

Closing Date – Friday 26th March 2021



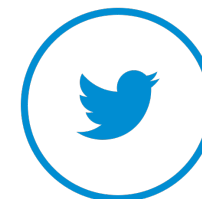
Follow the steps below to get involved:

1. Familiarise your child/children with each of the challenges in the document below and watch the two 'INCLUSION' opening ceremony videos.
2. Your child/children will then need to complete the challenges. Your festival can be run in one day or you can run it over a number of days/weeks.
3. Scores can be taken during the festival challenges but **do not** need to be reported back to your teacher/SGO.
4. Once you have completed your festival, please complete the festival reporting link on the last page of this resource so we know which children and schools took part.
5. Ensure you complete the reporting link before **Friday 26th March 2021**.

LEARNING & DISCOVERY FESTIVAL



Tweet us with your efforts using the **#CSWVirtualGames** and your area Twitter handle below!



SCHOOL GAMES MISSION

Keeping competitive sport at the heart of schools and provide more young people with the opportunity to compete and achieve their personal best.

North Solihull – Hollie Williams - @SolihullNorth

South Solihull – Julie Chrysostomou - @SSolihullSSP

Coventry East– Stu Davoile - @SGOCoventryEast

Coventry West – Danny Kingham - @SGOCoventryWest

Central Warwickshire – Ali Knight - @CWSchoolSport

Southern Warwickshire – Andy Sandford - @swschoolgames

Eastern Warwickshire – Ian Smart - @Harris_SSP

Northern Warwickshire – Rory Leggett - @Schoolgames_nw



ABOUT THE LEARNING & DISCOVERY FESTIVAL

WHAT IS THE L&D FESTIVAL?

The Learning & Discovery Festival is part of the Inclusion 2020 project set up by the Youth Sport Trust (YST), which focuses on inspiring pupils - with or without SEND - to play and enjoy unified sport together, and challenge attitudes and perceptions of disabilities.

WHY DELIVER THIS FESTIVAL?

Outcomes for young people taking part in this festival include:

- Raising aspirations of young people with and without additional needs - and those that support them - to realise their potential in and through physical education and sport.
- Inspiration; providing opportunities for young people to participate in new inclusive activities, encouraging life-long participation.

HOW TO DELIVER THE LEARNING & DISCOVERY FESTIVAL

There are 4 different challenges outlined in the resource cards below for children to engage with; Athletics, Badminton, Sitting Volleyball and New Age Kurling. There are instructions for each challenge, as well as additional video support for each individual challenge.

With regards to delivering the festival, we would advise setting up a station for each sport and have a go at each station. For further support you can watch the teacher guide we have sent to schools used to help the teachers deliver festivals in school: https://youtu.be/BM_8_DcA16M.

YST have provided lots of activities for the Learning & Discovery Festival - additional to those found on these resource cards - which you can find here:
School pack - <https://www.youthsporttrust.org/system/files/Inclusion-2020-learning-discovery-pack-covid-19-school-based-006.pdf>.
At home pack - <https://www.youthsporttrust.org/system/files/Inclusion-2020-learning-discovery-pack-covid-19-at-home-004.pdf>

WHO CAN TAKE PART?

This festival is open to all primary school-aged children. Schools will be encouraged to run more festivals in the summer term, but we are hoping that lots of you will take part in your own festivals at home and let us know how you found the different activities and how you adapted them to be able to take part at home.

OPENING CEREMONY



INCLUSION 2020

Before taking part in the **Inclusion 2020 Learning & Discovery Festival**, please share the videos below with your child/children.

VIDEO 1

The Inclusion 2020 Opening Ceremony (2min)

<https://youtu.be/NHC2P5F5i0U>

VIDEO 2

The story of Kate Grey - a former Paralympic swimmer (8min)

<https://youtu.be/VyvrtzJSr5M>



ATHLETICS – OBSTACLE RELAY

Equipment

- Blindfolds
- Cones (or other appropriate obstacles)
- Stopwatch or phone - to time

How to

- Work with your child - or if they have a sibling in their household bubble they could work together.
- Design your course - through discussion with anyone in your household bubble who would like to be involved.
- Create your obstacle course using available (and appropriate) equipment.

Challenge Format

- On the start signal, the sighted players guides the VI (visually-impaired) player around the obstacle course using verbal instruction, sounds or other system agreed between the pair.
- The guiding player should maintain a safe distance outside the obstacle course.
- When the VI player reaches the end of the course, stop the timer.
- Switch roles and complete the course again.
- The score for individual players will be the time taken for **both** players to complete the course.

STEP Principle

There are 4 simple elements of any game that can be changed to include everyone. Some examples are suggested below:

Space

- Make the distance longer or shorter.
- Not everyone needs to do the same route.

Task

- Make the course harder, or simplify it.
- Think about other ways to challenge – can you go over or under as well as around and through?

Equipment

- Use whatever equipment you have to create your course.

People

- Use key words between the guide and the VI player to guide them: 'forwards, stop', 'sideways left, stop'.



TOP TIPS

Don't rush!

Listen to the guide's instructions as closely as possible and react accordingly.

Video support - https://youtu.be/Tzd_A3nMX3I



BADMINTON – TARGET GRID

Equipment

- Throw-down markers / tape / hoops
- Shuttlecock / ball of socks
- Badminton / tennis racket, or hand
- Numbered cards



How to

- Create a target grid on the floor using throw-down markers, tape or hoops.
- Allocate a score to each section of the grid (see suggestion).
- Players must try to strike the shuttle / socks into the grid to score as many points as possible. Agree the number of attempts before you begin.
- Players can either strike the shuttle / socks using a self-serve or from a shuttle / socks tossed by a partner or parent.

Challenge Format

- Players can take part in this challenge either individually, or in pairs.
- Begin by playing without a barrier, then introduce a line on the floor or a low net.
- Finally, introduce a net or obstacle at a regular height.
- The pair or individual who scores the most points wins!

Video support - <https://youtu.be/dimlLTzkPxx>



STEP Principle

There are 4 simple elements of any game that can be changed to include everyone. Some examples are suggested below:

Space

- Use different sized targets (e.g. small, medium and large hoops).
- Adjust the scoring system to create alternative challenges.

Task

- Players can use different techniques to strike the shuttlecock/socks: underarm, overarm, backhand, forehand...

Equipment

- Gradually introduce barriers (of increasing difficulty) between the player and the target.

People

- Play in ability-matched pairs or teams.

TOP TIPS

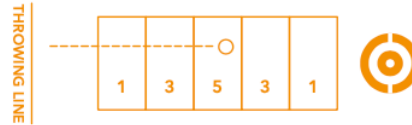
Focus on hitting the shuttlecock / ball of socks with control and accuracy - not power.

NEW AGE KURLING – SLIDE TO SCORE



Equipment

- Bean bags / rolled-up socks
- Scoring target or printed numbers 1-5



How to

- Create a scoring grid - use the new age kurling rink as a template.
- Allocate a score to each section of the grid. The centre box has the highest value as most control is required to stop the bean bag / rolled-up socks here.
- Players slide / roll their bean bags / socks from the throwing line into the grid to score as many points as possible.

Challenge Format

- Players can take part in this challenge either individually or in pairs.
- Players slide their bean bags / socks into the scoring grid. Leave the objects in the scoring grid until all players have been. Players should retrieve their own bean bags / socks and use these throughout the whole challenge.
- Each player adds up their points to give an overall team score.

STEP Principle

There are 4 simple elements of any game that can be changed to include everyone. Some examples are suggested below:

Space

- Change the distance between the start line and the scoring grid.

Task

- Use the scoring grid to create arithmetical challenges (e.g. set a total score that players must try to make between them).

Equipment

- Use thrown-down line markers, masking tape or use existing lines on the floor to create the scoring grid.

People

- Select specific players in the team to aim for different boxes.

TOP TIPS

Work out the position that works best for you: standing, kneeling, sitting etc...to give you both accuracy and power.

Video support - <https://youtu.be/Wrm5mMiRu9Y>



SITTING VOLLEYBALL – KEEPY UPPY

Equipment

- Beach ball, balloon or soft ball
- Stopwatch or phone - to time



How to

- In an appropriate area, sit down in a circle or opposite your child - making sure you have enough personal space.
- The aim of this game is to keep the ball / balloon in the air without it touching the floor for as long as possible.
- To do well in this challenge, you will need: concentration, teamwork and communication.

Challenge Format

- Players can take part in this challenge either individually, in pairs or in a team.
- Each team counts the number of successful hits of the ball / balloon as they go.
- If the ball / balloon hits the ground, players should record their total score and try to beat it next time.
- There should be a specific amount of time allocated for this challenge (e.g. 5 minutes). Within that time period, players can have as many attempts at this challenge as they like.

STEP Principle

There are 4 simple elements of any game that can be changed to include everyone. Some examples are suggested below:

Space

- The size of the circle / space can be adapted - depending on the agility/mobility of the players, and the type of ball / balloon being used (e.g. the speed of the ball).

Task

- Allow one bounce (or more, if needed) to give some players more time to react.
- Practice keeping the ball in the air using either one or two hands.

Equipment

- As skills and confidence improve, players can work towards a smaller, faster-moving volleyball.

People

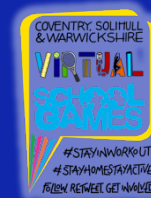
- Visually-impaired players can be supported by using a balloon / beach ball that is attached to one wrist with some light thread - so the ball returns to the player.

TOP TIPS

Hit the ball / balloon gently to ensure it stays within reach of the players in the group.

Video support – <https://youtu.be/XjeXjKk7OQA>

CLOSING CEREMONY



Once you have completed the festival, please share the closing ceremony video below with those children that have taken part.



CLOSING CEREMONY VIDEO

<https://youtu.be/fn4sPv4vvqQ>



**CONGRATULATIONS AND THANK YOU FOR
TAKING PART IN THE LEARNING AND DISCOVERY
FESTIVAL 2021**

SCHOOL GAMES LEADERSHIP

The School Games provide an excellent opportunity to engage more and different young people in leadership roles. Below are some examples of the roles young people can engage with throughout this competition.

LENDS A HELPFUL HAND

ENCOURAGES OTHERS

ALWAYS LISTENS

DOES THE RIGHT THING

ENTHUSIASTIC ALWAYS

RESPECTS OTHERS



ATHLETICS: Engage Leaders by...

- Using leaders to set up and demonstrate the activity
- Using leaders to time the activity
- Using leaders to help ensure participants safe during the activity and do not bump into anything

BADMINTON: Engage Leaders by...

- Using leaders to set up the activity
- Using leaders to demonstrate the activity
- Using leaders to motivate the students taking part and encourage them to support each other

NEW AGE KURLING: Engage Leaders by...

- Using leaders to set up the activity
- Using leaders to demonstrate the activity
- Using leaders to keep score during the activity
- Using leaders to motivate the students taking part and encourage them to support each other

VOLLEYBALL: Engage Leaders by...

- Using leaders to set up the activity
- Using leaders to demonstrate the activity
- Using leaders to keep score during the activity
- Using leaders to adapt and change the activity if any students are finding it too challenging

Don't forget to log your leadership against the CSW Primary Competition Leadership Award!



FESTIVAL DELIVERY

The School Games is designed to deliver competitive school sport to all young people. The School Games programme wants to ensure there are **SMILES** on the faces of all young people when participating in a School Games event.

Please take a look at the **SMILES** check list below...

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.

NB. While there isn't a specific letter for fair play, SMILES only happen for all participants if they feel a sense of fairness. Fairness underpins inclusion, enjoyment and success; it isn't just about 'rules'.

SUBMITTING YOUR DATA

This festival is open to all primary aged children.

All activities have been developed to be able to delivered in the home environment as well as in PE lessons to class groups/bubbles, encouraging maximum participation.

Please ensure you complete the very short survey on the attached link so we are able to report back to the Department for Education the number of young people that were involved in our Learning and Discovery Festivals.

<https://www.surveymonkey.co.uk/r/ZB8W55V>

This link needs to be completed by
Friday 26th March 2021.

On receipt of your entry, you will receive a participation e-certificate to be printed and awarded to all young people that have taken part.

KEY PARTNERS



England Athletics: <https://www.englandathletics.org/young-athletes-and-schools/>



Volleyball England: https://www.volleyballengland.org/getintovolleyball/schools_and_youth



Badminton England: <https://www.badmintonengland.co.uk/play/the-racket-pack/>



New Age Curling: <https://kurling.com/new-age-kurling>

YST Top Sportsability: [www.topsportsability.co.uk](http://topsportsability.co.uk)

Free resources for teachers - To gain your free unique access, visit <http://topsportsability.co.uk/members> and register using your county code which is **YSTINCLUSION9**.

If you experience any difficulties in registering please contact Roshni Mistry roshni.mistry@youthsporttrust.org.

YST TOP SPORTSABILITY