

# VIRTUAL HAMPSHIRE SCHOOL GAMES 2020



## KEY STAGE 3 & 4





# **HAMPSHIRE SCHOOL GAMES**

## **AUTUMN TERM VIRTUAL COMPETITIONS**

The Hampshire SGO's made the decision in June 2020 to make the Autumn Term competitions virtual events due to the uncertainty of Covid-19, and the advice given to ensure the safety of all involved.

We have created a programme of 8 activities based on the competitions that would normally have occurred in the Autumn term. All the activities are skill based and are designed to use as little equipment as possible.

You can choose which competitions you enter, whilst we would encourage you to participate as part of PE lessons, there is not a requirement to do them all.

To score towards the Level 2 and Level 3 events you must enter the total number of participants in the competition, plus the actual scores of the top 5 girls and top 5 boys in each year group using the table supplied, you can enter up to 3 teams per year group.

The top three teams in each SGO area will be awarded Level 2 medals and the Top three teams across the County will be awarded Level 3 medals.

Energise Me are collating the entries and you can either submit your scores directly onto their website OR you can email the results to your SGO who can enter them for you.

<https://www.energiseme.org/schools/hampshire-school-games/>

The activities for Autumn Term are:

Badminton

Basketball

Cross Country

Football

Hockey

Multi-Skills

Sportshall Athletics

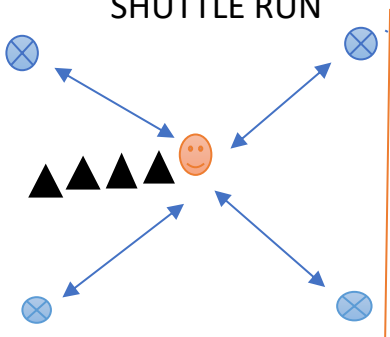
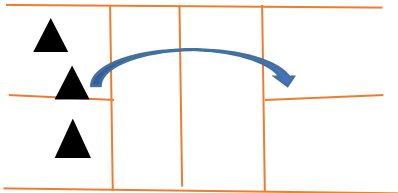
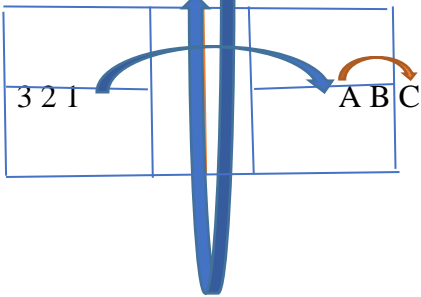
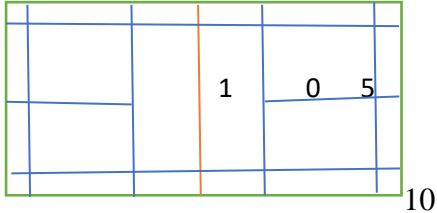

Table Tennis

**ALL RESULTS MUST BE SUBMITTED BY FRIDAY 11 DECEMBER 2020**

**Good Luck and we hope you enjoy the activities!**

# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL BADMINTON – KS3

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;"><b>SHUTTLE RUN</b></p> 	<ul style="list-style-type: none"> <li>Place 4 markers in the 4 corners of one side of the court.</li> <li>The player has 4 shuttles and starts in the middle of the court.</li> <li>Start the timer. The player takes one shuttle to one corner then comes back to the middle to collect the next shuttle. The player then takes this shuttle to the next corner. Repeat with the other shuttles.</li> <li>How quickly can the player complete the 6 runs?</li> <li>All players should try to keep their feet facing the net all the time.</li> </ul>
<p style="text-align: center;"><b>SHUTTLE THROW</b></p> 	<ul style="list-style-type: none"> <li>The pupils need 3 shuttles.</li> <li>Pupils throw each shuttle in turn from the serving line of one side of the court over the net into the other side using an overarm technique.</li> <li>They get 1 point for getting the shuttle over the net in front of the opposite service line and 2 points for getting it over the service line</li> <li>How many points in total from 3 throws?</li> </ul>
<p style="text-align: center;"><b>LIVES</b></p> 	<ul style="list-style-type: none"> <li>Pupils are in 2 teams, one on either side of the net at the back of the court.</li> <li>Player A of one team serves the shuttle over the net to Player 1 of the other team and then runs to the back of their own line (not round the net). Player 1 tries to return the shuttle and so on.</li> <li>Each player has 3 lives. Every time they miss the shuttle or hit it in the net or out they lose a life. Lose all three lives and they are out. The last player left is the winner and scores 10 points</li> </ul>
<p style="text-align: center;"><b>HIT THE BOX</b></p> 	<ul style="list-style-type: none"> <li>A feeder stands on one side of the net and serves the shuttle over to the player.</li> <li>The player has to hit the shuttle back over the net into certain parts of the court to score points. Eg. 1 point for the front court in front of the service line, 5 points for the back quarter and 10 points for the small box at the very back corner of the court. 0 points are scored for hitting the mid court area.</li> <li>Each player has 5 shuttles to score as many points as they can</li> </ul>
<p style="text-align: center;"><b>RALLY CHAMP</b></p> 	<ul style="list-style-type: none"> <li>Players rally in pairs for 2 minutes counting up the highest rally they get in that time.</li> <li>They then swap partners and rally again counting up the longest rally with that partner in 2 minutes.</li> <li>This is repeated with a 3<sup>rd</sup> partner.</li> <li>At the end of the 3 goes, each player adds together their three scores. Highest number is Champ.</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL BADMINTON KS3 RESULTS

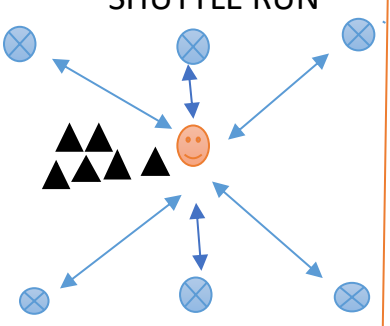
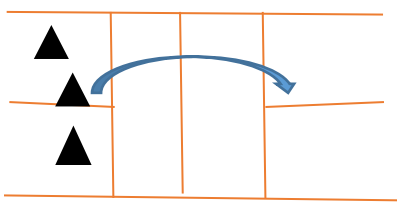
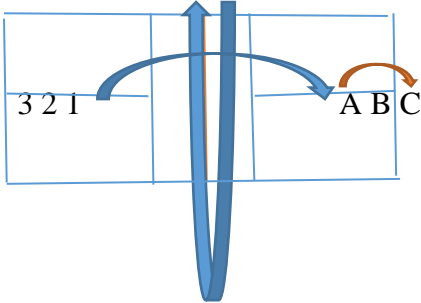
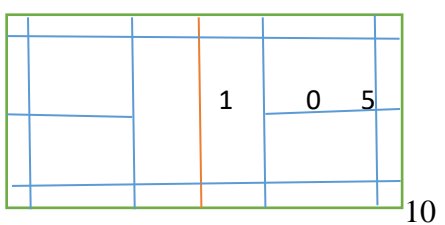
Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle Run (Time 00:00)	Shuttle Throw (Number)	Lives (Number)	Hit the Box Number)	Rally Champ (Number)
<i>Eg. 1. Sammy</i>	7	B	01:34	5	4	4	15
1.	7	G					
2.	7	G					
3.	7	G					
4.	7	G					
5.	7	G					
6.	7	B					
7.	7	B					
8.	7	B					
9.	7	B					
10.	7	B					
11.	8	G					
12.	8	G					
13.	8	G					
14.	8	G					
15.	8	G					
16.	8	B					
17.	8	B					
18.	8	B					
19.	8	B					
20.	8	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL BADMINTON – KS4

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;"><b>SHUTTLE RUN</b></p> 	<ul style="list-style-type: none"> <li>Place 4 markers in the corners of one side of the court and to the side tramlines.</li> <li>The player has 6 shuttles and starts in the middle of the court.</li> <li>Start the timer. The player takes one shuttle to one corner then comes back to the middle to collect the next shuttle. The player then takes this shuttle to the next corner. Repeat with the other shuttles.</li> <li>How quickly can the player complete the 6 runs?</li> <li>All players should try to keep their feet facing the net all the time and return to 'base' each time.</li> </ul>
<p style="text-align: center;"><b>SHUTTLE THROW</b></p> 	<ul style="list-style-type: none"> <li>The pupils need 3 shuttles. They throw from one side of the court then run round the net to the other in their time limit.</li> <li>Pupils throw each shuttle in turn from the serving line of one side of the court over the net into the other side using an overarm technique.</li> <li>They get 1 point for getting the shuttle over the net in front of the opposite service line and 2 points for getting it over the service line.</li> <li>How many points scored in 2 minutes.</li> </ul>
<p style="text-align: center;"><b>LIVES</b></p> 	<ul style="list-style-type: none"> <li>Pupils are in 2 teams, one on either side of the net at the back of the court.</li> <li>Player A of one team serves the shuttle over the net to Player 1 of the other team and then runs to the back of their own line (not round the net). Player 1 tries to return the shuttle and so on.</li> <li>Each player has 3 lives. Every time they miss the shuttle or hit it in the net or out they lose a life. Lose all three lives and they are out. The last player left is the winner.</li> </ul>
<p style="text-align: center;"><b>HIT THE BOX</b></p> 	<ul style="list-style-type: none"> <li>A feeder stands on one side of the net and serves the shuttle over to the player.</li> <li>The player has to hit the shuttle back over the net into certain parts of the court to score points. Eg. 1 point for the front court in front of the service line, 5 points for the back quarter and 10 points for the small box at the very back corner of the court. 0 points are scored for hitting the mid court area.</li> <li>Each player has 5 shuttles to score as many points as they can.</li> </ul>
<p style="text-align: center;"><b>RALLY CHAMP</b></p>	<ul style="list-style-type: none"> <li>Players rally in pairs for 2 minutes counting up the highest rally they get in that time.</li> <li>They then swap partners and rally again counting up the longest rally with that partner in 2 minutes.</li> <li>This is repeated with a 3<sup>rd</sup> partner.</li> <li>At the end of the 3 goes, each player adds together their three scores. Highest number is Champ.</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL BADMINTON KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle Run (Time 00:00)	Shuttle Throw (Number)	Lives (Number)	Hit the Box Number)	Rally Champ (Number)
<i>Eg. 1. Sammy</i>	9	B	01:34	5	4	4	15
1.	9	G					
2.	9	G					
3.	9	G					
4.	9	G					
5.	9	G					
6.	9	B					
7.	9	B					
8.	9	B					
9.	9	B					
10.	9	B					
11.	10	G					
12.	10	G					
13.	10	G					
14.	10	G					
15.	10	G					
16.	10	B					
17.	10	B					
18.	10	B					
19.	10	B					

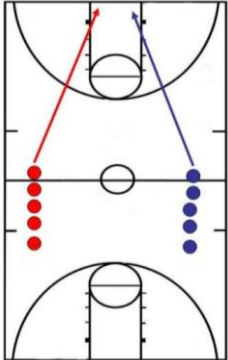

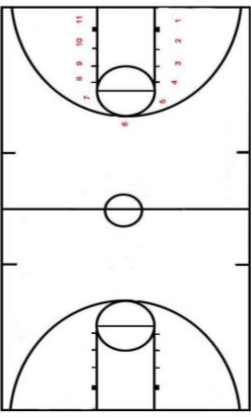
20.	10	B					
21.	11	G					
22.	11	G					
23.	11	G					
24.	11	G					
25.	11	G					
26.	11	B					
27.	11	B					
28.	11	B					
29.	11	B					
30.	11	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS



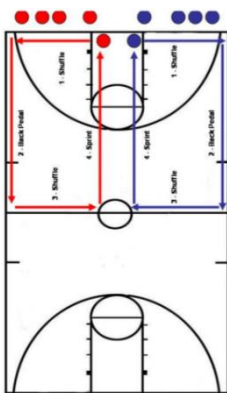
# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL BASKETBALL – KS3&4

ACTIVITY	DESCRIPTION / RULES
<p><b>21 Shooting Game</b></p> 	<ul style="list-style-type: none"> <li>• Divide the players into groups of 5. Two teams work towards one hoop/basket (as shown on left)</li> <li>• Starting at half court, first player in each team with the ball dribbles toward the basket and shoots.</li> <li>• Each player must try and get 21 points, but either shooting from the 3-point line (3 points) or lay-up (1 point), nothing if they miss.</li> <li>• Rotating through the team (as before), pupils have 7 shots to try and get the highest points.</li> <li>• <b>Challenge: 21 Shooting Game. How many points did each player get?</b></li> </ul>
<p><b>Countdown Pass</b></p> 	<ul style="list-style-type: none"> <li>• Players in teams of 5, form a circle in the “D”</li> <li>• Players pass the ball to each other across and around the circle – using bounce or chest pass</li> <li>• Timekeeper stops play at 15 seconds, the person with the ball is knocked out of the game</li> <li>• Timekeeper stops the game after 45 seconds – players remaining in the game score 1 point</li> <li>• Keep the score after each round. Play 10 rounds – <b>How many points did each player get after all the rounds??</b></li> </ul> <p><u><b>Progression 1</b></u></p> <ul style="list-style-type: none"> <li>• <i>Add another ball into play – so there are 2 balls in rotation – players with ball are out. Who has the most points?</i></li> </ul>
<p><b>Around the Key</b></p> 	<ul style="list-style-type: none"> <li>• Place 10 marker spots around the key – as shown by the red dots on the diagram (start with being on the lines)</li> <li>• Teams can be either 5 or 10 – players find a spot/number to start on.</li> <li>• Players get 1 point for every basket they score (max. 10), rotate clockwise around all spots until they are back to starting spot – <b>How many points did each player get?</b></li> </ul> <p><u><b>Progression 1 - Timed</b></u></p> <ul style="list-style-type: none"> <li>• <i>Taking it in turns, players have 60 seconds to score as many points as possible, working their way around the key. Can do as many rotations as possible. <b>How many points?</b></i></li> </ul>



### Box Run Relay



- Divide your teams into 2 equal teams of 5
- Players start under the net, side by side (shown in picture by 2 circles (red and blue) separate from rest)
- Player 1 side steps along the baseline, once they reach the corner of court, they back pedal to half court line. There they side step along the halfway line and sprint back to the starting line, tagging next player who repeats.
- Time the teams. **Record the times of both teams.**

#### Progression 1 – Dribble Box

- As above, but add a ball so they are dribbling the whole way around? Time each team. **Which team has the quickest time?**



## HAMPSHIRE SCHOOL GAMES - VIRTUAL BASKETBALL KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants	
Name or Number	Year Group	Girl/Boy	21 Shooting Game (Number)	Countdown Pass (Number)	Around the Key (Number)	Box Run Relay (Time in 00:00)
<i>Eg. 1. Sammy</i>	7	B	7	8	8	02:30
1.	7	G				
2.	7	G				
3.	7	G				
4.	7	G				
5.	7	G				
6.	7	B				
7.	7	B				
8.	7	B				
9.	7	B				
10.	7	B				
11.	8	G				
12.	8	G				
13.	8	G				
14.	8	G				
15.	8	G				
16.	8	B				
17.	8	B				
18.	8	B				
19.	8	B				
20.	8	B				

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL BASKETBALL KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants	
Name or Number	Year Group	Girl/Boy	21 Shooting Game (Number)	Countdown Pass (Number)	Around the Key (Number)	Box Run Relay (Time in 00:00)
<i>Eg. 1. Sammy</i>	9	B	7	8	8	02:30
1.	9	G				
2.	9	G				
3.	9	G				
4.	9	G				
5.	9	G				
6.	9	B				
7.	9	B				
8.	9	B				
9.	9	B				
10.	9	B				
11.	10	G				
12.	10	G				
13.	10	G				
14.	10	G				
15.	10	G				
16.	10	B				
17.	10	B				
18.	10	B				
19.	10	B				
20.	10	B				
21.	11	G				

22.	11	G				
23.	11	G				
24.	11	G				
25	11	G				
26.	11	B				
27.	11	B				
28.	11	B				
29.	11	B				
30.	11	B				

**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL CROSS COUNTRY – KS3&4

ACTIVITY	DESCRIPTION / RULES
<b>Pacing</b>	<ul style="list-style-type: none"> <li>All children start at the same line and run in a straight line for 10 seconds. Place a cone where you finish.</li> <li>Repeat 10 times and Record how many times you reach the cone at the end of 10 seconds. 1 point each time you arrive at the cone at 10 seconds.</li> <li>The pupils must be moving at a constant speed to be awarded a point.</li> </ul>
<b>Race</b>	<ul style="list-style-type: none"> <li>Key Stage 3 Time how long it takes to run a 3000 m course.</li> <li>Key Stage 4 Time how long it takes to run a 5000m course</li> <li>Where possible to be run on a flat course grass. If the grass area is not suitable please use a hard court/playground.</li> <li>Distances to run in as few laps/shuttles as possible</li> </ul>
<b>Speed</b>	<ul style="list-style-type: none"> <li>Place down a cone as the start point. Place a further 4 cones down in a star array from the start.</li> <li>KS 1 place a cone at 2 m, 5m 10m 7m</li> <li>KS 2 place cone at 3m, 7m, 12m 10m</li> <li>KS 3/4 place a cone at 5m 10m, 20m 15m</li> <li>Run out to the first cone and return to the start repeat until all 4 cones have been visited. This is 1 lap. How many laps can you complete in the time given?</li> <li>KS1 45 secs, KS 2 1minute, KS 3/4 2 minutes</li> </ul>
<b>Varied Pace Running</b>	<ul style="list-style-type: none"> <li>Place down 4 cones to create 4 corners of a box.</li> <li>The distances between cones are KS 1 10m KS 2 20m, KS3&amp;4 20m</li> <li>Pick a start point.</li> <li>1. Run all 4 sides</li> <li>2 Run 3 sides Sprint 1</li> <li>3. Run 2 sides Sprint 2</li> <li>4 Run 1 side Sprint 3</li> <li>5 Sprint all 4 sides</li> <li>Time how long it takes to complete the circuit.</li> </ul>

For information on teaching points and guidance for these activities look at the Elevating athletics resource website  
[http://ucoach.com/teachers/elevating\\_athletics\\_resource/elevating-athletics-pcr-running-9-12/](http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-pcr-running-9-12/)



## HAMPSHIRE SCHOOL GAMES - VIRTUAL CROSS COUNTRY KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants	
Name or Number	Year Group	Girl/Boy	Pacing (Time in 00:00)	Race (Time in 00:00)	Speed (Time in 00:00)	Varied Pace Running (Time in 00:00)
<i>Eg. 1. Sammy</i>	7	B	01:34	09:30	04:00	03:49
1.	7	G				
2.	7	G				
3.	7	G				
4.	7	G				
5.	7	G				
6.	7	B				
7.	7	B				
8.	7	B				
9.	7	B				
10.	7	B				
11.	8	G				
12.	8	G				
13.	8	G				
14.	8	G				
15.	8	G				
16.	8	B				
17.	8	B				
18.	8	B				
19.	8	B				
20.	8	B				

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL CROSS COUNTRY KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants	
Name or Number	Year Group	Girl/Boy	Pacing (Time in 00:00)	Race (Time in 00:00)	Speed (Time in 00:00)	Varied Pace Running (Time in 00:00)
<i>Eg. 1. Sammy</i>	9	B	01:34	09:30	04:00	03:49
1.	9	G				
2.	9	G				
3.	9	G				
4.	9	G				
5.	9	G				
6.	9	B				
7.	9	B				
8.	9	B				
9.	9	B				
10.	9	B				
11.	10	G				
12.	10	G				
13.	10	G				
14.	10	G				
15.	10	G				
16.	10	B				
17.	10	B				
18.	10	B				
19.	10	B				
20.	10	B				
21.	11	G				

22.	11	G				
23.	11	G				
24.	11	G				
25.	11	G				
26.	11	B				
27.	11	B				
28.	11	B				
29.	11	B				
30.	11	b				


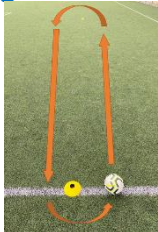



ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS





# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL FOOTBALL – KS3&4

ACTIVITY	DESCRIPTION / RULES
<p><b>'Figure of Eight' (Dribble)</b></p> 	<ul style="list-style-type: none"> <li>You will need: A ball, 2 markers, a stopwatch</li> <li>Set 2 markers out that are 2m apart</li> <li>Start behind one of the markers</li> <li>On the command 'Go' the participant dribbles the ball around each marker, creating a 'figure of eight'</li> <li>Every completed 'figure of eight' is 1 point.</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time</li> </ul>
<p><b>10 Metre Dash (Running with the Ball)</b></p> 	<ul style="list-style-type: none"> <li>You will need: A ball, 2 markers, a stopwatch</li> <li>Set 2 markers out that are 10 metres apart</li> <li>Start behind one of the markers</li> <li>On the command 'Go', the participant runs with the ball around each marker.</li> <li>Every completed 'end' is 1 point</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time</li> </ul>
<p><b>Move the Ball (Passing)</b></p> 	<ul style="list-style-type: none"> <li>You will need: a wall, a ball, one marker, a stopwatch</li> <li>Place the marker 1.5 metres away from the wall</li> <li>Start on one side of the marker, standing slightly behind.</li> <li>On 'Go', the participant passes the ball against the wall.</li> <li>When the ball returns, move the ball to the other side of the marker and repeat.</li> <li>Every pass against the wall is 1 point</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time</li> </ul>
<p><b>Hit the Target (Lofted Pass)</b></p> 	<ul style="list-style-type: none"> <li>You will need: a ball, 5 markers</li> <li>Use 4 markers to designate a 'target' area (2 metre square)</li> <li>Use a marker to stand 10 metres away from 'target'</li> <li>Make a lofted pass, aiming to land the ball in the 'target' area. Note: the ball does not have to finish inside the 'target' area</li> <li>You have 10 attempts to 'hit the target'</li> <li>Every 'target hit' is 1 point</li> <li>Record the score</li> </ul>
<p><b>'Only Net' Challenge (Shooting)</b></p> 	<ul style="list-style-type: none"> <li>You will need: a ball, 4 markers, a football goal (preferably an 11v11 size goal)</li> <li>Preferably play on a marked 11v11 football pitch. If not, use markers to mark the 6 yard box, 12 yard penalty spot, 18 yard box and 22 yards (edge of box semi-circle). (You could use a dust sheet in place of a 'net'.)</li> <li>Start at the 6 yard marker and work your way to the 22 yard marker</li> <li>Have 2 attempts to strike the ball from each marker, aiming to hit 'only net'. If the ball hits the floor before the net, no points awarded.</li> <li>Points awarded: 6 yard=1pt, 12 yard=2pts, 18 yard=5pts, 22 yard=10pts</li> <li>Record your score</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL FOOTBALL KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Figure of 8 (Number)	10 Metre Dash (Number)	Move The Ball (Number)	Hit The Target (Number)	'Only Net' Challenge (Number)
<i>Eg. 1. Sammy</i>	7	B	6	5	4	4	15
1.	7	G					
2.	7	G					
3.	7	G					
4.	7	G					
5.	7	G					
6.	7	B					
7.	7	B					
8.	7	B					
9.	7	B					
10.	7	B					
11.	8	G					
12.	8	G					
13.	8	G					
14.	8	G					
15.	8	G					
16.	8	B					
17.	8	B					
18.	8	B					
19.	8	B					
20.	8	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL FOOTBALL KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Figure of 8 (Number)	10 Metre Dash (Number)	Move The Ball (Number)	Hit The Target (Number)	'Only Net' Challenge (Number)
<i>Eg. 1. Sammy</i>	9	B	6	5	4	4	15
1.	9	G					
2.	9	G					
3.	9	G					
4.	9	G					
5.	9	G					
6.	9	B					
7.	9	B					
8.	9	B					
9.	9	B					
10.	9	B					
11.	10	G					
12.	10	G					
13.	10	G					
14.	10	G					
15.	10	G					
16.	10	B					
17.	10	B					
18.	10	B					
19.	10	B					
20.	10	B					
21.	11	G					
22.	11	G					

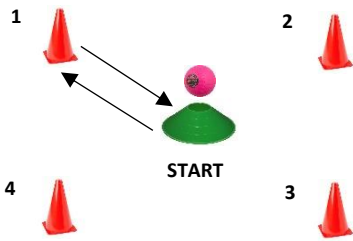
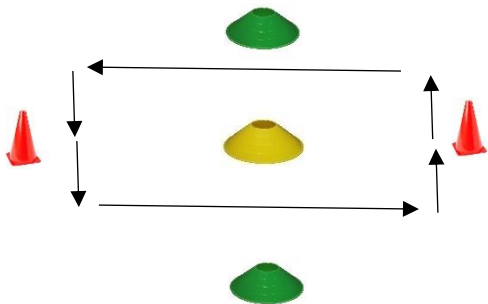
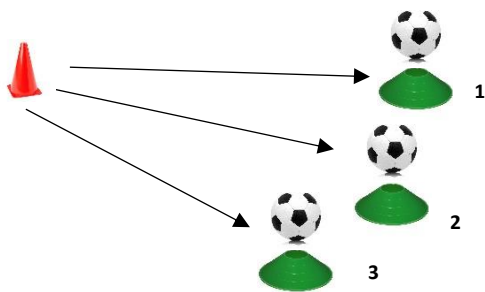
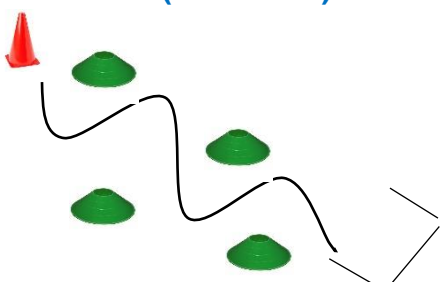
23.	11	G					
24.	11	G					
25.	11	G					
26.	11	B					
27.	11	B					
28.	11	B					
29.	11	B					
30.	11	B					

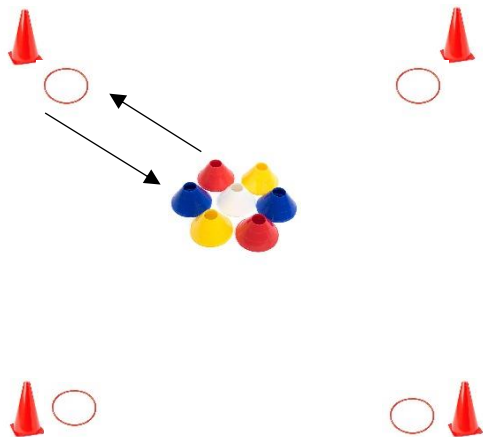
**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL HOCKEY – KS3&4

ACTIVITY	DESCRIPTION / RULES
<p><b>Dribble Sprints – (Individual)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 5 cones, 1 hockey ball, a stopwatch</li> <li>Set up a 10x10 grid with a hockey ball at each corner. Place a cone in the centre of the square.</li> <li>This event will have a time as the score</li> <li>Each participant will dribble the ball from the middle start cone.</li> <li>Dribble up and around the 1<sup>st</sup> cone then back to the middle.</li> <li>Then to 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup></li> <li>When they finish the 4<sup>th</sup> then stop the clock</li> <li>(LOWEST TIME AS POSSIBLE)</li> </ul>
<p><b>Precision Passing – (Pairs)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 5 cones, 1 hockey ball, a stopwatch</li> <li>Using 2 cones set up a passing gate with the cones 1 metre apart, then place a yellow in the middle (1/2 metre)</li> <li>Combining passing and moving. Pass down one side then move back across to receive.</li> <li>In pairs, pass the ball as many times as possible through the gates in 1 minute. (every pass counts as 1)</li> <li>Pairs should stand 10 metres apart. (5 metres from centre)</li> <li>Increase or decrease the size of the passing gate to make it easier or more difficult</li> <li>(COMBINED SCORE)</li> </ul>
<p><b>Sink the Ship – (Individual)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 4 cones (3 of 1 colour, 1 of a different colour), 3 large balls (eg footballs), hockey balls</li> <li>Place 3 footballs/basketballs on cones roughly 2 metres apart</li> <li>The idea of the game is to knock every ball in sequence off the cones in as few shots as possible.</li> <li>Standing 5 metres from the cones, players should attempt to hit the 1<sup>st</sup> ball off the cone. Once the 1<sup>st</sup> ball is knocked off then try knocking the 2<sup>nd</sup> and 3<sup>rd</sup> ball off their cones.</li> <li>Count how many shots it takes to hit all 3 balls and this will be the score.</li> <li>(LEAST AMOUNT OF ATTEMPTS)</li> </ul>
<p><b>Dribble, Shoot, Score! – (Individual)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 6 cones to dribble through, a goal (or different colour cones), hockey balls</li> <li>This part of the competition will use all of the skills in the previous activities.</li> <li>Students need to be in groups of 4</li> <li>6 cones should be placed at a metre interval.</li> <li>At the end of the cones, you will need a goal, if you don't have a one then use cones. The goal should be about 5 metres from the cones (increase if this is too easy)</li> </ul>

	<ul style="list-style-type: none"> <li>Participants should dribble between the cones be careful to go in between each one before shooting at the goal (retrieve the ball) and start the sequence again from the red cone</li> <li>How many can you do in 2 minutes</li> </ul>
<p><b>Collect-a-Cone – (Team of 4)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 4 hockey balls, 4 hoops, 50 - 70 cones.</li> <li>Place the cones to make a 10m x 10m grid (min)</li> <li>Scatter the cones inside the grid</li> <li>Students will work in a team of 4 but each individual score will be added together to get one final score</li> <li>The idea of the game is to get as many cones back in your hoop.</li> <li>Participants have to dribble to a cone, touch the cone with the ball. Then pick the cone up and bring it back to their hoop. Then repeat.</li> <li>All 4 players go at the same time.</li> <li>1 min to see how many they can get.</li> <li>Add all 4 players cones up to get one score.</li> <li>(HIGHEST SCORE AS POSSIBLE)</li> </ul>



## HAMPSHIRE SCHOOL GAMES - VIRTUAL HOCKEY KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Dribble sprints (Time in 00:00)	Precision passing (Number)	Sink the ship (Number)	Dribble, shoot, score! (Time in 00:00)	Collect-a-ball (Time in 00:00)
<i>Eg. 1. Sammy</i>	7	B	02:30	21	6	00:39	03:20
1.	7	G					
2.	7	G					
3.	7	G					
4.	7	G					
5.	7	G					
6.	7	B					
7.	7	B					
8.	7	B					
9.	7	B					
10.	7	B					
11.	8	G					
12.	8	G					
13.	8	G					
14.	8	G					
15.	8	G					
16.	8	B					
17.	8	B					
18.	8	B					
19.	8	B					
20.	8	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL HOCKEY KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Dribble sprints (Time in 00:00)	Precision passing (Number)	Sink the ship (Number)	Dribble, shoot, score! (Time in 00:00)	Collect-a-ball (Time in 00:00)
<i>Eg. 1. Sammy</i>	9	B	02:30	21	6	00:39	03:20
1.	9	G					
2.	9	G					
3.	9	G					
4.	9	G					
5.	9	G					
6.	9	B					
7.	9	B					
8.	9	B					
9.	9	B					
10.	9	B					
11.	10	G					
12.	10	G					
13.	10	G					
14.	10	G					
15.	10	G					
16.	10	B					
17.	10	B					
18.	10	B					
19.	10	B					
20.	10	B					
21.	11	G					
22.	11	G					



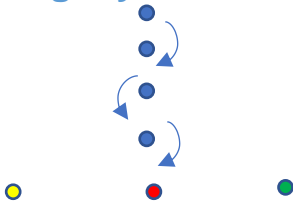




23.	11	G					
24.	11	G					
25.	11	G					
26.	11	B					
27.	11	B					
28.	11	B					
29.	11	B					
30.	11	B					

**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**



# HAMPSHIRE SCHOOL GAMES 2020

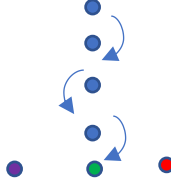


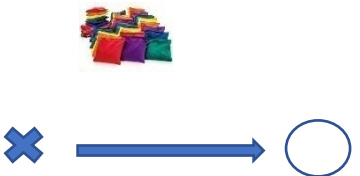

## VIRTUAL MULTI SKILLS – KS3&4

ACTIVITY	DESCRIPTION / RULES
<p><b>Agility Obstacle</b></p> 	<ul style="list-style-type: none"> <li>• Lay out 4 cones in a line, 1m apart. Then 3 cones horizontal at the end 2m from last cone. <b>KS4 have 5 cones horizontal.</b></li> <li>• Starting at the first cone, weave in and out of the cones</li> <li>• Once you get to the end, touch one of the 5 cones</li> <li>• Run back to the start and repeat</li> <li>• You must touch ALL horizontal cones (one at a time)</li> <li>• How quickly can you do it?</li> </ul>
<p><b>Double foot jump</b></p> 	<ul style="list-style-type: none"> <li>• Place a flat marker on the floor as your starting point</li> <li>• Double foot jump, three times</li> <li>• Use a tape measure and see how far you can get</li> <li>• Pause in between each jump. If you fall to the ground, have another go</li> <li>• Have three attempts and write down your best score</li> </ul>
<p><b>Target Throw</b></p> 	<ul style="list-style-type: none"> <li>• Place a tennis or badminton tube in front of you</li> <li>• Stand 1 metre back</li> <li>• Use a ball/bean bag and throw towards the tube and try knock it down</li> <li>• If you hit the tube, go and stand it back up again</li> <li>• Then repeat, but this time from 2 metres and so on</li> <li>• Complete for 5 minutes. How far away can you get?</li> <li>• Place flat markers on the floor 1 metre apart before you start so you know where to stand.</li> </ul>
<p><b>Beat the Clock</b></p> 	<ul style="list-style-type: none"> <li>• Place a hoop 3 metres from your starting point. Put three cones in between</li> <li>• Have next to you a 20 items (cones/bean bags)</li> <li>• Pick up one item, hop on your right leg to the hoop, place item in the hoop. Then hop on left leg back to the starting point. Then repeat.</li> <li>• How many items can you place in hoop in 30 seconds.</li> </ul>
<p><b>Balance the item</b></p> 	<ul style="list-style-type: none"> <li>• Place 3 cones on the floor in a triangle, 1 metre apart. KS4 have 4 cones and make a diamond shape</li> <li>• Grab yourself an object which you can balance on your head (bean bag/book)</li> <li>• Starting at one of the cones, balance the item on your head.</li> <li>• Walk to the next cone, bend down and touch the cone with your hand and then move onto the next cone.</li> <li>• Once you get to the end, turn around and repeat</li> <li>• How many times can you walk between the cones without the object falling off.</li> <li>• Have 3 attempts and put your best score</li> </ul>

If you are unable to use cones/hoops. Use chalk to mark out starting points, hoop/goal on floor for target activities and use for agility obstacle course.

For information on teaching points and guidance for these activities look on the Your School Games website - <https://www.yourschoolgames.com/coronavirus-support/ngb-activities/multi-skill-festivals/>

**HAMPSHIRE SCHOOL GAMES 2020**  
**VIRTUAL MULTI SKILLS COACHING SUPPORT – KS3&4**

Activity	COACHING POINTS
<b>Agility Obstacles</b> 	<ul style="list-style-type: none"> <li>Keep close to cones, quick feet whilst weaving in and out of cone</li> <li>Bend with your knees when touching the cone at the end</li> <li>Think about which colour cone you are going to touch when weaving in between cones.</li> </ul>
<b>Cross the swamp</b> 	<ul style="list-style-type: none"> <li>Do not throw the hoop/marker too far in front. As you are not allowed to touch floor to go collect.</li> <li>Bend with your knees when picking up hoop/marker to move forward</li> <li>Use arms to help with balance</li> </ul>
<b>Target Throw</b> 	<ul style="list-style-type: none"> <li>Bean bag in your throwing hand</li> <li>Face your target</li> <li>Once bean bag is released, follow through your throwing arm to the target</li> <li>Have a controlled throwing motion</li> </ul>
<b>Beat the Clock</b> 	<ul style="list-style-type: none"> <li>On the balls of your feet when running in between the starting point and hoop</li> <li>Use arms to help increase your speed</li> <li>Bend with your knees when picking up object and placing it in to the hoop</li> </ul>
<b>Sideways Stepping</b> 	<ul style="list-style-type: none"> <li>Side ways on, keep looking in the direction you are facing. Only look at the cones when you are nearly at each end.</li> <li>Weight on the balls of your feet</li> <li>Knees slightly bent</li> <li>Arms out at the side for balance</li> <li>Smooth rhythmical movement</li> <li>Side steps not too big</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL MULTI SKILLS KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Agility obstacle (Time in 00:00)	Double foot jump (Distance in cm)	Target throw (Distance in cm)	Beat the clock (Number)	Balance the item (Number)
<i>Eg. 1. Sammy</i>	7	B	00:59	50cm	15cm	5	8
1.	7	G					
2.	7	G					
3.	7	G					
4.	7	G					
5.	7	G					
6.	7	B					
7.	7	B					
8.	7	B					
9.	7	B					
10.	7	B					
11.	8	G					
12.	8	G					
13.	8	G					
14.	8	G					
15.	8	G					
16.	8	B					
17.	8	B					
18.	8	B					
19.	8	B					
20.	8	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL MULTISKILLS KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Agility obstacle (Time in 00:00)	Double foot jump (Distance in cm)	Target throw (Distance in cm)	Beat the clock (Number)	Balance the item (Number)
<i>Eg. 1. Sammy</i>	9	B	02:30	21	6	00:39	03:20
1.	9	G					
2.	9	G					
3.	9	G					
4.	9	G					
5.	9	G					
6.	9	B					
7.	9	B					
8.	9	B					
9.	9	B					
10.	9	B					
11.	10	G					
12.	10	G					
13.	10	G					
14.	10	G					
15.	10	G					
16.	10	B					
17.	10	B					
18.	10	B					
19.	10	B					
20.	10	B					
21.	11	G					
22.	11	G					

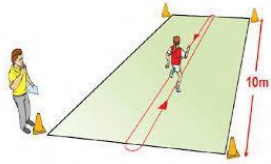
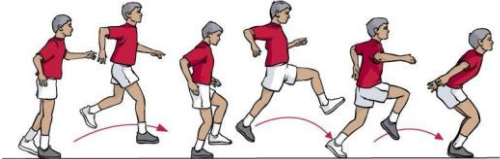
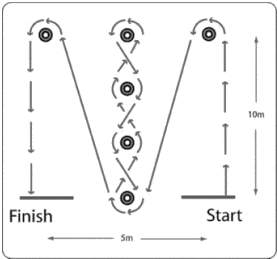

23.	11	G					
24.	11	G					
25.	11	G					
26.	11	B					
27.	11	B					
28.	11	B					
29.	11	B					
30.	11	B					

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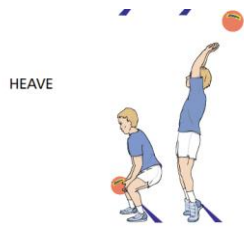


# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL SPORTSHALL ATHLETICS – KS3&4

ACTIVITY	DESCRIPTION / RULES
<p><b>Shuttle Run</b></p> 	<ul style="list-style-type: none"> <li>● Set 2 cones out that are 10m apart</li> <li>● This will create the running lane.</li> <li>● On the command 'Go' the athlete runs the 5m distance a total of 8 times for Year 7/8 pupils and 10 times for Year 9 - 11 pupils to complete the equivalent of 80m or 100m</li> <li>● Record the score using a stopwatch</li> <li>● Make sure you count the laps as you go</li> </ul>
<p><b>Standing Triple Jump</b></p> 	<ul style="list-style-type: none"> <li>● A hop, step and jump from a standing position, testing leg strength and co-ordination.</li> <li>● The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.</li> <li>● A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet.</li> <li>● The athlete must land on both feet</li> <li>● The athlete is not required to hold the landing position and may step forward after the jump.</li> <li>● Measurement is taken from the take off line to the back of the closest heel on landing. No Jump if athlete steps back</li> </ul>
<p><b>Agility Run</b></p> 	<ul style="list-style-type: none"> <li>● Mark out a start and finish area that are 5m apart width ways</li> <li>● From the start line place a marker 10m away from it and then do the same for the finish line</li> <li>● In the middle of the start and finish lines place 4 cones in a line to act as a slalom</li> <li>● On 'Go' the athlete runs up to the first cone and goes around it before running back towards the first of the middle cones</li> <li>● Go around the cone and then go in and out of the remaining cones and copy on the way back</li> <li>● Lastly run to the cone opposite the finish line go around it</li> <li>● Stop the watch when the athlete crosses the finish line</li> </ul>
<p><b>Speed Bounce</b></p> 	<ul style="list-style-type: none"> <li>● Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet</li> <li>● The feet should leave the mat simultaneously and land on the mat simultaneously.</li> <li>● The athlete should cross the wedge as many times as possible within the allocated time period as follows:</li> <li>● The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.</li> <li>● Record how many 'good' jumps the athlete can do in 30 secs</li> </ul>

## Heave



- Use a 1kg medicine ball
- Aim To power the ball over the head using the whole body to generate maximum momentum.
- Hold the ball in two hands, feet shoulder width apart
- Face away from the direction you are heaving the ball
- Bend your knees and throw the ball backwards over your head
- Use your whole body to throw the ball as far as you can
- Have a few goes and record your score
- Measure to the nearest cm





## HAMPSHIRE SCHOOL GAMES - VIRTUAL SPORTSHALL ATHLETICS KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle (Time in 00:00)	Standing Triple Jump (Distance in cm)	Agility Run (Time in 00:00)	Speed Bounce (Number)	Heave (Distance in cm)
<i>Eg. 1. Sammy</i>	7	B	00:59	50cm	01:02	34	40cm
1.	7	G					
2.	7	G					
3.	7	G					
4.	7	G					
5.	7	G					
6.	7	B					
7.	7	B					
8.	7	B					
9.	7	B					
10.	7	B					
11.	8	G					
12.	8	G					
13.	8	G					
14.	8	G					
15.	8	G					
16.	8	B					
17.	8	B					
18.	8	B					
19.	8	B					
20.	8	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL SPORTSHALL ATHLETICS KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle (Time in 00:00)	Standing Triple Jump (Distance in cm)	Agility Run (Time in 00:00)	Speed Bounce (Number)	Heave (Distance in cm)
<i>Eg. 1. Sammy</i>	9	B	00:59	50cm	01:02	34	40cm
1.	9	G					
2.	9	G					
3.	9	G					
4.	9	G					
5.	9	G					
6.	9	B					
7.	9	B					
8.	9	B					
9.	9	B					
10.	9	B					
11.	10	G					
12.	10	G					
13.	10	G					
14.	10	G					
15.	10	G					
16.	10	B					
17.	10	B					
18.	10	B					
19.	10	B					
20.	10	B					

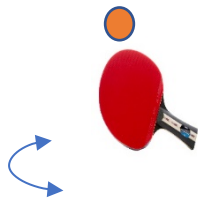
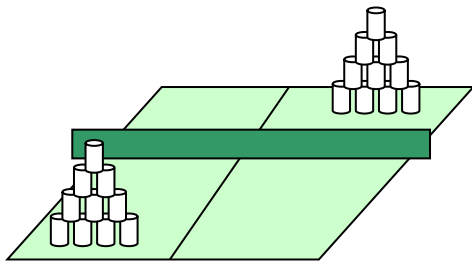
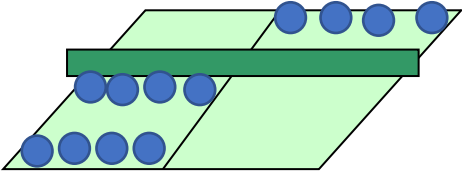
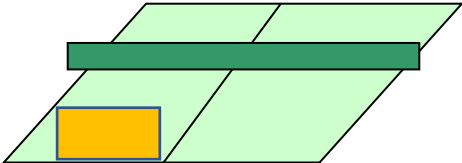
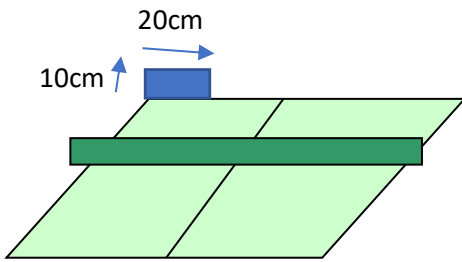
21.	11	G					
22.	11	G					
23.	11	G					
24.	11	G					
25.	11	G					
26.	11	B					
27.	11	B					
28.	11	B					
29.	11	B					
30	11	B					

**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL TABLE TENNIS – KS3&4

ACTIVITY	DESCRIPTION / RULES
<p><b>Front to Back Bat Bounce</b></p> 	<ul style="list-style-type: none"> <li>You need a bat and a ball.</li> <li>Bounce the ball on your bat, alternating between forehand and backhand</li> <li>How many bounces can you do continuously in 30 seconds?</li> </ul>
<p><b>Table Tennis Bowling</b></p> 	<ul style="list-style-type: none"> <li>You need a table, 20 plastic cups, bat and a ball.</li> <li>10 plastic cups per half court, stacked up in a pyramid.</li> <li>Each player has 5 goes to knock over as many cups as possible.</li> <li>You can either reset the cups after each shot or keep them off after they are knocked down.</li> </ul>
<p><b>Cone Target</b></p> 	<ul style="list-style-type: none"> <li>You need a table, 16 cones, bat and a ball</li> <li>Place the 16 cones (8 on each side) upturned on the table as shown in the diagram.</li> <li>The aim of the game is to hit the cones on the bounce so the ball stays in or ricochets off.</li> <li>How many cones can you hit in 1 minute?</li> </ul>
<p><b>Paper Target</b></p> 	<ul style="list-style-type: none"> <li>You need a table, 1 piece of paper per player, bat and a ball</li> <li>The aim of the game is for players to hit a piece of paper laid on the table.</li> <li>Every time the ball lands on the paper, it is folded in half.</li> <li>You have 10 goes to make the paper as small as possible.</li> </ul>
<p><b>Serve a Goal</b></p> 	<ul style="list-style-type: none"> <li>You will need a table, a cardboard goal (20cm x 10cm) a bat and a ball.</li> <li>Set up the goal in the corner of the table</li> <li>How many serves does it take to get 5 through the goal?</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL TABLE TENNIS KS3 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Front to Back Bat Bounce (Number)	Table tennis Bowling (Number)	Cone Target (Number)	Paper Target (Number in cm)	Serve a Goal (Number)
<i>Eg. 1. Sammy</i>	7	B	10	8	4	2cm	4
1.	7	G					
2.	7	G					
3.	7	G					
4.	7	G					
5.	7	G					
6.	7	B					
7.	7	B					
8.	7	B					
9.	7	B					
10.	7	B					
11.	8	G					
12.	8	G					
13.	8	G					
14.	8	G					
15.	8	G					
16.	8	B					
17.	8	B					
18.	8	B					
19.	8	B					
20.	8	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS

## HAMPSHIRE SCHOOL GAMES - VIRTUAL TABLE TENNIS KS4 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Front to Back Bat Bounce (Number)	Table tennis Bowling (Number)	Cone Target (Number)	Paper Target (Number in cm)	Serve a Goal (Number)
<i>Eg. 1. Sammy</i>	9	B	10	8	4	2cm	4
1.	9	G					
2.	9	G					
3.	9	G					
4.	9	G					
5.	9	G					
6.	9	B					
7.	9	B					
8.	9	B					
9.	9	B					
10.	9	B					
11.	10	G					
12.	10	G					
13.	10	G					
14.	10	G					
15.	10	G					
16.	10	B					
17.	10	B					
18.	10	B					
19.	10	B					
20.	10	B					

21.	11	G					
22.	11	G					
23.	11	G					
24.	11	G					
25.	11	G					
26.	11	B					
27.	11	B					
28.	11	B					
29.	11	B					
30.	11	B					

**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**



# HAVE FUN & GOOD LUCK

