and distance is measured.



## Speed Bounce:

Requires designated person to time and record

**Aim:** Two goes per competitor before moving to long jump

- Each competitor has 10 seconds to record as many valid bounces as possible. The competitor starts with both feet together on one side of the mat.
- Both feet must touch the mat/floor on each side of the wedge/line at the same time for the bounce to count
- The bounce is not counted if the wedge/line is jumped on

### Scoring:

- Start the stopwatch for 10 seconds and count the number of jumps
- When all the team have completed their 2 goes each. The two highest individual jumps and two lowest individual jumps will be added together to give an overall speed bounce score.
- For an individual – take the best score only (SEN student)

**Adaptations:** Wheelchair user -See diagram. Each movement either side will count as jump.

**Final Team scores:** The overall scores from the Standing Long Jump (cm) and Speed bounce (no) are then combined to give a final score for these two stations. ( **E.g. 4.36 Long Jump + 26 speed bounce = overall score 462**)

Should teams finish before the 5 minutes(or time allocated) they can have extra attempts in each activity.

**Final Individual score:** Add the best long jump and best speed bounce best scores together (SEN student)



**Click for demo video**



## 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.

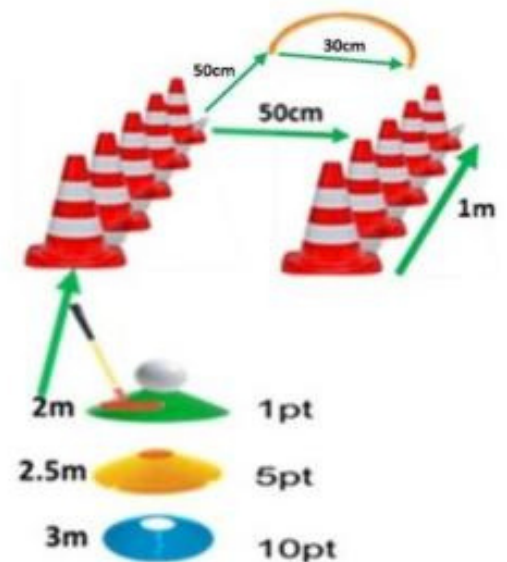
- Competitors can select which tee to play off by placing their ball next to the cone (not on it) and collect their ball after their shot.
- The next competitor does not putt until the previous player has rejoined the end of the line off the course.

**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).

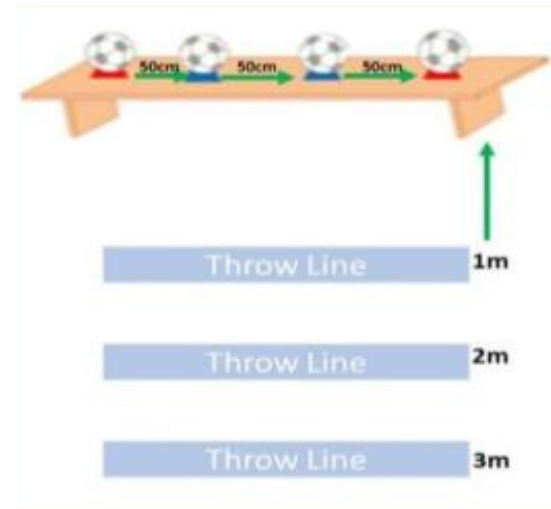
- Round one- Competitors take it in turns to throw their bean bag/ball from the 1m line. They collect their own bean bag/ball.
- The next competitor does not throw until the previous player has rejoined the end of the line away from the throw area.
- Round two- Each competitor throws from 2m line
- Round 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).



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## 8. Direct Hit

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

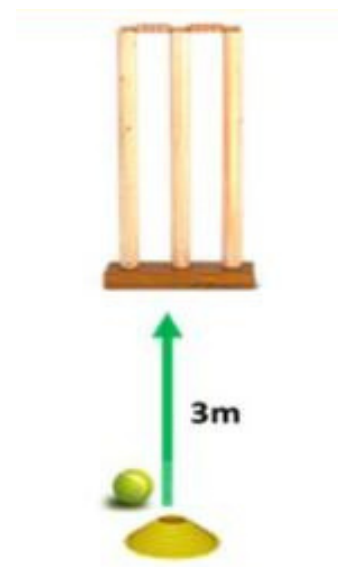
**Set-up:** Place one set of stumps/skittles 3 metres from a throw line.

**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.

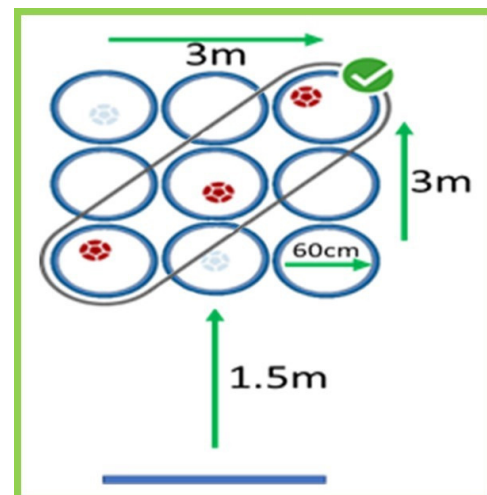
### Adaptations:

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.



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### 10. Traffic Lights

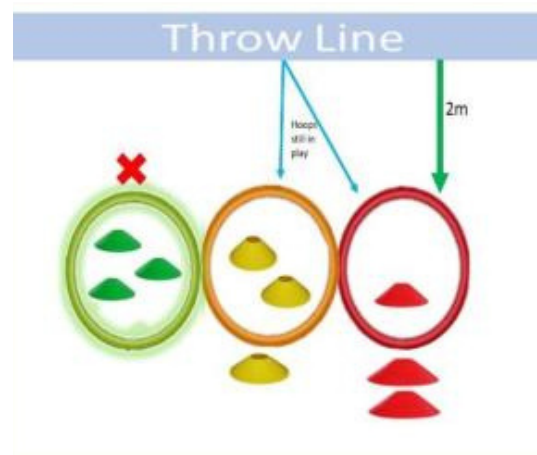
**Equipment:** Boccia ball one per child (small ball or bean bag/ rolled up socks) 9 cones (3 x red, 3 x yellow, 3 x green) 3 x medium size hoops (taped boxes for target area).

**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.

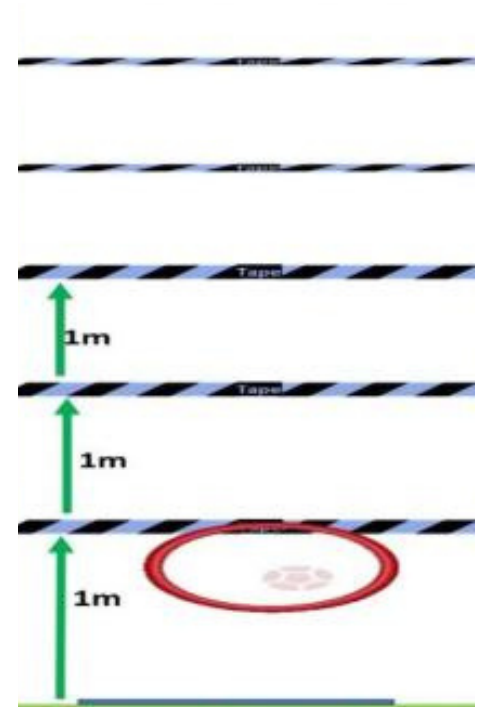
**Scoring:** Hoop flips= 1pt for every direct shot. (max 4m per go)

- 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:

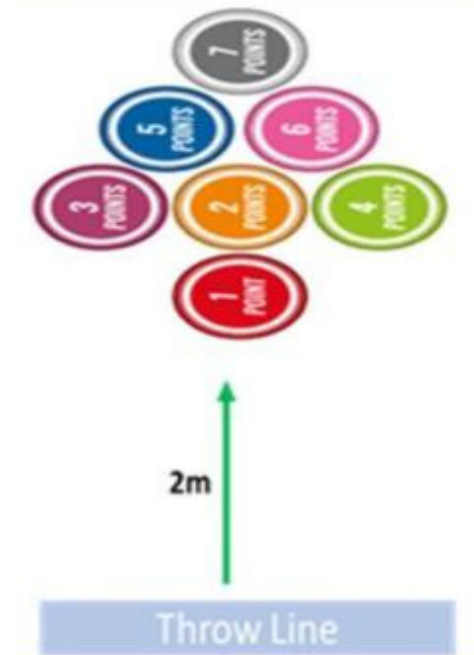
Team: continuous total for the team

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 <i>Flip It</i>	Stick Slalom	Athletics	Funfair	Direct Hit	Overall Points Total <i>Lowest number of 'Overall Points' wins</i>	Finishing Position
	8						
<i>Position/Overall Points</i>	<i>6<sup>th</sup> = 6pts</i>						
	17						
<i>Position/Overall Points</i>	<i>1<sup>st</sup> = 1pt</i>						
	15						
<i>Position/Overall Points</i>	<i>2<sup>nd</sup> = 2pts</i>						
	13						
<i>Position/Overall Points</i>	<i>3<sup>rd</sup> = 3pts</i>						
	4						
<i>Position/Overall Points</i>	<i>8<sup>th</sup> = 8pts</i>						
	10						
<i>Position/Overall Points</i>	<i>5<sup>th</sup> = 5pts</i>						
	7						
<i>Position/Overall Points</i>	<i>7<sup>th</sup> = 7pts</i>						
	12						
<i>Position/Overall Points</i>	<i>4<sup>th</sup> = 4pts</i>						
	6						
<i>Position/Overall Points</i>	<i>9<sup>th</sup> = 9pts</i>						
	5						
<i>Position/Overall Points</i>	<i>10<sup>th</sup> = 10 pts</i>						

## Scoring - Quick Cheat sheet

Balance & Agility	Team	Individual
Stick Slalom	Number of completed slaloms, in 5 minutes.	Two attempts. Add times together.
Venus Volley	Add all points, in 5 minutes.	Five goes. Add points.
Rally Tennis	Highest rally for the team	Highest score with a partner
Athletics	Standing Long Jump – 2 longest jumps and 2 shortest jumps added together. Speed Bounce – 2 highest and 2 lowest scores, in 10 secs, added together	Standing Long Jump – Longest jump Speed Bounce – Best score, in 10 secs
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 stumps) – 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.