

## Reframing Competition

This is about ensuring that the competition experience is a positive one for many more young people. This is through being aware of their needs and adapting the event to ensure that young people will want to remain engaged above and beyond any event experience. Your SGO will need to continue to create their School Games offer in a virtual or practical setting (as COVID-19 restriction tighten and ease) and will use these principles to reflect on what their offer comprises of. Using more than just a single measure of success, such as the fastest or the biggest score, will ensure that more young people get to experience the positive aspects of competition and achieve success that is appropriate and meaningful for them and their abilities. Nobody benefits from a score such as 45 - 0, not the winning team and especially not the losing team where this could be some young people's only experience of competitive sport ensuring that they don't stay involved in sport. Using the five principles based on the research around reframing competition, schools should consider their offer in addressing the needs of their young people, especially those negatively impacted on by COVID.

1. The young person's motivation, competence and confidence are at the centre of the competition.
2. The focus is on the process rather than the outcome (on the learning and values and development of the young person rather than the result).
3. Volunteers, leaders and officials are appropriately trained and display behaviours reflective of the nature of the competition.
4. The environment is safe and creates opportunities to learn and maximise social development.
5. The facility and the environment created for the competition reflects the motivations, competence and confidence of the young people and format of the competition.



## SMILES

If all the competition principles are followed, that should result in SMILES. Use the below as a check list:

**SAFE** — participants feel physically and emotionally safe.

**MAXIMUM PARTICIPATION** — participants are fully involved all of the time, i.e not hanging around.

**INCLUSIVE** — all participants can take part; activities are designed to suit and develop their abilities.

**LEARNING** — participants develop personal, social, creative, thinking and/or physical skills.

**ENJOYMENT** — activities recognise individuals' personal needs and interests.

**SUCCESS** — participants feel they are making progress and getting satisfaction.

## STEP Principles

These are principles that can be adopted to make challenges easier or harder.

**SPACE** — vary the size and shape of the work space

**TASK** — vary the tasks-run, walk, jump, hop, close one eye, use one hand, two hands etc.

**EQUIPMENT** — use no equipment, balloon, bean bag, small ball, large ball, cones, rope etc.

**PEOPLE** — play on your own, 1 v 1, 2 v 2 etc.

## Personal Best

It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'; this includes when competing against yourself and others, with a view to improving personal performances and reaching individual goals. The opportunity to improve one's personal best should be accessible for all students in school and designed to engage as many participants as possible. Personal Best opportunities set up virtually allow more children to participate and can complement practical challenges and competitions. SGO areas, Active Partnerships, sports governing bodies and coaching companies have all expanded the range of activities available to support this.

### Intra-school Competition

An Intra-school competition is a sporting activity that takes place between pupils who attend the same school. For example, this can be in the form of a class v class or house activity. Intra-school competitions set up virtually allow more children to participate and can complement practical activities.

Bubble intra competitions should be encouraged as well as virtual competitions to foster a sense of belonging and a number of other benefits.

### Inter-school Competition

A local Inter-school competition is a sporting activity that takes place between schools from the same area – either as a one-off fixture or as part of a league. These competitions may act as qualifiers for County Final/Festival or can be run as developmental competitions or festival events to meet the needs of a local area. It is hoped where there are qualifiers that these will not always be based on the highest/best score but on other measures such as 'the most effort' or spirit scoring linked to reframing competition. Numerous examples of virtual competitions have emerged nationally for schools to speak to your SGO about their programme of competition.

### School Games Sports Formats

National Governing Bodies of Sport (NGBs) have utilised the School Games to build and develop a series of sport formats for intra and inter-school competition.

These formats aim to encourage all young people to participate and are based on supporting young people to build and extend their skills and confidence. These can be found on [www.yourschoolgames.com](http://www.yourschoolgames.com)

### School Games Day

A School Games Day is more than just an annual sports day. It should encompass culture, celebration, inclusion and is a culmination of a year-round programme of regular intra-school competition.

Many schools successfully delivered their School Games Day virtually during the summer term 2019/20, speak to your SGO if you need more guidance on making this happen for your school.

## Spirit of the Games

These are the School Games Values, designed by young people for young people. There are six values which are: Determination, Honesty, Passion, Respect, Self-Belief and Teamwork.

More information can be found on [www.yourschoolgames.com/how-it-works/what-school-games](http://www.yourschoolgames.com/how-it-works/what-school-games)

## Inclusive

The School Games ethos is about ensuring we value all individuals, giving equal access and opportunity to all and removing discrimination and other barriers to involvement in competitive school sport. To support SGOs and schools in this, there are a number of competition formats available. These include specific 'Inclusive/Unified' formats where young people with and without Special Educational Needs and/or Disabilities, inclusive of intellectual needs, train and compete together alongside one another. In addition, there are also targeted competition formats available for specific cohorts of young people. All competition formats available in the School Games include a 'Think Inclusively' section; which provides adapted and alternative ways of delivery based on young people's needs.

The TOP Sportsability website [www.topsportsability.co.uk](http://www.topsportsability.co.uk) has FREE training, guidance and resources for schools and SGOs. Also the Breaking Boundaries resource that highlights all faith groups and key dates for prayer, holidays, fasting etc. One to consider for schools and SGOs when planning activity. [www.youthsporttrust.org/breaking-boundaries](http://www.youthsporttrust.org/breaking-boundaries)



## Inclusive Health Check (IHC)

The Inclusive Health Check (IHC) is a self-review tool designed to support schools and teachers in providing inclusive opportunities, highlighting the key role schools can play in the realisation of an inclusive pathway and sustained participation for young people with special educational needs and disabilities (SEND). The self-review comprises approximately 23 yes/no questions to help schools identify strengths and areas for development. Once completed a differentiated action plan and top tips for future use is generated.

## Physical Activity

Physical activity is any body movement that expends energy and raises the heart rate. Physical activity is encouraged above and beyond a schools Physical Education provision - we want our young people to move more and sit less because the benefits of this are proven in both a physical, emotional, psychological and sociological way.

## Inactive

Less than 30 minutes of moderate to vigorous physical activity (MVPA) a week.

## County Festivals

These are generally inter-school events that involve young people participating across a county area. These can be either virtual or face to face events that may or may not involve some qualifying event. These can be stand alone events or multiple sports and usually involve more wrap around support i.e. an opening ceremony, a wider cultural programme etc.

## 60 Active Minutes

At least 30 minutes of physical activity should be delivered in school for every child, every day through active break times, extra curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time (Childhood Obesity Plan, 2016 and 2018). Please note, 30 active minutes is in addition to timetabled Physical Education lessons.

## Active Schools

These are schools that integrate a variety of options, including active lesson time, to increase physical activity and reduce sitting time into the entire school day (before, during and after school). Broadly speaking an Active School will create and embed a culture of physical activity across the whole school, which compliments high quality Physical Education, to encourage every pupil to take part in 60 minutes of physical activity a day (Childhood Obesity Plan, 2016 and 2018).

**YOUR SGO WILL BE ABLE TO GIVE YOU MORE ADVICE ON ALL OF THESE TERMS AND HOW BEST THEY APPLY TO YOUR SETTING.**

