

VIRTUAL HAMPSHIRE SCHOOL GAMES 2020



KEY STAGE 1





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

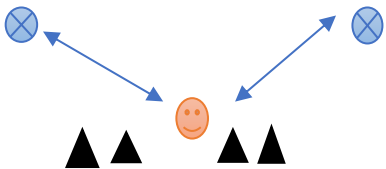


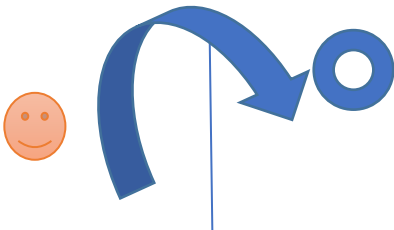

Panathlon

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 – KS1

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;">SHUTTLE RUN</p> 	<ul style="list-style-type: none"> Place 2 markers down on the ground the width of a badminton court (about 5m apart). Place a third marker in between the two but at an angle. The player has 4 shuttles or bean bags and starts at the third marker. Start the timer. The player takes one shuttle to the left hand cone then comes back to the marker to collect the next shuttle. The player then takes this shuttle to the right hand cone. Repeat with the other 2 shuttles. How quickly can the player complete the 4 runs?
<p style="text-align: center;">KEEPY UPS</p> 	<ul style="list-style-type: none"> Using a racket and shuttle or if those are not available, a balloon, how many times can the player keep the balloon or shuttle up in the air before it drops on the floor? Tell the player to try and hit the shuttle or balloon with their palm facing up.
<p style="text-align: center;">RACKET RELAY</p> 	<ul style="list-style-type: none"> Place a bucket or hoop at one end of the area about 10m away from the starting marker. Players have a racket each or a flat object like a book and 5 shuttles or bean bags or rolled up pieces of paper. On 'Go', the player carries one of their 'objects' on their racket (egg and spoon style) to the bucket/hoop and leaves it there. They then run back to the start and collect the next shuttle. Repeat until the player has deposited all their objects. How quickly can each player deposit their shuttles and return to the start?
<p style="text-align: center;">TARGET SERVE</p> 	<ul style="list-style-type: none"> Each player has 5 shuttles. They stand on one side of a line 5m away from a hoop and on a diagonal. The player must try to 'serve' the shuttle, underarm over the line and into the hoop. How many serves can they get into the hoop?
<p style="text-align: center;">BALLOON RALLY</p> 	<ul style="list-style-type: none"> Players should be in pairs and have a racket each and a balloon between them. How many times can each player hit the balloon to their partner before it drops on the floor?

HAMPSHIRE SCHOOL GAMES - VIRTUAL BADMINTON KS1 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 in 00:00)	Keepy Ups (Number)	Racket Relay (Time in 00:00)	Target Serve (Number)	Balloon Rally (Number)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>01:34</i>	<i>5</i>	<i>02:45</i>	<i>4</i>	<i>7</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
15.	1	G					
16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					
20.	1	B					
21.	2	G					



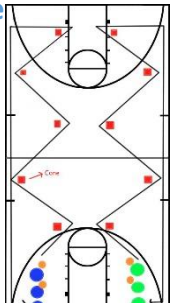

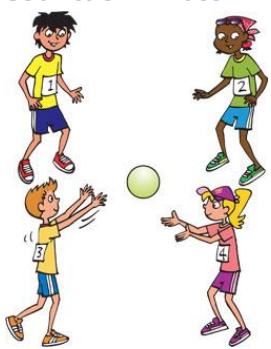
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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



HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL BASKETBALL - KS1

ACTIVITY	DESCRIPTION / RULES
<p>Count the Bounce</p> 	<ul style="list-style-type: none"> In pairs, bounce the ball in different ways. When your partner is bouncing the ball it is your job to count how many bounces they can complete before losing control of the ball. Bounce using two hands How many bounces can you do of each? <p><i>Progression: can you bounce the using your right hand only and left hand only?</i></p>
<p>Bounce On</p> 	<ul style="list-style-type: none"> Working in pairs; pass the ball to each other as many times as you can without dropping it. <u>Types of passes:</u> Bounce pass How many can you do in 30 seconds? <u>Bounce pass:</u> place a marker spot in the middle of you both, extra point every time you bounce the ball onto the spot. <p><i>Progression: how many points can you get in 30 seconds?</i></p>
<p>Dribble Relay</p> 	<ul style="list-style-type: none"> Split into two teams of 5 Each team places five cones about 1m apart Children number themselves 1,2,3 and so on On "GO!" number 1's dribble the ball to the end come (straight line) and back Chest pass or bounce pass to the next child and repeat until all have gone Time each team, how does it long it takes to complete? <p><i>Progression: weave in and out of the cones both ways</i></p>
<p>Spots Shooting</p> 	<ul style="list-style-type: none"> Split into two small groups of 5 Place 5 marker spots or cones, different distances and places around the "hoop" Children assign each spot a number value, high numbers for those more difficult to shoot (5 being the hardest, 1 the easiest). Children pick a spot to start from and shoot at the hoop, they get that value if they make the shot – children move around all the spots and attempt to shoot from each spot How many points can each child get? Maximum score 15. <p><i>*if you haven't got a basketball hoop – a tripod basket or hoop on the floor is perfect</i></p>
<p>Countdown Pass</p> 	<ul style="list-style-type: none"> 10 children make circle Ball can be passed in any direction, using either a bounce or chest pass Children pass the ball to each other around/across the circle – <i>make sure each child gets the ball</i> After 10 seconds, timekeeper blow the whistle and the person with the ball is out (<i>they can help with timing and scoring</i>) Timekeeper stops the game after 60 seconds – all players left remaining get a point All children back in – and game starts again. Play 10 rounds How many points can each child get at the of all the rounds?

HAMPSHIRE SCHOOL GAMES - VIRTUAL BASKETBALL KS1 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	Count the Bounce (Number)	Bounce on Number)	Dribble Relay (Time in 00:00)	Spots Shooting (Number)	Count-down pass (number)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>15</i>	<i>10</i>	<i>02:45</i>	<i>12</i>	<i>7</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
15.	1	G					
16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					
20.	1	B					
21.	2	G					

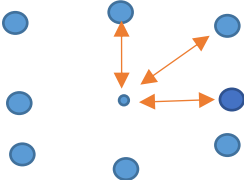

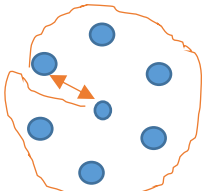
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL CROSS COUNTRY – KS1

ACTIVITY	DESCRIPTION / RULES
<p>STAR RUN</p> 	<ul style="list-style-type: none"> Place 8 markers in a star around a central point. The radius should be 10-15m Starting in the middle, run out to one marker and back to the middle. Repeat to each marker making sure you go around each marker. Fastest time to complete 8 runs.
<p>RACE</p>	<ul style="list-style-type: none"> Time how long it takes to run a 500m course. Where possible to be run on a flat course grass. If the grass area is not suitable please use a hard court/playground. Distances to run in as few laps/shuttles as possible
<p>SCAVENGER HUNT</p> 	<ul style="list-style-type: none"> Work in pairs Place laminated pictures of at least 6 different objects around an area like the playground or field Start in the middle of the area and have a piece of paper and pen to write on (or white boards) On 'go' the first runner has to go find an object and then come back and write down the first letter of the object whilst their partner moves to go and find the next one and come back and so on. How fast can they collect all the letters? The letters could spell a word or you could use numbers and they have to do a sum to make it even more challenging.
<p>ROUND THE WORLD</p> 	<ul style="list-style-type: none"> Place 6 markers in a circle around a central point. The radius should be 10m Starting from the middle, run out to one marker and then run around the outside of all the markers and back to the first marker and back to the middle. Repeat 3 times. What is the fastest time?

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/



HAMPSHIRE SCHOOL GAMES - VIRTUAL CROSS COUNTRY KS1 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	Star Run (Time in 00:00)	Race (Time in 00:00)	Scavenger Hunt (Time in 00:00)	Around the World (Time in 00:00)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>02:30</i>	<i>02:40</i>	<i>02:57</i>	<i>00:35</i>
1.	R	G				
2.	R	G				
3.	R	G				
4.	R	G				
5.	R	G				
6.	R	B				
7.	R	B				
8.	R	B				
9.	R	B				
10.	R	B				
11.	1	G				
12.	1	G				
13.	1	G				
14.	1	G				
15.	1	G				
16.	1	B				
17.	1	B				
18.	1	B				
19.	1	B				
20.	1	B				

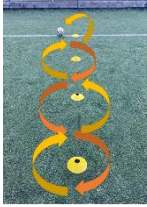




21.	2	G				
22.	2	G				
23.	2	G				
24.	2	G				
25.	2	G				
26.	2	B				
27.	2	B				
28.	2	B				
29.	2	B				
30.	2	B				

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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL FOOTBALL – KS1

ACTIVITY	DESCRIPTION / RULES
<p>'The Slalom' (Dribble)</p> 	<ul style="list-style-type: none"> You will need: A ball, 4 markers, a stopwatch Set 4 markers out in a straight line that are 1m apart On the command 'Go' the participant dribbles in and out of each cone and back. Every completed slalom back to the start cone is 1 point. 2 minutes to gain as many points as possible. Record the score and use a stopwatch to time
<p>5 Metre Dash (Running with the Ball)</p> 	<ul style="list-style-type: none"> You will need: A ball, 2 markers, a stopwatch Set 2 markers out that are 5 metres apart. Start behind one of the markers On the command 'Go', the participant runs with the ball around each marker. Every completed 'end' is 1 point 2 minutes to gain as many points as possible. Record the score and use a stopwatch to time
<p>Rebound Race (Passing)</p> 	<ul style="list-style-type: none"> You will need: a wall, a ball, a stopwatch Place the marker 1.5 metres away from the wall On 'Go', the participant passes the ball against the wall. Every pass against the wall is 1 point. Encourage participants to control the ball before each pass. 2 minutes to gain as many points as possible. Record the score and use a stopwatch to time.
<p>Aiming Accuracy (Passing Target)</p> 	<ul style="list-style-type: none"> You will need: a ball, 5 markers Use 4 markers to create a 'target' area (2 metre square) Use a marker to designate where to pass from and create the target area 4m away. Try to pass the ball into the target area – extra points for stopping the ball in the target area. You have 10 attempts to hit the target as many times as possible. 1 point for the ball passing through the target area, 3 points for getting the ball to stop in the target area. Record the score – Max 30 points available
<p>Knockdown Challenge (Shooting)</p> 	<ul style="list-style-type: none"> You will need: a ball, 1 marker, 5 targets (bottles/cans etc), if possible a football goal. Place the 5 targets evenly spread across the goal line 0.5m away from each other if possible. Place the starter marker 3m away from the goal line. You have 5 attempts to knock down as many targets as possible. 2 points per target knocked down. Record your score – Max 10 points available.

HAMPSHIRE SCHOOL GAMES - VIRTUAL FOOTBALL KS1 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	The Slalom (Number)	5 Metre Dash (Number)	Rebound Race (Number)	Aiming Accuracy (Number)	Knockdown Challenge (Number)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>5</i>	<i>7</i>	<i>10</i>	<i>5</i>	<i>6</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
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16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					
20.	1	B					

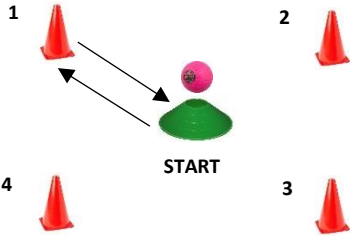
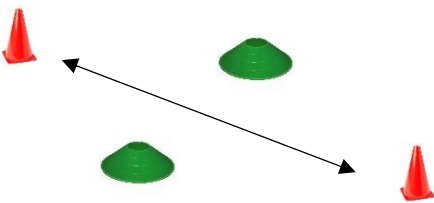
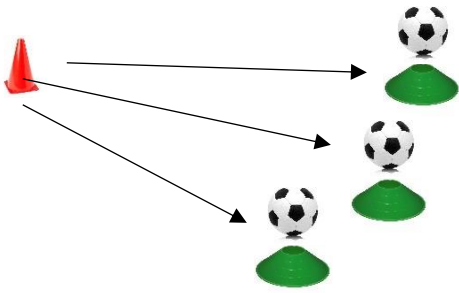
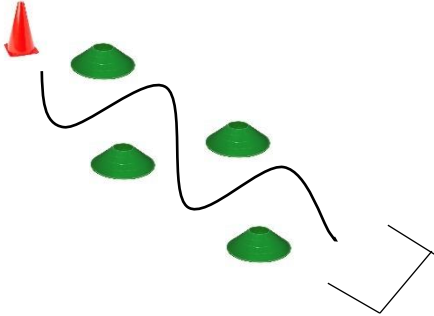
21.	2	G					
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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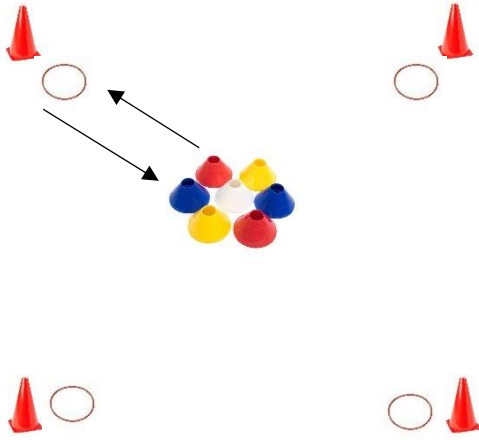


HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL HOCKEY – KS1

ACTIVITY	DESCRIPTION / RULES
<p>Dribble Sprints - (Individual)</p> 	<ul style="list-style-type: none"> You will need: 5 cones, 1 hockey ball, a stopwatch Set up a 5m x 5m grid with a hockey ball at each corner. Place a cone in the centre of the square. This event will have a time as the score Each participant will dribble the ball from the middle start cone. Dribble up and around the 1st cone then back to the middle. Then to 2nd 3rd and 4th When they finish the 4th then stop the clock. (LOWEST TIME AS POSSIBLE)
<p>Precision Passing – (Pairs)</p> 	<ul style="list-style-type: none"> You will need: 4 cones (2 different colours), 1 hockey ball, a stopwatch Using 2 cones (green) set up a passing gate with the cones 1 metre apart. In pairs, pass the ball as many times as possible through the gate in 1 minute. Pairs should stand 2 metres apart (red cones). Increase or decrease the size of the passing gate to make it easier or more difficult (COMBINED SCORE)
<p>Sink the Ship – (Individual)</p> 	<ul style="list-style-type: none"> You will need: 4 cones (3 of 1 colour, 1 of a different colour), 3 large balls (e.g. footballs), hockey balls Place 3 footballs/basketballs on cones 1 metre apart The idea of the game is to hit every ball off the cone with as few shots as possible. (In any order) (LEAST AMOUNT OF ATTEMPTS)
<p>Dribble, Shoot, Score! – (Individual)</p> 	<ul style="list-style-type: none"> You will need: 4 cones to dribble through, a goal (or different colour cones), at least 1 hockey ball This part of the competition will use all of the skills in the previous activities. 4 cones should be placed at a metre interval. At the end of the cones, you will need a goal, if you don't have one then use cones. The goal should be 3 metres from the cones (increase if this is too easy) 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. How many can you do in 2 minutes (HIGHEST SCORE AS POSSIBLE)

Collect-a-Cone – (Team of 4)



- You will need: 4 hockey balls, 4 hoops, 50 - 70 cones.
- Place the cones to make a 10m x 10m grid (min)
- Scatter the cones inside the grid
- Students will work in a team of 4 but each individual score will be added together to get one final score
- The idea of the game is to get as many cones back in your hoop.
- 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.
- All 4 players go at the same time.
- 1 min to see how many they can get.
- Add all 4 players cones up to get one score.
- (HIGHEST SCORE AS POSSIBLE)



HAMPSHIRE SCHOOL GAMES - VIRTUAL HOCKEY KS1 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>	<i>1</i>	<i>B</i>	<i>02:30</i>	<i>7</i>	<i>10</i>	<i>03:30</i>	<i>5:36</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
15.	1	G					
16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					

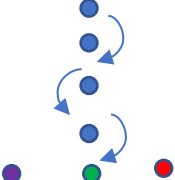




20.	1	B					
21.	2	G					
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL MULTI SKILLS – KS1

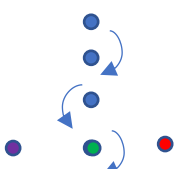


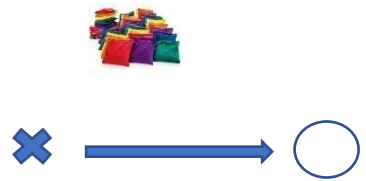

ACTIVITY	DESCRIPTION / RULES
<p>Agility Obstacles</p> 	<ul style="list-style-type: none"> • Lay out 4 cones in a line, 1m apart. Then 3 cones horizontal at the end 1m from last cone • Starting at the first cone. You must weave in and out of the cones • Once you get to the end, go and touch one of the 3 cones in front • Run back to the start and repeat • You must touch ALL 3 cones (one at a time) • How quickly can you do it?
<p>Cross the swamp</p> 	<ul style="list-style-type: none"> • Have two markers 5 metres apart • Grab yourself two hoops or two flat markers • The aim is to cross the swamp, but you can only stand either in your hoops or on markers. • How many times can you cross the swamp in 45 seconds • Remember – do not throw hoop/marker too far in front, otherwise you will not be able to reach it to help you across the swamp.
<p>Target Throw</p> 	<ul style="list-style-type: none"> • Place a hoop 3 metres from your starting point • Have next to you 5 bean bags • On go throw the bean bags one at a time into the hoop. You can only pick up one bean bag one at a time • If you miss the hoop, go and collect it and have another go • How long will it take you to throw all 5 bean bags into the hoop
<p>Beat the Clock</p> 	<ul style="list-style-type: none"> • Place a hoop 5 metres from your starting point • Have next to you a 20 items (cones/bean bags) • Pick up one item, run as fast as you can and place item in hoop. You must place in hoop – not throw • Run back and pick up another item • How many items can you place in hoop in 30 seconds.
<p>Sideways Stepping</p> 	<ul style="list-style-type: none"> • Have two markers 5 metres apart • You have 30 seconds to see how many times you can move between the two cones. • You must sidestep in between each cone and go right around each cone before going back to the next one.

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

Virtual Multi Skills Coaching support

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

HAMPSHIRE SCHOOL GAMES - VIRTUAL MULTI SKILLS KS1 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)	Cross the swamp (Number)	Target Throw (Time in 00:00)	Beat the clock (Number)	Sideways Stepping (Number)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>02:30</i>	<i>5</i>	<i>03:45</i>	<i>10</i>	<i>5</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
15.	1	G					
16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					
20.	1	B					






21.	2	G					
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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



HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL SPORTSHALL ATHLETICS – KS1

ACTIVITY	DESCRIPTION / RULES
<p>CATCHER</p> 	<ul style="list-style-type: none"> • Can you clap three times and then catch a ball? • Child must not move their feet whilst doing this activity • There are 6 activities and for each activity you score a point <ol style="list-style-type: none"> 1. Throw – Catch 2. Throw – Clap – Catch 3. Throw – Clap – Clap – Catch 4. Bounce – Catch 5. Bounce – Clap – Catch 6. Bounce – Clap – Clap – Catch 7. Record score – maximum score is 6
<p>RUNNER</p> 	<ul style="list-style-type: none"> • Can you run fast but change direction quickly as well? • Place two markers out on the floor 10m apart • Starting on a whistle or 'Go' time how quickly it takes the runner to cover 4 x 10m • Make sure the runner goes around the cones at either end of the course • Record the time it takes the runner to cover 4 x 10m or 40m in distance
<p>PITCHER</p> 	<ul style="list-style-type: none"> • Can you get each of the bean bags into the correct mat or target? • Pitcher starts behind the throw line (2m from the first target) • There are 4 targets placed 50cm apart in a line. • You have 12 bean bags and you have three attempts to try and land on each respective target • Try for the closest target first and leave the target furthest away until last • Record how many times you land on the target maximum score is 12
<p>BALANCER</p> 	<ul style="list-style-type: none"> • How long can you stand in one position like a statue? • Stand on one foot using your partner to help you gain balance. • Start the stopwatch when the child lets go of partners arm and stop when free leg touches the floor • The maximum test time a child can score on one foot is 15 seconds • The child must try the activity with both legs – maximum score is 30 seconds
<p>JUMPER</p> 	<ul style="list-style-type: none"> • Can you land comfortably on two feet? • Start with feet behind a line on the floor or a mat • Take off and landing should be on two feet • Swing your arms to help you • As soon as you have landed one jump, jump again, swinging your arms • Record how far you can jump when taking three back to back jumps.

For information on teaching points and guidance for these activities look at the Infant Agility resource cards on the Sportshall website

http://www.sportshall.org/wp-content/uploads/2013/04/Sportshall_Infants_Resource_Cards.pdf

HAMPSHIRE SCHOOL GAMES – VIRTUAL SPORTSHALL ATHLETICS KS1 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	Catcher (Number)	Runner (Time in 00:00)	Pitcher (Number)	Balancer (Time in 00:00)	Jumper (Distance in cm)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>4</i>	<i>00:35</i>	<i>6</i>	<i>00:22</i>	<i>67cm</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
15.	1	G					
16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					
20.	1	B					

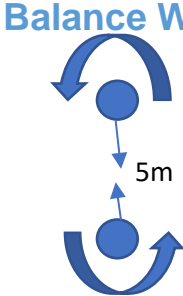

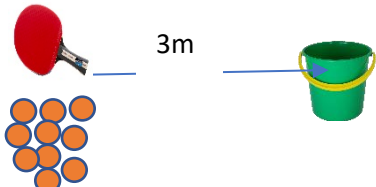
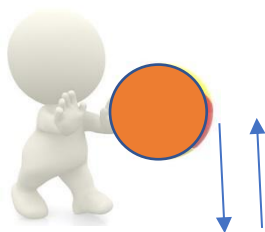
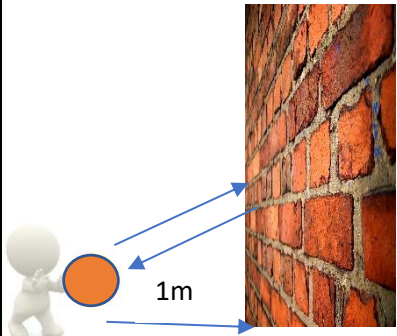
21.	2	G					
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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HAMPSHIRE SCHOOL GAMES 2020

VIRTUAL TABLE TENNIS – KS1

ACTIVITY	DESCRIPTION / RULES
<p>Balance Walk</p> 	<ul style="list-style-type: none"> • Put out 2 cones 5 metres apart • You need a bat and a ball. • Starting at the first cone, you must walk round the cones balancing your ball on the bat. • Walk for 30 seconds. Keep a count of how many times the ball drops off the bat • Smallest number is best.
<p>Bat Bounce</p> 	<ul style="list-style-type: none"> • You need a bat and a ball. • Keep a score of how many times you can bounce the ball on the bat in 20 seconds.
<p>Hit into Bucket</p> 	<ul style="list-style-type: none"> • Place a bucket 3 metres away from your start line. Put a bib in the bottom of the bucket so balls don't bounce out! • You will need a bat and 10 balls • From your start line try to hit the 10 balls, one at a time, into the bucket. • How many can you get in the bucket?
<p>Ball Bounce</p> 	<ul style="list-style-type: none"> • You will just need a table tennis ball. • You need to bounce the ball on the floor and catch it. • How many times can you bounce and catch the ball in 30 seconds?
<p>Wall Catch</p> 	<ul style="list-style-type: none"> • You will just need a table tennis ball • You will need to be 1 metre away from a wall • Throwing the ball underarm against the wall, how many times can you catch the ball in 30 seconds

HAMPSHIRE SCHOOL GAMES – VIRTUAL TABLE TENNIS KS1 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	Balance Walk (Number)	Bat Bounce (Number)	Hit Into Bucket (Number)	Ball Bounce (Number)	Wall Catch (Number)
<i>Eg. 1. Sammy</i>	<i>1</i>	<i>B</i>	<i>5</i>	<i>10</i>	<i>4</i>	<i>5</i>	<i>6</i>
1.	R	G					
2.	R	G					
3.	R	G					
4.	R	G					
5.	R	G					
6.	R	B					
7.	R	B					
8.	R	B					
9.	R	B					
10.	R	B					
11.	1	G					
12.	1	G					
13.	1	G					
14.	1	G					
15.	1	G					
16.	1	B					
17.	1	B					
18.	1	B					
19.	1	B					
20.	1	B					

21.	2	G					
22.	2	G					
23.	2	G					
24.	2	G					
25.	2	G					
26.	2	B					
27.	2	B					
28.	2	B					
29.	2	B					
30.	2	B					

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HAVE FUN & GOOD LUCK

