

# ENGAGE



# SCHOOL GAMES

Norwich SSP  
Virtual Challenge

## PANATHLON CHALLENGE SPECIAL 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 challenge is designed to engage pupils with a Special Educational Need or Disability (SEND) in Special 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 1-4.

### 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

- Murray Movement
- Precision Bean Bag
- Funfair
- Parachute Popped

#### Target

- *Into the Tower*
- *Kurling Knockout*
- *Direct Hit*
- *Harlem Hoops*

#### Throwing

- Noughts and Crosses
- Traffic Lights
- Boccia Blast
- Flip It

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.

- Into the Tower
- Direct Hit
- Traffic Lights
- 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](http://www.norwichssp.co.uk/virtualchallenges)**

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

## BALANCE AND AGILITY

### 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

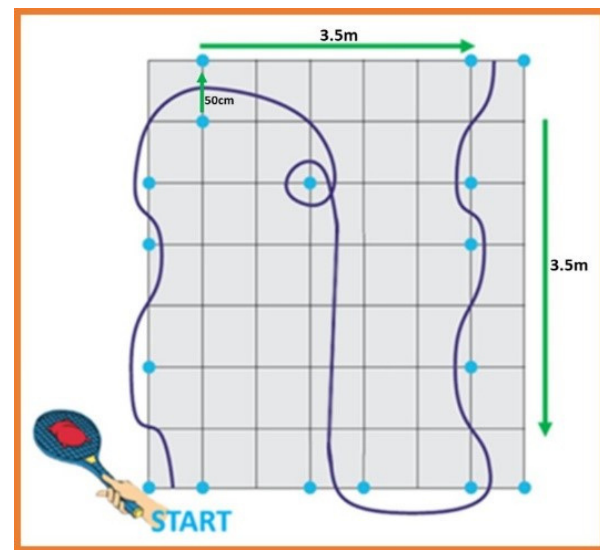
**Aim:** 'Complete a slalom course around the cones', with the bean bag balanced on a tennis racket. Team members take it in turns. Activity can be varied using a football or hockey sticks to dribble.

**Scoring:**

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



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### 2. Precision Bean Bag

**Equipment:** Bean bags (or equivalent), numbered beanbag mat (or taped floor boxes, hoops or parachute- ensure these are taped to avoid slip hazards)

**Set-up:** Mark out throwing area with tape, mat or parachute. (approx. 60cm each box) The number of boxes can be reduced. (Diagram just as an example)

**Aim:** Each competitor stands, unless in a wheelchair, behind the throw line (50cm from the edge of the mat) and takes it in turn to throw their bean bag towards the scoring zones.

- The score is taken from where the beanbag first lands, not its finishing position. Unless it finishes out of the scoring box then the score will be 0. e.g. (bean bag hits 12 then slides off the mat-score=0).

Designated helpers can return the bean bag to the competitor who has 3 goes.

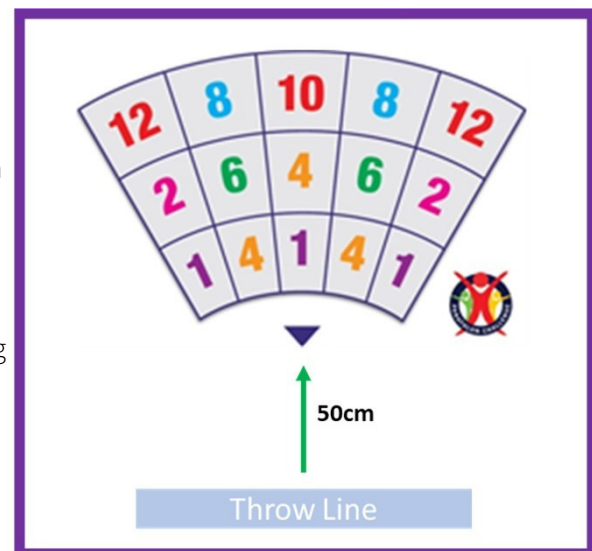
**Scoring:**

- Team: Record every score. After the whistle add every score together. If teams are uneven work out the (average)
- Individual: Add best 6 throws together

If using Parachute as a replacement mat- School will select their own numbers. For example: Red = 10 points. Green = 6 points. Blue = 4 points

**Adaptations:**

- VI competitors: Clap in the direction of a number.
- Ramp can be used to help competitors 'push' their bean bag onto the scoring zones.
- Wheelchair users can sit closer to the target area



**Click for demo video**

### 3. 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:** 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).

### 4. Parachute Popped

**Equipment:** Stopwatch, parachute, 1 x cone and 1 x bean bag per competitor, two tables to support the parachute. Tape to mark lines.

**Set-up:** A parachute is placed across tables 5 metres from the start line. (without touching the floor area). Place a start line 5 metres from the tables with another line 50cm from the table. (This is a 'STOP' line to ensure that competitors do not run into the table). Next to the start area mark 6 small boxes or lines.

- Before the start, each competitor selects a different 'pie' on the parachute and places their bean bag or ball on top of their own cone in that section.

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

- Repeat the relay until all the competitors have placed their cone and bean bag back onto the parachute. (4 runs in total per competitor if team of 4)
- Round two – Adjust the team order to allow a different competitor to start.

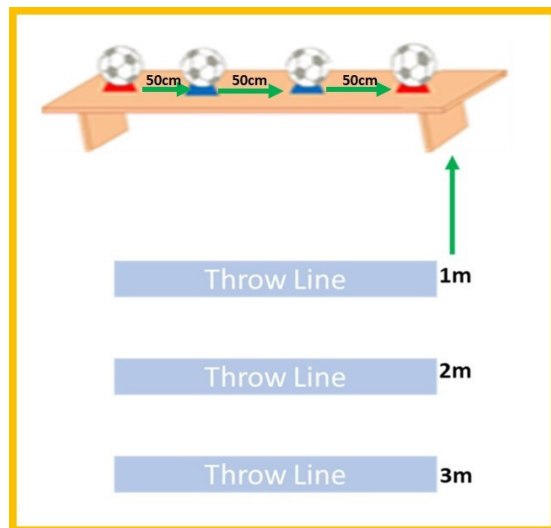
**Scoring:**

**Team:** Time two full goes based on a team of four within the 5 minutes, for teams to achieve 'best time'

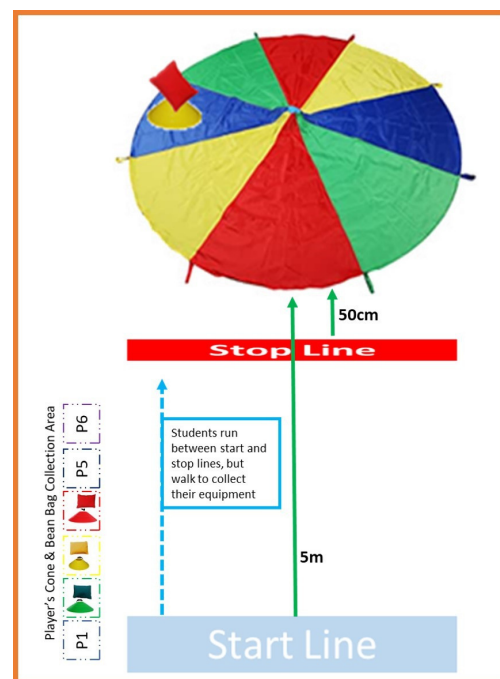
**Individual:** Time two goes (4 laps)

**Adaptations:**

- VI players can follow a leader or use a guide as assistance.
- Wheelchair users can be pushed.
- A visual cue can be given by the leader to start, as well as audio. For example, say 'go' and lower an arm.
- PD & LD children with balance difficulties can have support from an adult. (Children can walk from number to number)



**Click for demo video**



**Click for demo video**

## 5. Into the Tower

**Equipment:** Kurling stone (bean bags or toy car can also work), 6 x cones, chair

**Set-up:** 3 distances marked out with cones, 3m = Red, 4m = Yellow, 5m = Green

**Aim:** To enable the 'stone' to stop underneath the tower (chair).

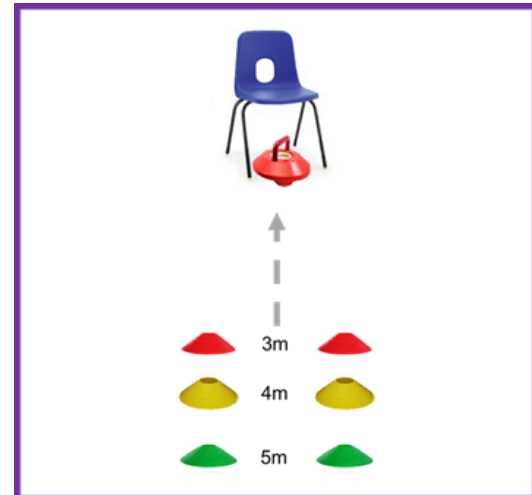
- Starting at the nearest cone, competitors push the stone (Using their hand/foot or a pusher).
- Each competitor has three attempts then joins the back of the queue.
- If successful, move back to the yellow cone and then the green.
- Competitors repeat the challenge as a relay until the final whistle.

**Scoring:**

- Red cone = 5pts.
- Yellow cone = 7pts.
- Green cone = 10pts.
- **Team:** Add every score for a team/bubble total (based on 5 mins)
- **Individual:** Total points for stone under the tower based on 6 attempts- 2 rounds

**Adaptations:**

- Physically Disabled: Ramps can be used to propel stones
- Visually Impaired: create an audio cue.



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## 6. Kurling Knockout

**Equipment:** Kurling stone (bean bags, toy car or small ball can also work).

**Set-up:** Mark a 1m square grid on the floor using (tape, throw down lines or paper). A blue stone should be placed in the centre of the square. The start line is marked with tape or cones, 3m away from the square.

**Aim:** Competitor pushes their 'red stone', aiming to knock the 'blue stone' out of the square.

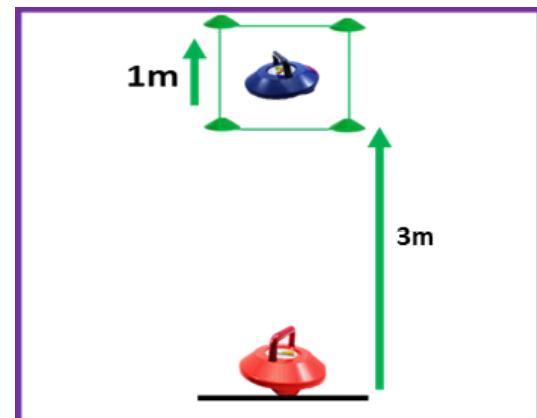
- Each competitor has three attempts then joins the back of the queue.

**Scoring:**

- 2pts for every successful "knock-out"
- **Team:** Record all scores for team/bubble total
- **Individual:** Add score (6 attempts)

**Adaptations:**

- PD - Ramps can be used to propel stones



**Click for demo video**



## 7. Direct Hit

**Equipment:** 1 ball per Student (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/under arm 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 final 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 points 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 every score for a team/bubble total (based on 5 mins)
- **Individual:** Two full rounds (3/2/1 stump) – add scores together (1+2+3+0+0+3=9)

**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

## 8. Harlem Hoops

**Equipment:** Mini basketballs per student (Small football/ volleyball), basket (hoop/washing basket/ box)

**Set-up:** Place a mini basketball net/box/hoop (must be taped to floor) and mark out throw lines (See diagram for distances) Place next to a wall to allow the ball to rebound back.

**Aim:** To score a point from the throw lines.

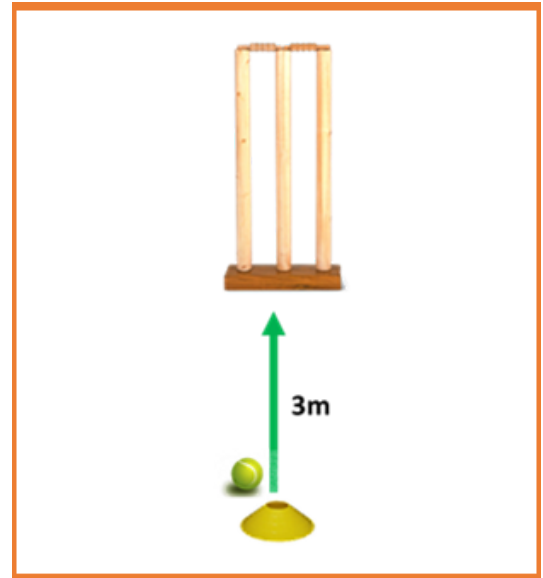
- Each competitor has three shots then joins the back of the queue.
- Starting from the first line, if shot is successful, they move back to shoot from the second line and then the third. They only move back if the shot goes in.

**Scoring:**

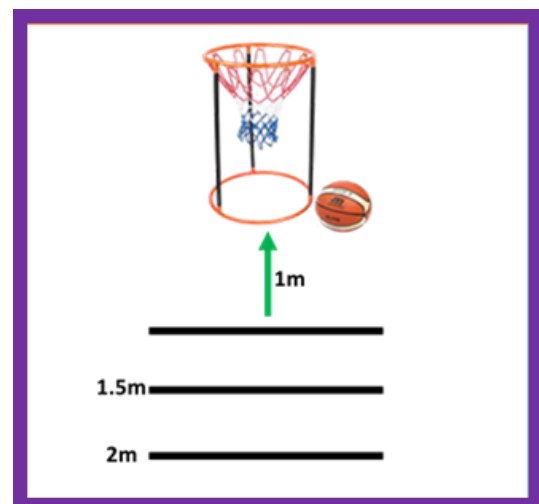
- First line 1pt, Second line 2pts, Third line 3pts
- **Team:** Add all the scores together
- **Individual:** Number scored from 9 shots

**Adaptations:**

- Bell balls can create audio cue when the ball lands in the hoop.
- Wheelchair users can shoot all 3 shots from the 1st line or wheelchair users can roll ball into a hoop to score points when using a ramp
- A ramp can be used to propel the ball at the basket



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**Click for demo video**

## 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.

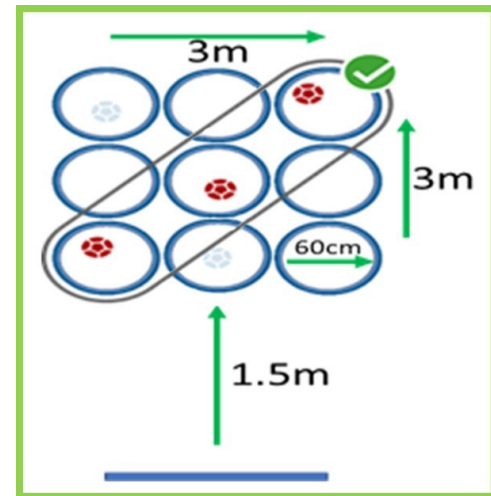
**Scoring:** 3 balls in a line = 3 points for the team

- 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 student (small ball or bean bag) 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.

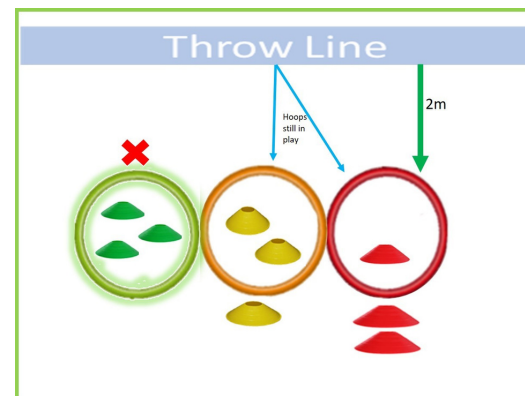
- Once a ball lands (and stays) in a hoop the competitor/helper places a cone from behind the hoop to indicate 1pt.
- 3 cones- stop play in that colour- see diagram
- Teams have two remaining colours to aim for.

**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:** 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.



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## 11. Boccia Blast

**Equipment:** Boccia ball per student (bean bags or rolled up socks) 3 x hoops (towel or tape/cones target area), Beach ball (or lightweight ball)

**Set-up:** The targets are set up in the shape of a triangle; 1 hoop at the front with a beach/foam ball (2m), 2 hoops in the middle (3m), and 2 skittles at the back (4m). (Tape hoops to floor)

**Aim:** All Competitors stand along a line in a line with their Boccia balls in front of them.

- Competitors take it in turns to throw a boccia ball at the targets to score.
- Once each competitor has thrown, an 'end' has then been completed, the game then restarts. (One end = 6 throws, smaller teams may require an extra throw to make 6)
- The team try to complete as many 'ends' as they can within the allotted time.

### Scoring:

1pt = Ball is knocked out of the nearest hoop (replaced every time- 2m distance)

2pt = The ball lands and stays in the hoop furthest away. (3m distance)

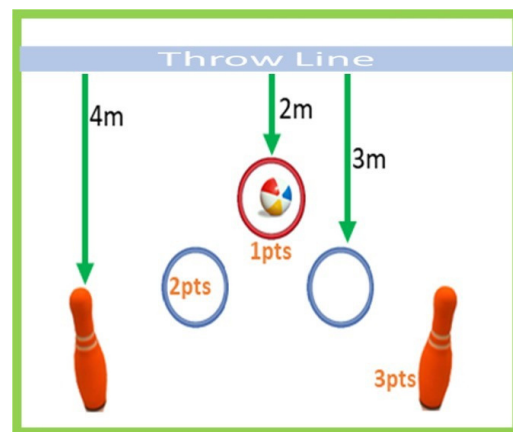
3pt = The skittle is knocked over (Not replaced until all balls have been thrown.) (4m)

**Team:** Write the score for each complete 'end' (After every 6 throws) Add the best two 'ends' together for an overall team score.

**Individual:** Add points from 6 throws

### Adaptations:

- Ramps can be used to propel ball onto the court
- VI create an audio with a bell ball
- Teachers/Leaders/guide can clap in the direction of the hoop.



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## 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'

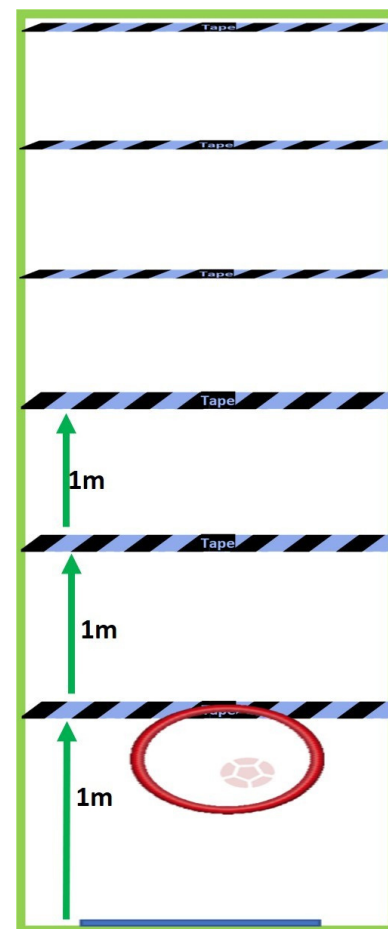
- Competitors have 4 goes each, then go to the back of the queue
- All turns start with the hoop placed at the 1m line
- Score from where the ball first lands in the hoop (it can roll out) (a designated helper flips the hoop on to the next line) progressing (from 1m to 2m to 3m to 4m)
- Do not flip the 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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Game Day - Results Sheet

Team or Individual Name	Example Scoring <i>Flip It</i>	Into the Tower	Direct Hit	Traffic Lights	Flip It	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>d</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
<b>Murray Movement</b>	Number of completed slaloms, in 5 minutes.	Two attempts. Add times together.
<b>Precision Bean Bag</b>	Add all points, in 5 minutes.	Six goes. Add points.
<b>Fun Fair</b>	Number of points, in 5 minutes.	Six goes. Add points.
<b>Parachute popped</b>	Time two full goes based on a team of four. Or, number of completed runs within 5 minutes.	Time for 2 complete goes, 4 laps.
<b>Target</b>	<b>Team</b>	<b>Individual</b>
<b>Into the Tower</b>	Add all points, in 5 minutes.	Six attempts. Add points.
<b>Kurling Knockout</b>	Add all points, in 5 minutes.	Six attempts. Add points.
<b>Direct Hit</b>	Add all points, in 5 minutes.	Two full rounds (3/2/1 stump) – add scores together (1+2+3+0+0+3=9)
<b>Harlem Hoops</b>	Add all points, in 5 minutes.	Nine shots. Add points.
<b>Throwing</b>	<b>Team</b>	<b>Individual</b>
<b>Noughts &amp; Crosses</b>	Add all points, in 5 minutes.	Six throws. Add points.
<b>Traffic Lights</b>	Add all points, in 5 minutes. All <b>three lights</b> on is 9 pts for 3 cones.	Nine throws. Add points.
<b>Boccia Blast</b>	Add the best two ends together. 1 end is score for 6 throws.	Six throws. Add points.
<b>Flip It</b>	Add all points, in 5 minutes.	Twelve throws (3 rounds). Add points.