



SCHOOL SPORT EVENT BOOKLET



AUTUMN TERM 1 2025



INTRODUCTION

Welcome back!

The following pages detail our events for Autumn term 1. The events for Autumn term 2 will follow in September.

Please take a look at this and take note of the target group of pupils and the event intent before deciding which events you wish to enter. Please also bear in mind the intent and target groups when selecting which pupils will represent your school at the events you are attending.

Where an event is labelled as mixed year groups (i.e Y5/6), this can be from either year or a combination of both. Where there are gender requirements, this will be stated on the page for those events. Failure to adhere to gender requirements will mean that schools will be 'participation only' with them being unable to qualify for medals or trophies (where these are handed out).

We endeavour to have Sports Leaders supporting our events to support with officiating however if Sports Leaders are not available then school staff will be asked to help with this. Please can I remind all that the Sports Leaders are taking their first steps with officiating and that they may make mistakes, but it is on us all to support them to develop and improve. Therefore abuse of the Leaders will not be tolerated. Please share this information with parents that are attending any events.

All schools are responsible for the first aid of their own pupils at ALL events.

A final decision on any impact that the weather may have on the safe running of any events may need to be made up to, and including, the morning of each event. If a decision is made to postpone, we will inform you and there is no need for schools to contact us to check.

The School Games programme has evolved with a national focus to concentrate on the least active and reaching the most disadvantaged. For this reason, the majority of our standard offer will be targeted at those pupils most in need, rather than those that are already participating. These pupils will still be able to access provision however this will be mainly through the enhanced offer that is provided through school's SHAPES enhanced offer.



SCHOOL SPORT PROGRAMME COMPETITION LEVELS



The School Sport and Activity Action Plan Update (July 2023) states that *‘competitive opportunities should be made available through intra school competitions and competitions against other schools. Schools should strive to choreograph competition that is fair with considerations of evenly matching pupils based on their ability, physical strength, and stage of development in the respective sport.’*

The School Games programme has evolved with a national focus to concentrate on the least active and reaching the most disadvantaged. For this reason, most our standard offer will be targeted at those pupils most in need, rather than those that are already participating. These pupils will still be able to access provision however this will be mainly through the enhanced offer that is provided through school's SHAPES enhanced offer.

To support this, events are classified in three different ways: **Celebrate**, **Inspire** or **Aspire**. To help schools understand the target group of pupils, here is a short explanation of each category.

Celebrate

Events are focused on fun and enjoyment of participants to encourage participation with recognition of their efforts and engagement. Events look to develop new skills, improve health and achieve pupils personal best in a safe environment that will develop young people's confidence.

Inspire

Participants will develop sport specific skills and increase motivation within the sport as well as foster social connections. Depending on the age group and sport, each event may be slightly altered, e.g self refereeing, power plays or School Games scorecard.

Aspire

A competitive event with recognition of participants for their sporting performance. These events will support the individual's development and character in sport.

Throughout the events booklet, the category of event is identified by the colour of the text.



SCHOOL SPORT PROGRAMME CALENDAR

AUTUMN TERM 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week commencing 1 st September					
Week commencing 8 th September					
Week commencing 15 th September				Y6 Small Schools Football (12:00-14:00) <i>Rainhill High School</i>	
Week commencing 22 nd September	Y5/6 Football League (15:30-17:00) <i>De La Salle High School</i>		Y5 Large Schools Football (12:00-14:00) <i>Venue TBC</i>		Y5/6 Girls Football (12:00-14:00) <i>Rainhill High School</i>
Week commencing 29 th September		Y4 Small Schools Football (12:00-14:00) <i>Ruskin Drive</i>		Y6 Large Schools Football (12:00-14:00) <i>Rainhill High School</i>	Y3/4 Dodgeball (12:30-14:00) <i>De La Salle High School</i>
Week commencing 6 th October	Y5/6 Football League (15:30-17:00) <i>De La Salle High School</i>		Y5 Small Schools Football (12:00-14:00) <i>Venue TBC</i>		Y5/6 Rugby (12:00-14:00) Y3/4 Girls Football (12:00-14:00) <i>Ruskin Drive</i>
Week commencing 13 th October		Y4 Large Schools Football (12:00-14:00) <i>Ruskin Drive</i>		Y3 Football (12:00-14:00) <i>Ruskin Drive</i>	
Week commencing 20 th October	Y5/6 Football League (15:30-17:00) <i>De La Salle High School</i>	KS2 Goalball (12:30-14:00) <i>Sutton Manor Primary School</i>	KS2 Cross Country (14:30-16:00) <i>Venue TBC</i>		



CROSS COUNTRY (Y4-6) - ASPIRE

ENHANCED SHAPES MEMBERS



TARGET GROUP: Pupils who have the confidence and physical fitness to run in a cross-country event.

DATE

Wednesday 22nd October @ Venue TBC
14:30-16:00

INTENT: Adapting the competition environment to support individual development in sport

TEAM SIZE: Pupils compete as individuals in four individual races. Relays are made up of 4 runners.

RULES

The course for all races will be 1500m and please note that running spikes are not allowed.

Race Order

Race 1: Year 5 and below Individual Boys

Race 2: Year 5 and below Individual Girls

Race 3: Year 6 Individual Boys

Race 4: Year 6 Individual Girls

Race 5: Year 5 and below Boys Relay (4 runners)

Race 6: Year 5 and below Girls Relay (4 runners)

Race 7: Year 6 Boys Relay (4 runners)

Race 8: Year 6 Girls Relay (4 runners)

Race 9: Year 5 and below Mixed Relay (4 runners – 2 boys & 2 girls)

Race 10: Year 6 Mixed Relay (4 runners – 2 boys & 2 girls)

You do not need to enter any / all relays

Team managers need to put the full names of their children on the results' sheets for the individual races. Please put the boys' tokens in the boys' envelope and the girls' tokens in the girls' envelope.



DODGEBALL (Y3/4) - INSPIRE



TARGET GROUP: Pupils who have had limited opportunities to represent school in sporting competitions

INTENT: To widen the competition environment to develop character and life skills

TEAM SIZE: 6 (2 boys & 2 girls on court at all times)

SQUAD SIZE: 8

RULES

Each match will consist of 3 x 90 second games

A “centre line” will be marked across the court at exactly halfway between the back lines

A “neutral zone” will be marked which can only be entered to retrieve the ball

Three balls will be placed equally spaced apart in the neutral zone, on the “centre line”, before the start of each period.

Upon the official’s signal, both teams rush to the centre of the court and attempt to retrieve their left-most ball (the one ball designated for their team), and also to compete for the one ball in the middle (which is open to either team).

A maximum of 2 players per team are allowed to rush for the balls

If two players both have hold of the central ball they may choose to both keep hold of it and try to gain possession, as long as they do not initiate intentional physical contact

A ball thrown by an opposing player only becomes “dead” when it makes contact with the floor (or another external surface) or is caught. The thrown ball is still live on contact with another ball or player, including any ball not in a player’s possession. Multiple hits can therefore be made as a result of one throw.

A player is hit out the moment that any part of their body (neck and below) is hit by a live ball. This includes any ball rebounding off another player or ball (both blocked balls and balls lying on the ground on court), not just being hit by a ball directly thrown by the opposition.

A player is out if a live ball that they have thrown is caught by an opposition player. When this happens, the throwing player is out, and the catching player also brings back into play one of their team’s out players. If there are not out players, no one is brought back into play

Each game will be over at the end of the 90 second period or when all players from one team have been eliminated

Leaders will umpire the first two games whilst pupils will self-referee the third

ADDITIONAL INFORMATION

Pupils should wear suitable footwear for an indoor sports hall

No parents can attend

DATES

Y3/4

Friday 3rd October @ De La Salle High School

12:30-14:00





FOOTBALL (Y3-6) - ASPIRE

ENHANCED SHAPES MEMBERS

TARGET GROUP: Pupils with the confidence and competence to represent school in a competitive event

INTENT: Considering age or maturity levels to support fair competition and foster social connections

TEAM SIZE: 7

SQUAD SIZE: 10

RULES

No offside

Unlimited substitutions during stoppages of play

Goal kicks can be taken anywhere within the penalty area either off the floor or out of your hands

Players are allowed in the box

Goalkeeper can come out of the box but must not handle the ball

Pass backs are allowed – keeper can kick the ball

All free kicks are direct

After a goal, the game restarts from the Centre circle

****Please note, for Y3 & Y4 events:**

No heading – any deliberate heading of the ball results in a free kick to the opposition

No throw ins – if the ball passes the sideline a pass in / dribble in takes place. Players cannot shoot directly from the kick in



ADDITIONAL INFO

To qualify for the small school events, schools must be single form entry. Any schools that have are one and half form entry or larger must enter the large school events. **PLEASE NOTE – DUE TO PREVIOUS LOW ATTENDANCES, THERE WILL BE A JOINT Y3 EVENT.**

All pupils must wear shin pads and appropriate footwear for use on artificial pitches (i.e plastic studded boots/mouldies – no flat soled shoes)

No parents can attend any events at Sutton or Rainhill High. Please make parents aware of this!

There is very limited parking on site at Sutton & Rainhill so minibuses will need to drop and leave the site.



DATES (All 12:00-14:00)

Y6 Small Schools - Thursday 18th September
@ Rainhill High School

Y5 Large Schools - Wednesday 24th September
@ Venue TBC

Y4 Small Schools - Tuesday 30th September
@ Ruskin Drive

Y6 Large Schools - Thursday 2nd October
@ Rainhill High School

Y5 Small Schools - Wednesday 8th October
@ Venue TBC

Y4 Large Schools - Tuesday 14th October
@ Ruskin Drive

Y3 Football - Thursday 16th October
@ Ruskin Drive



FOOTBALL LEAGUE (Y5/6) - ASPIRE

ENHANCED SHAPES MEMBERS

TARGET GROUP: Pupils with the confidence and competence to represent school in a competitive event

INTENT: Considering age or maturity levels to support fair competition and foster social connections

TEAM SIZE: 7

SQUAD SIZE: 10

RULES

No offside

Unlimited substitutions during stoppages of play

Goal kicks can be taken anywhere within the penalty area either off the floor or out of your hands

Players are allowed in the box

Goalkeeper can come out of the box but must not handle the ball

Pass backs are allowed – keeper can kick the ball

All free kicks are direct

After a goal, the game restarts from the Centre circle



ADDITIONAL INFO

All pupils must wear shin pads and appropriate footwear for use on artificial pitches (i.e plastic studded boots/mouldies – no flat soled shoes)

Parents can attend which will hopefully help to support with transport.

Based on entry numbers, schools will play a minimum of two matches per evening so schools must be able to attend at least two dates each half term. If you do not attend an evening, you will incur a 3-0 loss for each fixture you are scheduled to play.

The league will reconvene after February half term with another three evenings – Monday 2nd March, Monday 9th March and Monday 16th March (which will be a Finals evening).



DATES (All 15:30-17:00 @ De La Salle High School)

Monday 22nd September

Monday 6th October

Monday 20th October

Monday 2nd March

Monday 9th March

Monday 16th March (Finals evening)

Games will kick off at:

15:35

16:05

16:35

Matches will be 2 x 9 minute halves



GIRLS FOOTBALL (Y5/6) - ASPIRE

ALL SHAPES MEMBERS

TARGET GROUP: Girls with the confidence and competence to represent school in a competitive event

INTENT: Adapting the format to increase motivation

TEAM SIZE: 7

SQUAD SIZE: 10

RULES

No offside

Unlimited substitutions

Goal kicks can be taken anywhere within the penalty area either off the floor or out of your hands

Players are allowed in the box

Goalkeeper can come out of the box but must not handle the ball

Pass backs are allowed – keeper can kick the ball

All free kicks are direct

After a goal, the game restarts from the Centre circle

ADDITIONAL INFO

All pupils must wear shin pads and appropriate footwear for use on artificial pitches (i.e plastic studded boots/mouldies – no flat soled shoes)

DATE

Friday 26th September

@ Rainhill High School, 12:00-14:00





GIRLS FOOTBALL (Y3/4) - INSPIRE

ALL SHAPES MEMBERS

TARGET GROUP: Girls with an interest in playing football but who do not currently play outside of school

INTENT: Considering age or maturity levels to support fair competition and foster social connections

TEAM SIZE: 7

SQUAD SIZE: 10

RULES

No offside

Unlimited substitutions

Goal kicks can be taken anywhere within the penalty area either off the floor or out of your hands

Players are allowed in the box

Goalkeeper can come out of the box but must not handle the ball

Pass backs are allowed – keeper can kick the ball

All free kicks are direct

After a goal, the game restarts from the Centre circle

No heading – any deliberate heading of the ball results in a free kick to the opposition

No throw ins – if the ball passes the sideline a pass in / dribble in takes place. Players cannot shoot directly from the kick in

MODIFICATIONS

Retreat rule in place – players must retreat to their own half of the pitch for each goal kick

ADDITIONAL INFO

The focus of the events is on girls participation and developing an enjoyment of the game – there will be no winners or losers

All pupils must wear shin pads and appropriate footwear for use on artificial pitches (i.e plastic studded boots/mouldies – no flat soled shoes)

DATE

Friday 10th October

@ Ruskin Drive, 12:00-14:00





GOALBALL (KS2) - CELEBRATE

ALL SHAPES MEMBERS



TARGET GROUP: Pupils in KS2 and who have special educational needs, are particularly vulnerable or have never been involved in representing your school at sports events before.

INTENT: Adapting the competition environment to support individual development in sport

SQUAD SIZE: up to 6

DATE

Tuesday 21st October, 12:30-14:00
@ Sutton Manor Primary School
Shining Lights Centre

RULES

Pupils will be introduced to the sport with a number of skills and activities that enable pupils to practice rolling the ball and listening to the ball.

After this, pupils will move into matches against other schools. The game is non-invasive so players must stay in their own third (Team Area).

All players wear eyeshades so a bell ball and tactile lines (or mats) are used. The aim of the game is to score a goal by rolling the ball across the opponent's goal line. When the ball is rolled there are four possible outcomes:

1. Goal (ball crosses opponent's goal line) - game restarted by the team who conceded the goal.
2. Out (ball rolls over the side line) - game restarted by the other team.
3. Blocked (defending team stops the ball/prevents a goal) - game continues with the defending team becoming the attacking team.
4. Blocked Out (the defending team pushes the ball out) - game restarted by the team which blocked the ball.

The opposition receive the ball if players do not keep to these rules:

- Players must stay in their own Team Area.
- Players must roll the ball (underarm only) – no kicking.
- When the ball is rolled, it must reach the opposition's Team Area.
- Players only have 10 seconds to return the ball to the other team.
- Players must keep their eyeshades on for the duration of the game

ADDITIONAL INFORMATION

Pupils should wear suitable footwear for an indoor sports hall

No parents can attend



RUGBY (Y5/6) - INSPIRE

ENHANCED SHAPES MEMBERS

TARGET GROUP: Pupils with an interest in rugby and the motivation, confidence & competence to take part in a competitive event

INTENT: Adapting the format to increase motivation

TEAM SIZE: 6 (minimum 2 boys & 2 girls on the pitch at all times)

SQUAD SIZE: 8

RULES

Points are scored by grounding the ball on or over the try line

Each game will begin with a tap at the centre of the playing field. The non-scoring team will restart the game in the same manner after a try has been scored

A legal touch is one hand on any part of the body, clothing or ball

When effectively touched, the player in possession must return to the point of the touch play the ball

The player picking up the ball from the play the ball is the “dummy half” and may run with the ball, although if touched, a turnover is awarded.

The dummy half may not score unless having already passed the ball

After six successful touches, the attacking team will turnover possession, starting with a PTB

If a player is touched in the touchdown zone before grounding the ball, the touch is counted, and play is re-started 5 metres back from the try line

An attacking player may dive in attempting to score a try

All defending players must retreat at least 5 metres and may not advance until the dummy half touches the ball. A penalty tap will be given for offside where the defending team has not retired the required 5 metres

No kicking the ball

MODIFICATIONS

Where a team is leading by 3 or more tries, they must take a player off the pitch up to having 4 players remaining

ADDITIONAL INFO

All pupils should wear appropriate footwear for use on artificial pitches (i.e plastic studded boots/mouldies – no flat soled shoes)

