

Closing Date – Friday 20th November 2020



Follow the steps below to get involved:

1. Familiarise your pupils with the challenges in the document below.
2. Pupils to complete all 5 challenges - in school set bubble(s).
3. Input scores into the spreadsheet provided by your SGO.
4. Submit your scores as per the details on the final page.
5. Ensure you complete all data reporting on the spreadsheet and return to your SGO before **Friday 20th November**.

KS2 PENTATHLON



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

KS2 PENTATHLON

10 X 10M SHUTTLE RUN

Equipment

- Cones (x4)
- Stopwatch
- Tape



How to

- Place 2 cones on the floor **1 metre** apart - this is your starting gate.
- Place your other 2 cones directly opposite, at a distance of **10 metres** away.
- Run in a straight line to the cones at the other end, put at least one foot over the line between the cones, turn around and run back again.
- Complete the 10 metre distance **10 times** to complete 100m, and stop the timer when the participant crosses the finish line.

Scoring

- Your score is the total time in seconds (to one decimal place, e.g. 32.3) taken to complete the 100m course.

TOP TIPS

Practice your turns - this is where you can lose or gain a lot of time.

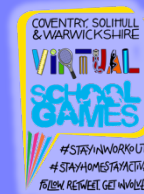
Use your arms to help you to accelerate.

Run through the finish line.



Were you honest in making sure your foot was over the line before every turn?

KS2 PENTATHLON



TOP TIPS

Rock from toe to heel before jumping in order to gain momentum.

As you jump, swing both arms forward with tension.

Bend your knees on take-off and landing.



Did you respect the decision of the judges who were measuring for you?



STANDING LONG JUMP

Equipment

- Tape measure or long jump mat
- Cones x2 (to make your starting line)

How to

- Place your 2 cones **1 metre** apart - this is your starting/jumping line.
- Place your tape measure to the side of one cone, with the '0' in line with the jumping line.
- Start in a standing position with your toes in line with "0" on the tape measure.
- Bend your knees, and swing your arms forward to help you to jump as far as possible.
- You must start on two feet and land on two feet.
- You are not required to hold the landing but if you fall back or step back then the jump should not be recorded – have another go!
- Record a measurement from the back of the heel closest to the jumping line on landing.

Scoring

- You have **3 attempts** to jump as far as you can.
- The furthest jump will be taken as your score.
- Scores should be recorded in centimetres.

Video support – <https://youtu.be/jlguHx6SHt0>

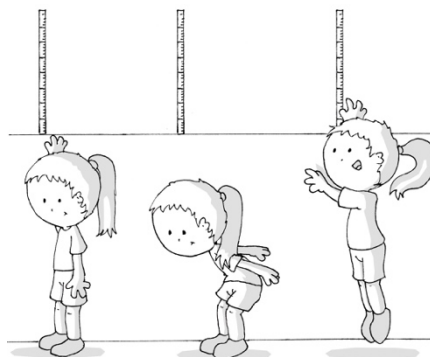


KS2 PENTATHLON

VERTICAL JUMP

Equipment

- Felt pen or chalk (to mark your jump)
- Vertical jump board (supplied with email) or measuring tape



How to

- Print the vertical jump scale and stick it on the wall with “0” in line with the floor. Alternatively, you can do the same with a measuring tape.
- Stand with your back and heels touching the wall, and keep your legs straight.
- Keeping your feet flat on the floor, stretch your arms up, and mark on the scale using your chalk/felt pen where the top of your fingers reach when fully stretched.
- Turn sideways and move away from the wall.
- Bend your knees, and jump to make a second mark on the scale as high as you can.
- Calculate the difference between the standing height and jumped height - this is your score.

Scoring

- Measure the difference between the mark you made when standing, and when you jumped. The score recorded will be in centimetres and should be a whole number (eg. if your jump mark = 265cm, and your standing mark = 225cm, your score is $265 - 225 = 40$).
- Alternatively, take a look at the top tips for another way to complete and record scores.

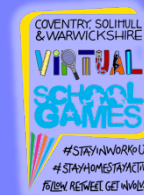
TOP TIPS

If you do not have access to a printer, you can use a tape measure to calculate the distance between the first mark at the height of the finger tips when standing, and the mark made at the jump height.



Did you show passion in wanting to beat your previous jump?

KS2 PENTATHLON



TOP TIPS

Have a few practice jumps before you start to get into the rhythm.

Keep your body upright – try not to look down too much.

Pick your knees up.



SPEED BOUNCE

Equipment

- Speed Bounce mat
- Stopwatch

How to

- Stand with two feet on one side of your barrier.
- Jump over your barrier from side to side.
- You have **20 seconds** to complete as many bounces as possible.
- Both feet should leave the mat/floor simultaneously and land on the mat/floor simultaneously - Speed Bounce is a two-footed jump.
- Year 3/4 should be aiming for a score between 25/30 and year 5/6 between 30-35.

Scoring

- Complete as many bounces as possible within **20 seconds** and record your score.
- Any one-footed steps across the line should **not** be counted.



Did you show determination in giving your best effort throughout the 20 seconds?

Video support - <https://youtu.be/yY4p3uWeQeQ>

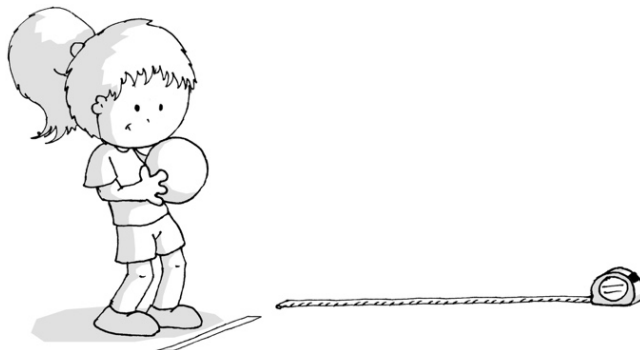


KS2 PENTATHLON

CHEST PUSH

Equipment

- Tape measure
- A size 5 basketball
- Cones, chalk or tape (to create your throwing line)



How to

- Start in a standing position with your toes in line with “0” on the tape measure, with a ball (size 5 basketball) held in both hands at chest level (see image).
- Push the ball upwards and outwards to throw the ball as far as possible.
- Both feet **must** be behind the throwing line and remain on the floor at all times.
- One foot may be in front of the other, but no run-ups or steps are permitted.
- The distance is measured using a roll mat or measuring tape.

Scoring

- You have **3 attempts** to throw the ball as far as you can.
- The furthest throw will be taken as your score.
- Provide a measurement to the nearest 0.25 metres from where the ball first hits the floor (for example: 3.25cm, 4.50cm, 5.75cm.....)

TOP TIPS

Spread your fingers in a ‘W’ shape behind the ball.

Lean back, push the ball, and extend your fingers to get maximum momentum on the throw.



Did you show self-belief when trying to beat your previous throw?

Video support – <https://youtu.be/24eUAe9QZFc>

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.

Standing Long Jump: Engage Leaders by...

- Using leaders to measure and mark out the long jump lane and set out the measuring mat/tape
- Using leaders to spot the landings and call out the distance jumped
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

Speed Bounce: Engage Leaders by...

- Using leaders to time the activity
- Using leaders to count the number of successful jumps the competitor achieves
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

Chest Push: Engage Leaders by...

- Using leaders to set up the station
- Using leaders to count the number of points achieved by participants
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

Vertical Jump: Engage Leaders by...

- Using leaders to help spot how high the mark needs to be made
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

LENDS A HELPFUL HAND

ENCOURAGES OTHERS

ALWAYS LISTENS

DOES THE RIGHT THING

ENTHUSIASTIC ALWAYS

RESPECTS OTHERS



10 x 10m Shuttle Run: Engage Leaders by...

- Using leaders to measure and mark out the running lane
- Using leaders to start and end the race
- Using leaders to count each length out loud
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

COMPETITION 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 SCORES

This format is to be used across two competitions – Yr. 3/4 and Yr. 5/6.

Each school can enter a maximum of 3 teams (A,B & C) in each age group (Yr. 3/4 and Yr. 5/6) made up of 5 boys and 5 girls. All competitions have been developed to be delivered in PE Lessons to class groups/bubbles, encouraging maximum participation.

Please use the spreadsheet provided by your SGO to record your scores as well as your number of participants at intra-house level.

Spreadsheets should be completed and returned to your SGO by **Friday 20th November.**

On receipt of your entry. You will receive a participation e-certificate to be printed and awarded to all pupils that have taken part.

CSW SGO's will also provide School Games Values E-Certificates, which should be awarded to pupils that have shown the values highlighted on the challenge cards throughout the competition.

Local inter-school (level 2) results will be announced on **Friday 27th November** by your SGO.

Winners at inter-school (level 2) will be put forward to complete a final challenge facilitated by your SGO - between **Monday 23rd November & Friday 10th December.** These final challenges + your previous scores will determine the county champions.

County final winners will be announced on **Monday 14th December** where the top 3 teams will receive medals and certificates.