Follow the steps below to get involved:

1. Familiarise your pupils with the challenges in the document below.
2. Pupils to complete all 3 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.

Tweet us with your efforts using the #CSWVirtualGames and your area Twitter handle below!

Yr. 7/8 SEND Athletics

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.
SEND ATHLETICS

4 X 10M SHUTTLE

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.
- Travel in a straight line to the cones at the other end, put at least one foot/wheel over the line between the cones, turn around and travel back again.
- Complete the 10 metre distance **4 times** to complete the 40m distance 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 40m 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.

Travel right through the finish line.

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

Have a few practice jumps/step/pushes before you start to get in to the rhythm.

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

If appropriate pick your knees up.

SPEED BOUNCE/STEP

Equipment

• Speed Bounce mat with wedge removed or a throw down line
• Stopwatch

How to

• Start with either two feet or your chair on one side of your barrier/line.
• Jump, step or wheel over or across your barrier.
• You have **20 seconds** to complete as many bounces/step/crossovers as possible.
• If the participant is using the step technique opposed to a jump please ensure both feet are over the line before stepping back to the other side.

Scoring

• Complete as many bounces/step/crossovers as possible within **20 seconds** and record your score.

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

Equipment
- Tape measure
- A size 3 football
- Cones, chalk or tape (to create your throwing line)

How to
- Start in a standing or seated position with your toes/wheels 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/wheels **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 bear your previous throw?
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...

**Speed Bounce/Step: Engage Leaders by...**
- Using leaders to time the activity
- Using leaders to count the number of successful jumps/steps/crossovers 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

**4 x 10m Shuttle Run: Engage Leaders by...**
- Using leaders to measure and mark out the shuttle 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
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’.

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**Submitting your scores**

This format is to be used across Yr. 7/8 SEND pupils. The 4 athletes selected for a team can be taken from across the keystage regardless of bubble(s).

Each school can enter a maximum of 3 teams (A,B & C) in the Yr 7/8 SEND Athletics, teams should be made up of 4 SEND pupils from KS2. These events have been developed to sit alongside the KS2 Pentathlon.

Pupils entered into this event should be **ALL 3** of the below to ensure consistency:

1. On Schools SEND register
2. Unable to access any mainstream A, B or C teams in any sport
3. The child’s learning difficulty/physical difficulty should have a significant effect on their physical performance.

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. Winners will receive t-shirts and be put forward to compete at county level.

Once you have been put forward to represent your area, results will be compared across the 8 SGO areas. County final winners will be announced on **Monday 14th December** where the top 3 teams will receive medals and certificates.