Closing Date – Monday 16th November 2020

Follow the steps below to get involved:

1. Familiarise pupils with the challenges in the document.
2. Pupils attempt to complete all 4 challenges.
3. Teacher to complete the entry spreadsheet and submit to their School Games Organiser, as per the details on the last page by Monday 16th November.
4. If challenges are completed at home, parents will need to send the results to the school to be included on the school spreadsheet.

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.
CHALLENGE 1 - WARM UP

Equipment
- You can use any equipment available that will meet your individual needs. This could be: footballs, foam balls, balloons...be as creative as you want to be!

How to
- As an individual or as a group: devise a warm up.
- Try to include the following elements:
  - Raising your pulse
  - Mobility - possibly moving arms and/or legs
  - Stretching our body

Scoring
- If you completed a warm up, you have achieved Challenge 1 and can move on to Challenge 2.

TOP TIPS
Teachers, TAs and/or parents can assist students as much as needed in order to complete the challenges.
Did you demonstrate self-belief throughout this challenge?

**TOP TIPS**

Look up so you can see where you are going.

Try to keep your piece of equipment close to your body for close control.

**CHALLENGE 2 - DRIBBLING**

**Equipment**

- You can use any equipment available that will meet your individual needs. This could be: footballs, foam balls, balloons...be as creative as you want to be!

**How to:**

- Select an appropriate piece of equipment to carry at your feet, in your hands, or in your lap.
- Your teacher/TA/parent will highlight/set out two points that you will travel between with your piece of equipment.
- Starting at the first point, travel with your piece of equipment to the second point. Turn around and change direction to return to the original starting point.

**Scoring**

- If you successfully travelled between the two points with your piece of equipment, you have achieved Challenge 2 and can move on to Challenge 3.
**Challenge 3 - Passing Sensory Football**

**Equipment**
- You can use any equipment available that will meet your individual needs. This could be: footballs, foam balls, balloons...be as creative as you want to be!

**How to:**
- Your teacher/TA/parent will highlight/set out a target - this could be a skittle (or a number of skittles), cones, a bench, a bucket etc...
- Pass your piece of equipment to the target.
- You can pass your piece of equipment using any part of your body.

**Scoring**
- Once you have successfully completed the Challenge 3, you can move on to Challenge 4 - scoring a goal!

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**Top Tips**

Take your time to make your pass as accurate as possible.

We are looking for accuracy over power in this challenge.

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Did you show respect to other students by waiting patiently for your turn?
**Challenge 4 - Scoring**

**Equipment**
- You can use any equipment available that will meet your individual needs. This could be: footballs, foam balls, balloons etc...

**How to**
- Your teacher/TA/parent will set up an appropriately-sized goal.
- Pass or carry the ball into the goal/over the goal line using any part of your body.
- If you are completing this challenge with other students, your teacher/TA/parent will line them up, so that as you score your goal you can move through a channel of your peers. At the end of the channel, show the group your celebration moves - you can strike a pose, raise your arms to celebrate, or show us a huge smile!
- When you are a part of the channel watching other students score their goal, make sure you cheer and celebrate their goal, just like a football crowd.

**Scoring**
- Once you have scored a goal, you have successfully completed Challenge 4 and therefore completed the Virtual School Games Sensory Football Competition.
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.

**Warm Up: Engage Leaders by...**
- Using leaders to set out the cones and to demonstrate some warm up activities/moves
- Using leaders to encourage participants throughout the challenge
- Using leaders to encourage participants to demonstrate the School Games Value of determination

**Passing: Engage Leaders by...**
- Using leaders to set out the target(s) for participants to aim for
- Using leaders to demonstrate the activity
- Using leaders to encourage participants throughout the challenge
- Using leaders to encourage participants to demonstrate the School Games Value of respect

**Scoring: Engage Leaders by...**
- Using leaders to set out the goal for participants to score into
- Using leaders to demonstrate the activity
- Using leaders to assist in creating a channel with the other students
- Using leaders to give participants ideas for their celebration moves
- Using leaders to encourage participants to demonstrate passion

**Dribbling: Engage Leaders by...**
- Using leaders to set out the points for participants to travel between
- Using leaders to demonstrate the activity
- Using leaders to encourage participants throughout the challenge
- Using leaders to encourage participants to demonstrate the School Games Value of self-belief

**LEND A HELPFUL HAND**
**ENCOURAGE OTHERS**
**ALWAYS LISTENS**
**DOES THE RIGHT THING**
**ENTHUSIASTIC ALWAYS RESPECTS OTHERS**
Congratulations and thank you for completing the CSW PMLD football challenge. Please see below next steps to be completed to ensure you receive your certificate and medal.

1. Download and print the Spirit of the Games values certificates and present these to any students who demonstrated these qualities.

2. Complete the spreadsheet provided by your SGO and return.

3. On receiving your entries your SGO will send you over an e-certificate to be awarded to all pupils that have taken part. SGO’s will also deliver a medal for each participant directly to school.

4. Share on social media the successes of your students and your involvement in the School Games.

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@campion.warwickshire.sch.uk