

# Mandeville & Buckingham SSP

## Primary School Festival & Events Programme

September 2021 – July 2022

### Competition Key

**School Games Offer**  
Open to all schools in the Aylesbury Vale District

**Member schools**  
For member schools only

#### Targeted

A festival aimed at an identified group of young people. Using PE, School Sport & Physical activity as a tool to support the wider development of a young person.

#### Participation

The aim of these festivals is to have fun and give young people the chance to “come out of school”, mix with other schools, develop their physical skills and try new activities.

#### Performance

Competitive sports specific competitions, where schools can send their best teams. These competitions will involve 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placings. Some events will qualify for county finals.

Year 1&2

Year 3&4

Year 5&6

### Inclusion

All our events are fully inclusive. To ensure we can cater for all pupils please ensure you make us aware of any specific individual needs. This will allow the team time to make any adaptations needed and source alternative equipment if required.

### Code of Conduct

Please ensure all pupils, staff & parents attending events are aware of our code of conduct on page 4.

## Young Leaders

Without the young leaders from our partner Secondary schools we would not be able to provide primary school pupils with the opportunities in this programme. We appreciate how competitive sport can become at times, but please remember our Secondary young leaders are also children, who are learning, developing their leadership skills and, like all of us, may make mistakes at times. Please encourage and support these leaders, any areas of concern should be directed to the member of staff in charge of the event and not at the young leaders. A negative experience from a parent, pupil or member of staff, could put a young leader off volunteering again within school.

## Spectators at competitions

Please remember that parents are **not permitted to watch** sports festivals taking place during the school day on any of the **Secondary School Sites**. If parents are transporting pupils to and from festivals, they should wait with their children until they are handed over to their teacher at the designated meeting point (reception, sports hall, sports field as indicated by the SSSCo) and must then leave the school site until the festival has ended. **Please ensure all of your parents are aware of this prior to festivals to avoid unnecessary upset.**

If a festival is taking place on a secondary school site after the school day then it will be at the individual secondary school's discretion as to whether or not they allow parents on site. Please check with the organising SSSCo if you have parents who wish to watch. If we are using a public venue such as Stoke Mandeville Stadium then parents are permitted to watch.

## Competition & festival logistics

Please note the following applies for all competitions and festivals your school and staff are attending.

- 1) Each primary school should have a suitable ratio of staff to students at each event, as per their school's individual needs and risk assessment.
- 2) There will be first aid available at each event but each primary school should make suitable first aid provisions and should bring a first aid kit to all events. In the first instance primary schools should deal with any medical issues their pupils have.
- 3) Schools are responsible for bringing and administering any required medication, including and not exclusive to inhalers.
- 4) Schools are welcome to take photographs of their teams, however we do ask that you consult with other teams present when taking photos to ensure they do not have a pupil who is not permitted to have their photograph taken. Please do not take photographs of any young leaders. As a primary school, please refer to your school's own policies regarding posting photographs on social media and your own school website. Schools should ensure measures are taken to ensure that students that can't have their picture taken are easily identifiable.
- 5) Accompanying staff should have the emergency contact details for students attending events to hand.
- 6) Schools must register on arrival to each event. In the case of an emergency or evacuation e.g. fire alarm, schools will be responsible for registering their staff and children and the event organiser will check that each school has accounted for each member.

## **Koboca**

Please register on Koboca using <https://www.koboca.co.uk/purchase/>

You need to fill in the registration form and select **Mandeville & Buckingham SSPs** from the Sports Partnership drop down box. **This is important as this links your school to our partnership and will allow you to take part in our surveys and events.**

This is completely **free** to our schools so please tick:

**I understand my Sports Partnership has paid for this package and there is no cost to my school.**

Once registered you will receive an email with your login codes. Please keep these safe as you will need them to access the competitions and surveys.

## **Bookings**

Initial bookings will be via the Primary Festivals & Events [Booking Form](#). Please complete the form by Monday 17<sup>th</sup> January.

Once bookings have been received you will receive confirmation of your events and whether you have received additional spaces requested.

There will be the opportunity each half term to book on any events which still have spaces.

Please note, we have maximum capacity numbers at each venue. Places will be allocated on a first come basis.

Any queries please contact: [katy.kelly@mandeville.school](mailto:katy.kelly@mandeville.school)



## Code of Conduct 2021/22

### PE Coordinators & Teachers

- Follow rules of the festival and read them before the event.
- Meet deadlines for attendance and entries.
- Ensure pupils are safe and ready to compete.
- Treat all teams, teachers, coaches, officials and young leaders with respect.
- The umpire's decision is final and will be respected.
- Be a role model in terms of sportsmanship and School Games values.
- Work together with the other adults present to create a positive and encouraging environment.
- Ensure pupils display good behaviour on the side-lines and show respect to other players.
- Only positive coaching from the side-lines.
- Encourage fair and respectful competitiveness.
- Raise any concerns directly with the organising SGO/SSCo as soon as possible. Do not wait until the end of the festival.

### Participants

- Cooperate with teachers, coaches, officials, young leaders, team mates and opponents.
- Listen and follow all instructions given.
- Understand the rules of the competition.
- Demonstrate good sportsmanship and show respect to all teachers, coaches, officials, young leaders, team mates and opponents.
- Work as a team, giving support to those finding it more difficult.
- Be a good sport – shaking hands with the opposition and “leaving everything on the pitch”.
- Thank the officials after every match.
- Enjoy and have fun.

### Parents

- Parents at event to support pupils, not there as coaches.
- The event organiser's and umpire's decision is final.
- Be a role model in terms of sportsmanship and School Games values.
- Encourage fair and respectful competitiveness.
- Only positive comments towards own team and pupils from other teams.
- Raise any concerns with the member of staff from your own school, who in turn will raise these with the organisers if need be.
- Remember that young leaders are learning too and that one day it could be your child in a leadership role coming home to tell you about the experience they have had.
- Abide by your school's social media rules.
- Stay in designated areas.

# Virtual Offer

## Bucks & MK School Games Cup – November 2021 – February 2022

Schools compete against other schools across the county in a weekly physical activity and try to complete the challenge in as little time as possible / with the highest score. The school with the most points at the end of the week, are deemed as the winners for that activity but all those who enter will gain points in the overall standings. These points contribute towards an overall table to eventually declare an 'Bucks and Mk School Games Cup' winner. Schools submit their results via Koboca using the link or QR code on last slide of each challenge. Each week we have a new challenge for a different year group.

This year we are focusing on the Commonwealth Games 2022, which will be hosted in Birmingham. The story follows Perry the Bull, the official mascot of the 2022 Commonwealth Games. Students must help Perry through the different challenges he faces as he travels through Commonwealth countries and competes in Commonwealth sports.

Schools can enter at any time during the 12 weeks. Every week, all schools completing the challenge are entered into a prize draw to win coaching or sports equipment. The challenges are emailed weekly to all schools.

## Koboca – National Events

Log into your free Koboca account and you will be able to access the virtual competitions which are running for all Koboca member schools in the country.

**KOBACA** You are logged in as Mandeville & Buckingham SSPs  
Koboca + Log out

Home My Partnership My Surveys My Competitions My Survey Reports My Competition Results

### Home

Thank you for using Koboca for virtual competitions and surveys. You are currently logged in as an admin user for your Partnership. As you can see from the tabs above you have 5 options:

#### My Partnership

This tab is where you will find all your sports partnership information. It is important this is completed and kept up to date to make sure your reports are accurate.

Go to My Partnership

#### My Surveys

This tab gives you access to your surveys. You can build custom surveys for pupils, parents, teachers, governors or the community or use a survey from our library. These can be sent directly to individual schools or the whole sports partnership. You will receive headline data with no names.

Go to My Surveys

#### My Competitions

This tab gives you access to your competitions. You can build your own competitions or use a competition from our library. You can download a CSV document and logins for schools to submit results from this page.

Go to My Competitions

#### My Survey Reports

This tab gives you access to your survey reports.

Go to My Survey Reports

#### My Competition Results

This tab gives you access to all your competition results.

Click on either Sports Partnership League Table, County League Table or National League Table to view results. You can filter these league tables by gender, or download a CSV to see a copy of all results from schools.

Go to My Competition Results

### My Competitions

Add New Competition, Personal challenge, Custom Competition:

Competitions Person Challenge

Select a year:  
2021 - 22

#### County Competitions

Competition	Created	Options
School Games Cup Week 1 - T20 Cricket - Year 6		Test Download CSV Template Download Logins Duplicate

#### National Competitions

Competition	Created	Options
Brain Break Challenge Mountain Climbers	9th Nov 2021 12:39	Test Event pack Download CSV Template Download Logins Duplicate
Inclusive Ultimate Warrior	24th Sep 2021 16:05	Test Download CSV Template Download Logins Duplicate
Secondary School Cooper Run	20th Sep 2021 15:17	Test Event pack Download CSV Template Download Logins Duplicate
Primary School Cooper Run Challenge	20th Sep 2021 15:00	Test Event pack Download CSV Template Download Logins Duplicate
Brain Break Challenge - Squat Knee Raises	13th Sep 2021 20:20	Test Event pack Download CSV Template Download Logins Duplicate
Home - Football Challenge	13th Sep 2021 20:20	Test Event pack Download CSV Template Download Logins Duplicate
KS2 Virtual Tri Golf Competition	13th Sep 2021 20:19	Test Event pack Download CSV Template Download Logins Duplicate

## Leagues

**Basketball – Year 5&6 (played at central venues)**

**Netball – Year 5&6 / Year 3&4**

**Tag Rugby – Year 5&6 / Year 3&4**

The leagues will run from November 2021 to March 2022, with finals played the week of 4<sup>th</sup> April 2022.

## Multi skills Festivals

### Year 2 Multi Skills

Member schools

Participation

Year 2

Squad: 1 class ~ 30 pupils

Venues

	<b>Sir Thomas Freemantle</b> Buckingham Road, Winslow, MK18 3GH
12/05/2022 09:15 – 10:45	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
23/05/2022 09:15 – 10:45	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
26/05/2022 09:15 – 10:45	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
07/06/2022 09:15 – 10:45	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
24/05/2022 09:30 – 11:00	<b>Aylesbury Grammar School</b> Walton Road, Aylesbury, HP21 7RP
23/06/2022 09:30 – 11:00	<b>Aylesbury Grammar School</b> Walton Road, Aylesbury, HP21 7RP
07/06/2022 09:30 – 11:00	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY
05/05/2022 09:15 – 10:45	<b>Grange School</b> Wendover Way, Aylesbury, HP21 7NH
	<b>Grange School</b> Wendover Way, Aylesbury, HP21 7NH
05/05/2022 12:45 – 14:30	<b>John Colet School</b> Wharf Road, Wendover, HP22 6HF
12/05/2022 12:45 – 14:30	<b>John Colet School</b> Wharf Road, Wendover, HP22 6HF

<b>Year 4 Multi Skills</b>		
Member schools	Participation	Year 4
Squad:	1 class ~ 30 pupils	
Venues		<b>Sir Thomas Freemantle</b> Buckingham Road, Winslow, MK18 3GH
	14/06/2022 09:30 – 11:00	<b>Aylesbury Grammar School</b> Walton Road, Aylesbury, HP21 7RP
	03/05/2022 09:15 – 10:45	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
	16/05/2022 12:45 – 14:15	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
	10/06/2022 12:45 – 14:15	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP
	14/06/2022 09:30 – 11:00	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY
	12/05/2022 12:45 – 14:15	<b>Grange School</b> Wendover Way, Aylesbury, HP21 7NH
		<b>Grange School</b> Wendover Way, Aylesbury, HP21 7NH
	09/06/2022 12:45 – 14:30	<b>John Colet School</b> Wharf Road, Wendover, HP22 6HF
	11/05/2022 9:30 – 11:30	<b>Mandeville School</b> Ellen Road, Aylesbury, HP21 8ES
		<b>Sir Thomas Freemantle</b> Buckingham Road, Winslow, MK18 3GH
	15/06/2022 13:00 – 14:30	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ

# Transition Games

Member schools	Targeted	Year 6
Further info:	<p>Replacing the traditional Year 6 Games, the Year 6 Transition Games will support students with the transition to secondary school. Schools are asked to choose the Secondary School that the majority of their pupils move up to. We are aware that some students will be moving to Grammar Schools or other schools and we will cater for these pupils when they attend the transition day with their fellow year 6 classmates.</p> <p>We are aware that we do not have confirmation that all Secondary Schools in Aylesbury Vale will be participating. If your feeder Secondary School does not have a date next to it, but you would like to attend a Year 6 Games transition event at the school, please tick the "chosen site" button on the google form, this will enable us to demonstrate the desire for a transition event at that school.</p>	
	11/07/2022 Time tbc	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY
	30/06/2022 11:00 – 14:00	<b>Grange School</b> Wendover Way, Aylesbury, HP21 7NH
	23/06/2022 School day	<b>John Colet School</b> Wharf Road, Wendover, HP22 6HF
	13/07/2022 9:30 – 13:00	<b>Mandeville School</b> Ellen Road, Aylesbury, HP21 8ES
		<b>Sir Thomas Freemantle</b> Buckingham Road, Winslow, MK18 3GH
	13/07/2022 9:30 – 13:30	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ

## Face to face competitions

### Spring 2022

Swimming		
School Games Offer	Performance	Year 5&6
Squad:	8: 4 boys & 4 girls	
Further info:	Pupils to be ranked 1-4 (most able to least able). All boys ranked 1 will swim against each other, all boys ranked 2 will swim against each other etc. Same applies for the girls. Each pupil will compete in the following races: <ol style="list-style-type: none"><li>1) Backstroke 25m</li><li>2) Breaststroke 25m</li><li>3) Freestyle 25m</li><li>4) Medley Relay 4 x 25m</li><li>5) Freestyle Relay 4 x 25m</li></ol> The top 2 schools will represent the Mandeville School Games Area at the School Games County Swimming Finals.	
Venue	Stoke Mandeville Stadium	
Date:	TBC	
Time:	School day	

Gymnastics			
School Games Offer	Performance	Year 5&6	Year 3&4
Squad:	6 per age group Any combination of boys / girls		
Further info:	Please see appendix 1 for the competition pack. The top 2 schools will represent the Mandeville School Games Area at the School Games County Gymnastics Finals.		
Venue	Stoke Mandeville Stadium		
Date:	TBC		
Time:	School Day		

Handball		
Member schools	Performance	Year 5&6
Squad:	12 (Minimum of 4 girls) 2 girls must be on the court at all times.	
Further info:	See appendix 1 for rules.	
Venue	<b>Aylesbury Grammar School</b> Walton Road, Aylesbury, HP21 7RP	
Date:	10/02/2022	
Time:	16:00 – 18:00	

<b>Girls Football</b>		
School Games Offer	Participation	Year 3&4
Squad:	For schools with 1 form entry we invite you to bring all the girls in years 3&4. For larger schools we invite you to bring up to 30 girls. Please indicate how many girls you will be bringing on your entry form.	
Further info:	Football based multi skills stations. Girls do not need to have played football before. Introduction to the skills of football in a girl only environment.	
Venue	<b>Mandeville School</b> Ellen Road, Aylesbury, HP21 8ES	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ
Date:	09/02/2022	31/03/2022
Time:	09:30 – 12noon	16:00 – 17:30

<b>Girls' Football</b>			
School Games Offer	Performance	Year 5&6	
Squad:	9, 7 playing (including 1 goalkeeper)		
Further info:	The winning school from each event will be invited to represent the Mandeville School Games Area at the Girls County Festival of Football		
Venue	<b>Mandeville School</b> Ellen Road, Aylesbury, HP21 8ES	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ
Date:	30/03/2022	08/03/2022	07/04/2022
Time:	09:30 – 12noon	09:30 – 11:00	16:00 – 17:30

<b>Girls' Football</b>			
School Games Offer	Participation	Year 5&6	
Squad:	Up to 12 girls.		
Further info:	Running alongside the competitive Year 5&6 Girls Football, we will be holding a football based multi skills festival. This is perfect for those schools who are just introducing girls' football, or do not have enough girls to make a competitive school football team. Girls do not need to have played football before.		
Venue	<b>Mandeville School</b> Ellen Road, Aylesbury, HP21 8ES	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ
Date:	30/03/2022	08/03/2022	07/04/2022
Time:	09:30 – 12noon	09:30 – 11:00	16:00 – 17:30

<b>Have fun, be active festival – opening festival</b>		
School Games Offer	Targeted	Year 3
Squad:	Up to 12 pupils	
Further info:	<p>Participating schools will identify a group of year 3 pupils who are inactive. Schools can use their own criteria to select these pupils. It may be due to low esteem, lack of confidence, poor physical literacy or lack of awareness around the benefits of being physically active.</p> <p>During the festival the pupils will have the chance to try a range of activities and develop their skills, but most importantly they will be being active and having fun.</p> <p>Back at school, pupils need to set themselves a goal linked to being more physically active. This can be as simple as joining in playground games at lunchtimes, becoming a playground leader or walking to school.</p> <p>During the summer term, the schools will then be invited to bring their pupils back to a celebration festival to reward those who have achieved their personal goals.</p>	
Venue	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP	
Date:	07/03/2022	
Time:	12:30 – 14:30	
Schools:	If you are interested in being part of this initiative please contact <a href="mailto:katy.kelly@mandeville.school">katy.kelly@mandeville.school</a>	

<b>Reward Dodgeball</b>			
Member schools	Targeted	Year 5&6	
Squad:	10 pupils, 6 playing at a time		
Further info:	<p>Fun themed dodgeball event. Targeted at those students you feel deserve a reward for behaviour, effort, attendance or resilience. Theme to be confirmed nearer the time.</p> <p><i>(Whilst matches will be scored, the aim of the event is to have fun, enjoy being active outside of school &amp; reward pupils. Medals will not be given for 1<sup>st</sup>, 2<sup>nd</sup> place etc, but for demonstrating the School Games Values)</i></p>		
Venue	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY	<b>John Colet School</b> Wharf Road, Wendover, HP22 6HF	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ
Date:	29/03/2022	02/03/2022	06/04/2022
Time	9:30 – 11:00	12:45 – 14:30	16:00 – 17:30

## Summer 2022

<b>Quadkids Athletics</b>			
Member schools		Performance	Year 5&6
Squad:	5 girls & 5 boys		
Further info:	Each child will take part in a 75m sprint, 600m run, vortex howler throw and a standing long jump.		
Venue	<b>Aylesbury Grammar</b> Walton Road, Aylesbury, HP21 7RP	<b>Cottesloe School</b> Aylesbury Road, Wing, LU7 0NY	<b>Waddesdon School</b> School Lane, Waddesdon, HP18 0LQ
Date:	30/06/2022	24/05/2022	29/06/2022
Time:	16:00 – 19:00	10:00 – 12:00	16:00 – 17:30

<b>Infant Schools only – KS1 festival</b>			
Member schools		Participation	Year 1&2
Squad:	All year 1 & year 2 pupils Please indicate how many girls you will be bringing on your entry form.		
Further info:	This event is only open to infant schools.		
Venue	<b>Sir Thomas Freemantle</b> Buckingham Road, Winslow, MK18 3GH		
Date:			
Time:			

<b>Cricket – Girls Only</b>			
School Games Offer		Performance	Year 5&6
Squad:	Squad of 10. 8 playing.		
Further info:	The top 2 schools will represent the Mandeville School Games Area at the School Games County Cricket Finals. <a href="https://www.ecb.co.uk/play/junior/kwik-cricket/how-to-play">https://www.ecb.co.uk/play/junior/kwik-cricket/how-to-play</a>		
Venue	Dinton Cricket Club		
Date:	15/06/2022		
Time:	09:30 – 14:30		

<b>Cricket – Boys/Mixed</b>			
School Games Offer		Performance	Year 5&6
Squad:	Squad of 10. 8 playing. Teams can be mixed or all boys.		
Further info:	The top school from each venue will represent the Mandeville School Games Area at the School Games County Cricket Finals. <a href="https://www.ecb.co.uk/play/junior/kwik-cricket/how-to-play">https://www.ecb.co.uk/play/junior/kwik-cricket/how-to-play</a>		
Venue	Waddesdon Cricket Club	Cublington Cricket Club	
Date:	14/06/2022	16/06/2022	
Time:	09:30 – 14:30	09:30 – 14:30	

<b>Cricket – KS1 / Year 3&amp;4</b>			
Member schools	Participation	Year 3&4	Year 1&2
Squad:	1 class per age group		
Further info:	The Year 3&4 and Year 1&2 festivals will run alongside each other, allowing schools to bring 2 different age groups to one festival. Schools will need to select either the morning or afternoon session. Schools may arrive from 11:45 to allow pupils to eat a packed lunch before starting.		
Venue	<b>Wendover Cricket Club</b>	<b>Chearsley Cricket Club</b>	<b>Stewkley or Cublington Cricket Club (tbc)</b>
Date:	28/04/2022	03/05/2022	19/05/2022
Time:	Session 1: 09:30 – 11:30 Session 2: 12:15 – 14:15		

<b>Girls Football</b>		
School Games Offer	Participation	Year 3&4
Squad:	For schools with 1 form entry we invite you to bring all the girls in year 3&4. For larger schools we invite you to bring up to 30 girls. Please indicate how many girls you will be bringing on your entry form.	
Further info:	Football based multi skills stations. Girls do not need to have played football before. Introduction to the skills of football in a girl only environment.	
Venue	<b>Grange School</b> Wendover Way, Aylesbury, HP21 7NH	
Date:	20/06/2022	
Time:	12:45 – 14:15	

<b>Have fun, be active festival – Celebration festival</b>		
School Games Offer	Targeted	Year 3
Squad:	Up to 12 pupils	
Further info:	Pupils who attended the “Have fun, be active” festival in the Spring term and have met their personal goal.	
Venue	<b>Aylesbury High School</b> Walton Road, Aylesbury, HP21 7RP	
Date:	09/05/2022	
Time:	12:30 – 14:30	

## Handball

Member schools

Performance

Year 5&amp;6

Squad: 10 (Minimum of 4 girls)  
2 girls must be on the court at all times.

- 5 players on the court.
- The two teams compete against each other, passing the ball amongst themselves, with the aim of shooting at the opponents' goal to score.
- No body contact is allowed.
- Players can only stand stationary with the ball for three seconds.
- Players can only move while carrying the ball for three steps.
- Dribbling is not allowed. In the case of dribbling the other team will receive a free throw.
- Foot faults (a court player standing in the goalkeeping area) will result in a free throw for the other team.
- If the ball hits the foot of an on-court player the other team will receive a free throw.
- A court player cannot pass to their goalkeeper when the goalkeeper is inside the area.
- If a goalkeeper's save goes off the side-line the opposition get a throw-in from the side-line.
- Only the goalkeeper should play in the D. A defender entering the D results in a penalty while an attacker entering the D the goalkeeper wins the ball.
- There are no limits to the number of substitutions that can happen at any moment during the game.

Primary intra-school/Level 1 resource: PRIMARY COMPETITION CARD 1

## MINI HANDBALL

### SCHOOL GAMES

#### Quick introduction

Handball is the fastest team game with a ball in the world. This fun, fast and easy introduction to handball is based on attack and defence and can be played almost anywhere with simple equipment.

#### Getting started

- Two teams of five players including one goalkeeper compete in a modified game of handball.
- A court of any size is required, with a goal at each end (a hockey, or futsal is fine, or mark/tape a goal on the wall).
- Around each goal should be a 'D', typically a netball D can be used.
- The two teams compete against each other, passing the ball amongst themselves, with the aim of shooting at the opponents' goal to score.

#### Health and safety

- Players of the same team should all wear the same colour tops or bibs to avoid clashes among players.
- Players on court should not wear anything that might cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Use a softer ball to avoid any players sustaining head injuries or hand injuries when playing the game.
- Ensure appropriate run-off exists around the court; this avoids players' momentum causing them to run into walls or doors.
- Ensure the court is dry at all times, mopping up any liquids as soon as they are identified.

#### Equipment

- One size 0 handball (or similar).
- Games are played using mini-handball goals (1.7m x 2.4m)
- Two sets of coloured bibs.
- Netball court markings can be used.

#### Goals - Quick play goals link

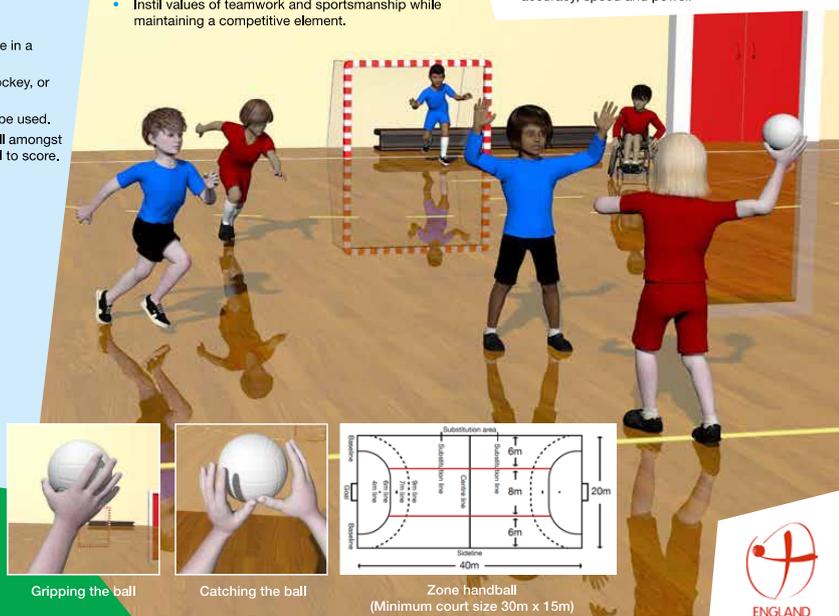
[www.quickplaysport.com/shop-by-sport/handball](http://www.quickplaysport.com/shop-by-sport/handball)

#### Hints and tips

- Focus on team organisation, roles and responsibilities.
- Find space when attacking.
- Encourage players to reflect after practice.
- Instil values of teamwork and sportsmanship while maintaining a competitive element.

#### Think tactics

- Players should look to move the ball as quickly and accurately as possible up the court, utilising all of their team-mates.
- Handball is about finding the balance between accuracy, speed and power.



Gripping the ball

Catching the ball

Zone handball  
(Minimum court size 30m x 15m)

For more information about Handball login to your School Games account and download the resource card. <https://www.yourschoolgames.com/app/sports/sport-format-resources/19/>

# Gymnastics

School Games Offer

Performance

Year 5&6

Year 3&4

Squad:

6 per age group  
Any combination of boys / girls

## Year 3&4

The competition consists of 3 elements:

- (1) Floor routine – choose 3 team members who can do basic gymnastics.
- (2) Body management routine – choose 3 team members who have good coordination, good core stability and show good flexibility.
- (3) Vaulting – all 6 team members will perform.

The routines need to be learnt and must be performed in the correct order with no prompting.

A skipping rope will be required for body management, this should ideally be double the length from hip to foot. Floor space for both the floor routines and body management is 7m x 6m. No music required.

Pupils to wear PE kit (shorts & t-shirts). Leotards may be worn if pupils have them but are not compulsory.

Teams are judged as individuals, with each performance being marked out of 10 points. The team with the highest combined score after all 3 elements will be the winner.

Scores are based on the performance of the skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, height in jumps, how long they hold the skill for.

### Floor Routine

Please see the Step 2 – Floor Exercise Lower Key Stage 2 – Years 3&4 resource (red – double sided)

- Stand arms at side and step forward lifting arms upwards
- Forward roll to stand
- 3 travelling steps (these can be skips, steps)
- Arabesque (balance with back leg extended)
- ½ Jump Turn (legs together and straight)
- Backward roll onto knees
- Front support & press up
- Turn through side support to back support
- Roll back to shoulder stand, then roll to stand
- Turn and Cartwheel

### Body Management

Please see the Step 2 – Body Management Lower Key Stage 2 – Years 3&4 resource (blue – double sided)

- Single bounce skips with rope x 5 (legs together)
- Tucked dish with one leg extended out and then swap once.
- Sit in pike and lift bottom off leaning forwards (Towards half lever)
- Towards jupana (straddle lowering chest towards floor)
- Join feet lie back and roll over into arch on front (arms in front and legs together and straight)

- Front support lower to floor
- Splits forwards, side and backwards (other leg in front)
- Shoulder flexibility (cat stretch)
- Stand and broad jump, forwards and upwards
- Present

## Vault

Please see the Step 2 – Vault Lower Key Stage 2 – Years 3&4 resource (yellow – double sided)

Vaulting pupils will be allowed 2 attempts at the vault of their choice and the best one will count, if the pupil approaches the vault and does not touch it they will be given a 3rd attempt.

### With vaulting table and no springboard (Step 2 – Vault ‘B’)

Run and take off from one foot to jump onto floor with two feet and immediately jump to squat onto vaulting table placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present.

## OR

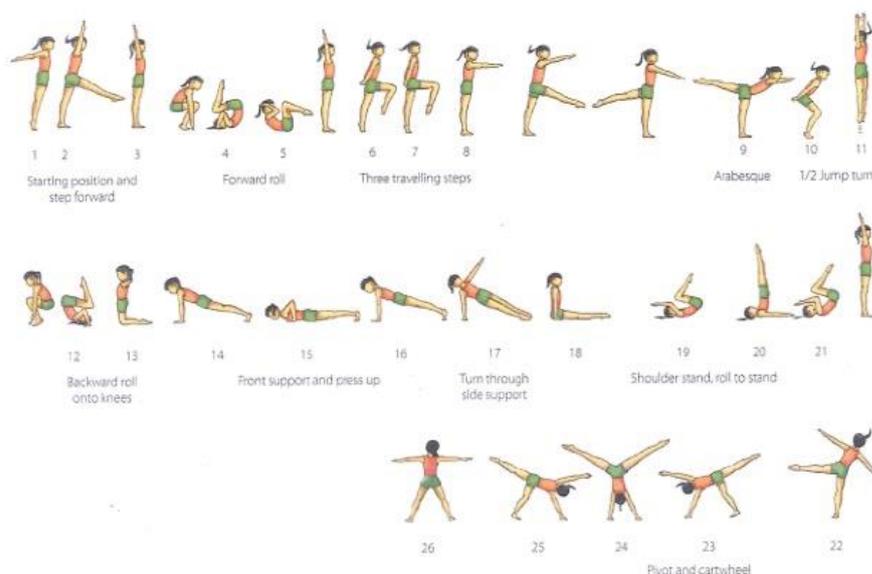
### With vaulting box and springboard (Step 2 – Vault ‘A’) \*\*

Run and take off from one foot to jump onto springboard with two feet and immediately jump to squat onto vaulting box placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present.

*\*\*please note that if you have never used a springboard with your students during school lessons they will be unable to use the springboard at this competition due to health and safety. You should only be using a springboard in school if the member of staff has received specific gymnastics training regarding the use of a springboard for flight. It is expected that most schools will not be using a springboard.*

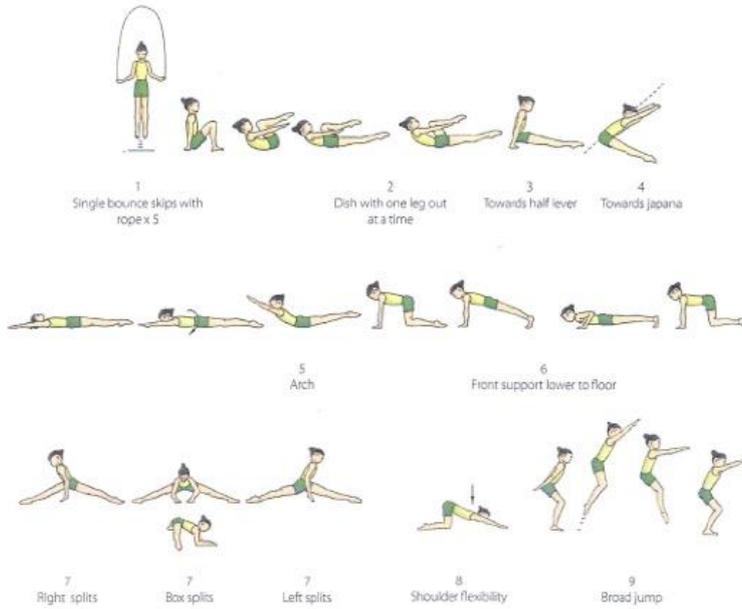
## Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)



STEP TWO

## Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



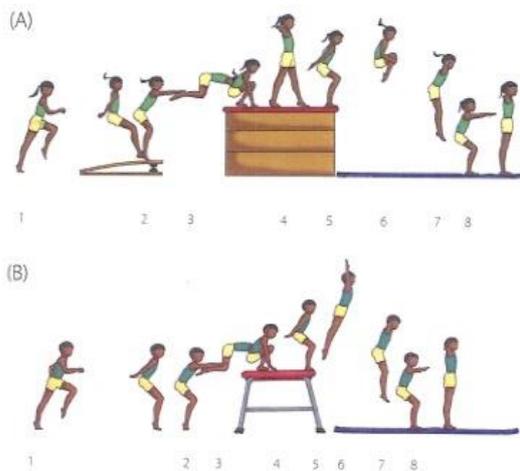
STEP TWO

## Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each - (Option (B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.



STEP TWO

## Year 5&6

The competition consists of 3 elements:

- (1) Floor routine – choose 3 team members who can do basic gymnastics.
- (2) Body management routine – choose 3 team members who have good coordination, good core stability and show good flexibility.
- (3) Vaulting – all 6 team members will perform.

The routines need to be learnt and must be performed in the correct order with no prompting. A skipping rope will be required for body management, this should ideally be double the length from hip to foot. Floor space for both the floor routines and body management is 7m x 6m. No music required.

Pupils to wear PE kit (shorts & t-shirts). Leotards may be worn if pupils have them but are not compulsory.

Teams are judged as individuals, with each performance being marked out of 10 points. The team with the highest combined score after all 3 elements will be the winner.

Scores are based on the performance of the skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, height in jumps, how long they hold the skill for.

### **Floor Routine**

Please see the Step 3 – Floor Exercise Upper Key Stage 2 – Years 5&6 resource (red – double sided)

Compulsory skills for the floor routine. Pupils must perform **6** skills only in any order:

- Round off
- Slide scale towards Y balance
- Backward roll to straddle
- Full or ½ turn jump
- Two cartwheels consecutively or handstand forward roll
- Bridge or splits or ½ lever
- Stand to present

Pupils should link the skills together in interesting ways using travelling, spins and leaps. Pupils should perform the activities using different speeds and move around in different directions.

### **Body Management**

Please see the Step 2 – Body Management Upper Key Stage 2 – Years 5&6 resource (blue – double sided)

Compulsory skills for body management routine are:

- Single bounce skips with rope x 10 (legs together)
- Tucked dish to extended dish
- Roll to arch and back to dish
- Towards half lever
- Japana
- Back support, rotate to front support, press up
- Right splits, box splits, left splits
- Bridge, roll to stand
- Stand and broad jump, forwards and upwards.
- Present

## Vault

Please see the Step 2 – Vault Upper Key Stage 2 – Years 5&6 resource (yellow – double sided)

Vaulting pupils will be allowed 2 attempts at the vault of their choice and the best one will count, if the pupil approaches the vault and does not touch it they will be given a 3rd attempt.

### With vaulting table and no springboard (Step 2 – Vault ‘B’)

Run and take off from floor and jump into squat position on apparatus, followed by an immediate take off into a straight jump to land with control on floor mats, hold landing shape for 2 seconds and then stand and lift arms up to present.

OR

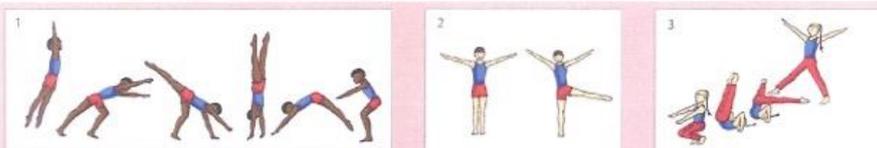
### With vaulting box and springboard (Step 2 – Vault ‘A’) \*\*

Run and take off from springboard with two feet, through jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present.

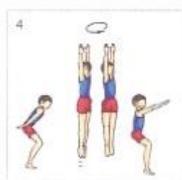
*\*\*please note that if you have never used a springboard with your students during school lessons they will be unable to use the springboard at this competition due to health and safety. You should only be using a springboard in school if the member of staff has received specific gymnastics training regarding the use of a springboard for flight. It is expected that most schools will not be using a springboard.*

## Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

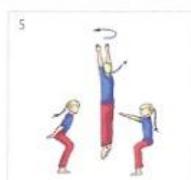
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



1. Round off  
2. Side scale towards Y balance  
3. Backward roll straddle  
(include each of these elements in any order in your sequence)



OR



4,5. Full or 1/2 turn jump (choose one between these 2 elements)



OR



6. Two cartwheels consecutively or  
7. Handstand forward roll



OR



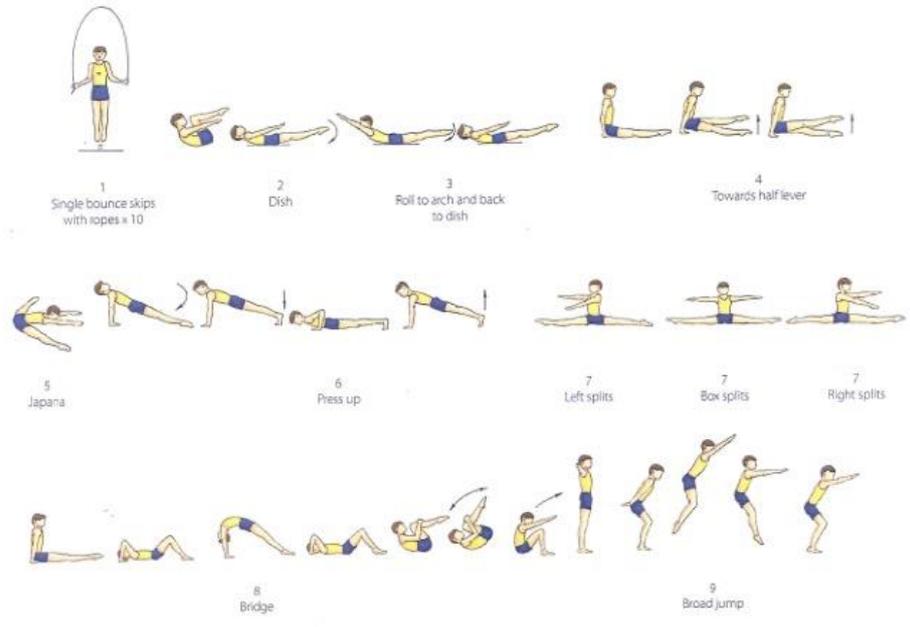
OR



8,9,10. Bridge or splits or 1/2 lever  
(choose one between these 3 elements)

STEP THREE

### Step 3 - Body Management (Upper Key Stage 2 - Years 5 & 6)



STEP THREE

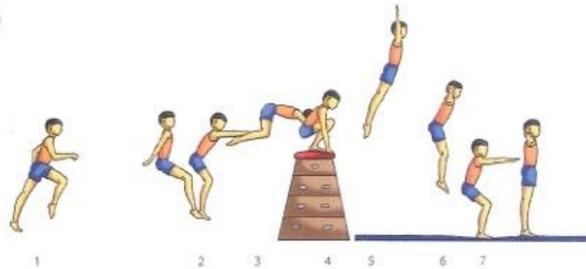
### Step 3 - Vault (Upper Key Stage 2 - Years 5 & 6)

Performer allowed 2 attempts at either (A) or (B) or one of each - Best score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability and (ii) the top of the table provides a surface area large enough for a pupil to land comfortably in a crouch position.

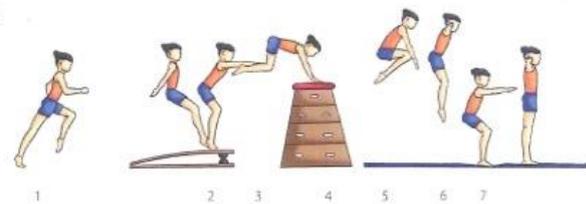
- (A) A few short running steps to take off floor and jump into a squat position on apparatus (height optional to suit performer) followed by an immediate take off into a straight jump to land with control on floor mats. (Mark out of 9.0)
- (B) Through vault. (Mark out of 10)

(A)

- 1. Approach
- 2. Take off
- 3. Flight onto apparatus
- 4.5. Rebound and flight off
- 6.7. Landing



(B)



STEP THREE