

# DEVELOP



# SCHOOL GAMES

## MINI OLYMPIC FESTIVAL DAY

DATES- School to decide

### THEME

These events are for pupils who enjoy friendly competition but do not want to focus solely on winning or losing instead they focus on the School Games Values.

### EVENT/ CHALLENGE

5 fun Olympic themed team-based challenges designed to be enjoyable, inclusive, challenging and increase pupil's motivation.

### YEAR GROUPS

Year 1-6

### WHERE?

Mini-Olympic themed festival where pupils compete in an intra-school house competition.

### LEADERSHIP OPPORTUNITIES

#### Engage leaders by:

- Using leaders to lead part of the session (warm up).
- Using leaders to time the activities.
- Using leaders to deliver a cool down activity.
- Using leaders to record results.
- Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.
- Using leaders to demonstrate tasks.

South Norfolk SSP  
Virtual Challenge

# SCHOOL GAMES

## VALUES

During each School Sport Partnership experience pupils are challenged to demonstrate the



**Determination-** Trying hard in all challenges to get a better score than last time.



**Passion-** Showing passion for your team by being enthusiastic to take part and always supporting others.



**Respect-** Pupils are encouraged to respect the opponent and team-mates alike but most of all to respect the leaders.



**Honesty-** Scoring yourself honestly.



**Self-Belief-** Supporting each other and your fellow team-mates will help to ensure that the individual parts add up to a successful team performance.



**Teamwork-** Individual performances add up to team success so it is important that all pupils work as a team.



SOUTH NORFOLK  
SCHOOL SPORT PARTNERSHIP



## GETTING STARTED

1. Familiarise yourself with the mini-Olympic challenges.
2. Celebrate the cultural aspects of the Olympic and Paralympics using week 1 challenge activities.
3. Plan with pupils in your sports organising crews/ young leaders the opening ceremony.
4. Set up the challenges in a carousel.
5. Allow the pupils to practice each challenge during PE lessons before the day.
6. Each activity is designed to take 10 minutes.
7. Within each activity pupils can work individually or in small teams of up to 5.
8. Larger groups should be split into teams and ensure everyone is included in the activities.
9. You might want to score the pupils and record their final score for each challenge or allow pupils to focus on achieving their personal best. Score sheets are included.

## THINK INCLUSIVELY!

**Space-** Make the challenge areas smaller or bigger for some pupils.

**Task-** what is happening: roll instead of throw, different rules for different players.

**Equipment-** what equipment is being used: different type, size, colour or texture.

**People-** Who is doing what and with whom: mixed ability teams, uneven or even team numbers.

## WARM UP

- Begin your Mini Olympic festival with a mass online/ face to face warm up activity. This could be designed and led by sports leaders in your school.
- You could even start the day with a mini-Olympic torch relay?
- Celebrate the cultural aspects of the Olympic and Paralympic challenges from week 1 challenge.

## CHALLENGE 1- BALL GAME

LINKED OLYMPIC SPORTS- ATHLETICS, BOCCIA, BOWLS, GOLF.

### Equipment Needed

- 4-5 hoops (You can use other equipment to mark out the area).
- 4-5 cones
- 8-10 bean bags per child
- Stopwatch

### Instructions

- Set out the 4-5 hoops.
- Give each pupil or team a set of beanbags- assign a different colour for each team player.
- Place out cones as a throwing marker for each hoop. Adjust the distance between the cone and hoop to suit the pupil's ability.
- Pupils take it in turns to throw bean bags into the hoops to score points.
- How many bean bags can you get into the hoops in one minute? Count the pupils scores and repeat to see if they can beat their score.

## CHALLENGE 2- DODGE

LINKED OLYMPIC SPORTS- KARATE, JUDO, BOXING, FENCING

### Equipment Needed

- 1 scarf/ bib for each pupil
- Stopwatch

### Instructions

- Each pupil tucks the scarf/ bib into waistband or their clothes. This is their tail.
- One person in the group is the timekeeper (keep swapping so that everyone gets to play).
- On Go the pupils move around the space, trying to catch the other pupils' tails but keeping their own.
- After 60 seconds shout stop Each player checks to see if they still have their tail and counts how many tails they have caught.
- Repeat to see if you can keep your tail and catch more than last time.

## CHALLENGE 3- ADVENTURE

### LINKED OLYMPIC SPORTS- CLIMBING, CANOEING, KAYAKING, SAILING

#### Equipment Needed

- Number of stepping stones per team
- Objects to mark as riverbanks
- Stopwatch

#### Instructions

- Set up two river banks (start and finish lines) approximately 10m apart.
- Sort teams into equal sizes. If you have smaller numbers, play as individuals. Each team works in its own space between the river banks travelling from the start to the finish line.
- Give each team a set of stepping stones. They must use these to get their team across the river without getting wet.
- They must only use the equipment given to them and if they touch the water they must start again from the beginning.
- Set a 1-minute timer. Can teams or players cross the river in this time? If they are quick score how many times? they cross the river. Award points for good teamwork , not just the best time.

## CHALLENGE 4- WALK AND RUN

### LINKED OLYMPIC SPORTS- ATHLETICS, CROSS COUNTRY, TRIATHLON

#### Equipment Needed

- 6 slalom markers per team
- 2 cones to mark start and end
- Stopwatch

#### Instructions

- Using cones/ markers, set up a series of slalom course- one for each team. Between a start and end point.
- Sort pupils into teams.
- Half of the team start behind the start line and half of the team behind the finish line with the slalom course in the middle.
- In a non-stop relay pupil take it in turns to travel down the course as fast as they can without touching the markers. Tag the next runner.
- Keep going for up to 3 minutes see how many pupils the team can get through in that time? If playing as individuals how many times can pupils complete the slalom? Award points for creativity as well as speed.

## CHALLENGE 5- BALANCE

### LINKED OLYMPIC SPORTS- GYMNASTICS, DANCING

#### Equipment Needed

- Instrument to keep the beat.
- Different coloured marker for each team.

#### Instructions

- Sort pupils into equal team sizes and give each team a colour marker.
- Give each team a simple movement to a beat of 4: Team 1 marching on the spot, Team 2 swing arm rotation.
- Keep the beat 1-2-3-4 for 3 rounds then shout BALANCE and a number 1-4.
- Players must make a matching balance e.g. Balance 1= balance on one leg, Balance 4= hands and feet. They must be able to hold the balance for 5 seconds.
- Repeat changing up the balance and the movements.
- Pupils to focus on their individual score, but their efforts win points for their team.
- Pupils are awarded points for good balance and keeping the rhythm nobody is out if they wobble or miss a beat.

#### HOW TO ENTER

As this is an Develop themed intra- school event, we do not ask schools to submit pupils scores. We do however ask schools to complete the monitoring Form on our website to let us know how many pupils took part in the challenge. **The deadline for entries is Friday 2<sup>nd</sup> July.**

#### SCORING/ CERTIFICATES

You can use the attached score sheet for scoring the event. Please feel free to adapt to suit your aims and pupils. To ensure each child has a sense of achievement ensure the scoring system focuses on every pupil being able to contribute to their team regardless of their ability. Or focus the challenges on allowing pupils to better their own score.

Schools will be sent a participation certificate for each pupil that has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated the School Games Values during the challenges.

# TEAM SCORE SHEET

TEAM NAME:

Activity	Team Score			Bonus Points
	1 <sup>st</sup> Go	2 <sup>nd</sup> Go	3 <sup>rd</sup> Go	
<b>Ball Game</b> Count the number of bean bags that landed in the hoop.  Add 3 bonus points if your team increased from the 1 <sup>st</sup> go.				
<b>Dodge</b> Count the number of tails won by your team.  Add 3 bonus points if your team created a new tactic.				
<b>Adventure</b> Score 3 points if your team crossed the river in the time limit.  Add 1 bonus point each extra time your team crossed the river.				
<b>Walk and Run</b> Count the number of pupils who completed the course.  Add 1 bonus point for each player who travelled in a different way.				
<b>Balance</b> Score 1 point for each pupil who held their balance each go.  Add 1 bonus point each time a pupil created a new balance				
<b>Teamwork Award</b> Add 5 bonus points if your team listened to everyone ideas, cooperated, with each other, included everyone all the time and encouraged each other.				
<b>Add up you score</b> For each round + bonus points				
<b>Final Score</b>				



## RISK ASSESSMENT

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

## SAFEGUARDING

During the South Norfolk SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

## COVID 19

The South Norfolk SSP virtual challenges should be completed in accordance with your schools Covid-19 PE policy.