Follow the steps below to get involved:

1. Familiarise your pupils with the challenges in the document below.
2. Pupils complete all 4 challenges – in school set bubble(s).
3. Input scores into the spreadsheet provided by your SGO.
4. Submit your score as per the details on the final page.
5. Ensure you complete all data reporting on the spreadsheet and return to your SGO by Monday 16th November.
**CONE RUN**

**Equipment**
- Ball
- Cones (x12)
- Stopwatch

**How to**
- Place 2 cones 1m apart to create your starting gate, then place 10 cones in a line with 1m space between each (see image).
- Beginning at the starting gate, dribble your ball to a cone, go around it and then return back to the starting gate.
- You score points for each cone that you visit, and each cone is worth a different number of points: 1m cone = 1 point, 2m = 2 points, 3m = 3 points, 4m = 4 points, 5m = 5 points, 6m = 6 points, 7m = 7 points, 8m = 8 points, 9m = 9 points and 10m = 10 points.
- Each cone can only be visited once.
- Dribble to visit as many cones as you can in 45 seconds and score as many points as you can.

**Scoring**
- Add up the points for each cone you visit in 45 seconds. Remember, you can only visit each cone once. The point should be awarded when the cone is reached. **Max score = 55 points.**

**TOP TIPS**
- Keep your eye on the ball.
- Keep the ball close to your feet.
- Use the inside and outside of your foot for close control.
- Think about your route to maximise your score.

Did you show honesty in going around the cones properly?

How to

- Set up a circle of cones with a 3m diameter (12x cones), then a smaller square of cones with a 1m diameter in the centre (4x cones) - see image. These circles are your target.
- Place your final cone 6m away from the cone circled in the image. This is where you’ll pass from.
- You have **5 attempts** to pass the ball from the starting cone into the target and score as many points as you can.
- The ball must remain within the outer circle or inner square of cones to count towards your score.
- This challenge **MUST** be completed on grass.

Scoring

- You have **5 attempts** to pass the ball into the target area.
- You will score **1 point** if the ball remains in the outer circle, and **3 points** if the ball remains in the inner square. **Maximum score = 15 points.**
- After each attempt, collect your ball to prevent it getting in the way of your next shot. Remember to keep your score as you go along.

Video support – [https://youtu.be/dJoHi_Zf3jM](https://youtu.be/dJoHi_Zf3jM)
**Equipment**

- Ball
- 7-a-side goal
- Hoops x4 (at least 70cm diameter)
- Tape or string
- Cones x2

**How to**

- Using your tape or string, attach a hoop to each corner of your goal - as shown in the image.
- To create your shooting line, place your 2 cones **7m** away from the goal - your cones should be in line with the goal posts, creating a line parallel to the goal.
- You have **5 attempts** to strike the ball from the shooting line through one of the hoops, to score as many points as you can.

**Scoring**

- If a shot goes through one of the top hoops, you will score **4 points**.
- If a shot goes through one of the lower hoops, you will score **2 points**.
- If a shot goes into the goal but not through any of the hoops, you will score **1 point**.
- Add up the total number of points you score with your 5 shots. **Maximum score = 20 points.**

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**TOP TIPS**

- Strike underneath the ball to lift it into the high hoops.
- Have a few practice attempts so you know how hard to strike the ball.

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**Video support** - https://youtu.be/d7Y2s7YB54g

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**Did you show self-belief when deciding which hoop you would try to shoot through?**
**Secondary Football**

**Top Tips**

The bounce is important - practice the bounce so it is weighted correctly.

Cushion the ball on your laces for the kick-ups.

If you make a mistake, don’t panic - try again on the same level.

**Bounce, Kick, Catch**

**Equipment**

- Ball
- Stopwatch

**How to**

- Stand in an appropriate space.
- Drop the ball and allow it to bounce, kick it up and catch it - Bounce, Kick, Catch. This is Level 1.
- On to Level 2 - drop the ball and allow it to bounce, do 2 kick-ups and then catch. On to Level 3 - drop the ball and allow it to bounce, do 3 kick-ups and then catch. And so on...
- You must complete each level in order to progress to the next one.
- You have **90 seconds** to get to the highest level you can.
- If the ball is dropped, start again at the same level - you do NOT have to start again at Level 1.
- If the ball is dropped, do not give up and do not stop the timer - retrieve the ball and continue your score until your 90 seconds is up.

**Scoring**

- What level can you get to in 90 seconds? The level you reach will be your final score (e.g. Level 22 = 22 points). **YOU MUST ONLY USE YOUR FEET IN THIS CHALLENGE**

**Video support** - [https://youtu.be/pWfB1DzB_Lw](https://youtu.be/pWfB1DzB_Lw)
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...

**Dribbling - Cone Run: Engage Leaders by...**
- Using leaders to measure and mark out the cones
- Using leaders to say which cone the participant needs to go to next
- Using leaders to time the activity
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

**Further Engagement of Leaders by...**
- Using leaders to set up multiple stations for each activity, and have them run stations with the teacher taking overall responsibility
- Using leaders to run media e.g. take photos, video, write reports for newsletter/social media

**Passing - Target Pass: Engage Leaders by...**
- Using leaders to measure and mark out the cones
- Using leaders to count the number of points achieved
- Using leaders to write the scores down for participants
- Using leaders to retrieve the ball once it has come to a halt
- Using leaders to demonstrate

**Shooting - Top Bins: Engage Leaders by...**
- Using leaders to set up the hoops/goal equipment
- Using leaders to get the ball back to the participant after each shot
- Using leaders to count the number of points achieved
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

**Skills - Bounce, Kick, Catch: Engage Leaders by...**
- Using leaders to say each level out loud as it’s achieved
- Using leaders to write the scores down for participants
- Using leaders to time the activity
- Using leaders to demonstrate
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’.

This format is to be used across 4 competitions - Yr. 7/8 girls, Yr. 7/8 boys, Yr. 9/10 girls and Yr. 9/10 boys.

Each school can enter a maximum of 3 teams per competition (A,B & C) made up of 5 participants. 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 Monday 16th 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 SGOs 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.

Local inter-school (level 2) results will be announced on Friday 27th November by your SGO. Winners will receive t-shirts, and their results will be put forward to be paper-matched - generating a county winner.

County final winners will be announced on Tuesday 15th December where the top 3 teams will receive medals and certificates.