



TEAM INFORMATION

There are two competitions. Pupils must be in either:

- **Competition 1**- Key Stage 1-Years 1, 2 including all Special Educational Needs and Disability (SEND) pupils or
- **Competition 2**- Key Stage 2: Years 3, 4, 5 and 6 including all Special Educational Needs and Disability (SEND) pupils
- These two competitions are fully inclusive!
- 5 pupils from the same Key Stage will need to enter to qualify as a school team.
- Individual pupils can enter but will not count towards the school team score unless there are 5 pupils that enter from the same Key Stage.
- First, second and third individual pupils in the Key Stage 1 and 2 competitions will be rewarded with a certificate irrespective of whether they are in a school team of five competitors or not.
- Please read the instructions on how to play using the video links.

SCHOOL GAMES VALUES

School Games has 6 key values. For this competition, the focus will be HONESTY because you will need to work individually and with a guide.

As long as you have tried your best, your scores are valid.



Watch this video to see how to take part:

<https://youtu.be/jQPac7xkoaM>

GAME 1: BOCCIA

Equipment

- 9 balls (be creative - use rolled up paper or socks)
- A bucket that will fit the balls in (sink, bowl)

How to play

- Place a marker 3m from the target.
- Try to get 9 in the target .
- Have as many goes as you like and be honest about you best score recorded.
- You score is out of 9.

GAME 2: SEATED VOLLEYBALL

Equipment

- One balloon or large soft ball.

How to play

- Sit on the floor with enough space around you.
- Use your hands and head to keep the balloon/ball in the air for as long as possible, when it touches the ground, start again.
- Count how many times you hit the balloon or ball up in the air before it touches the ground.

Watch this video to see how to take part:

<https://youtu.be/Mgz39ZMpG0w>

GAME 3: ADAPTED ATHLETICS

Equipment

- Anything that can be used as obstacles (coins/sticks if you are doing it in the garden or chairs/ cushions if inside).
- Blindfold.
- Stopwatch.
- An adult MUST supervise you when doing this game. Any supervising adults must ensure they are happy with the safety of the course, surface and surrounding area.

Watch this video to see how to take part:

https://youtu.be/Xu6crkBk_-g

How to play

- Set out a minimum of 4 obstacles across a 4 metre distance from A to B, set one end as the start (A) and one end as the finish (B).
- When you are ready, begin at the start line (A) and blindfold yourself.
- Ask your adult to direct you through the obstacles whilst they time you from the start (A) to the finish line (B). Your guide must time and talk to you and encourage you not to stand on the obstacles.
- Complete four rounds; walk, run, hop and side step-only time start (A) to finish (B)-you do not need to return with the blindfold on.
- Time how long it takes you to complete all four rounds. You can either time four separate courses or pause the stopwatch whilst you return each time.
- All four times need to be added together in to a total of minutes and seconds.



