

# ST HELENS SCHOOL SPORT EVENTS - PRIMARY



ST HELENS  
BOROUGH COUNCIL  
Sports Development

SPRING TERM 2021/22



# INTRODUCTION

Welcome to our event booklet for the Spring term.

It was great to be back delivering our competitions and events during the spring term and we really appreciate the efforts that all schools made to attend despite the current circumstances in which we are working.

We are hopeful of continuing a full programme during the Spring term but as I'm sure you understand, this will be impacted by case rates across the borough and particularly within our borough's schools.

With this in mind, please see our planned events for the Spring term with the caveat that dates/times may be changed.

**PLEASE NOTE – INITIALLY PARENTS CANNOT ATTEND ANY EVENTS. IF THIS CHANGES, WE WILL INFORM SCHOOLS.**

Please arrive at least 15 minutes before the start time.

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

Before the onset of the pandemic, there had been the start of a national drive to move away from competition for competitions sake and instead to look at the intent of competitions and events to support the development and wellbeing of pupils in other ways and to engage with more and different pupils. We started to implement this during the Autumn term and will continue during the Spring term.

We have slightly changed the information for each event to better enable schools to understand the intent of events and the target groups of pupils that we want schools to engage in our events.

**'Through the power of competition, the Merseyside School Games will inspire children and young people to unlock their potential'**

As identified, there has been a shift towards engaging more and different young people in our programme of events. Therefore, events will now be 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.



**CELEBRATE**

**INSPIRE**

**ASPIRE**



# ALL STARS CRICKET (YE/4)

CELEBRATE

**INTENT:** To engage new audiences

**TARGET GROUP:** Development of pupils movement skills and cricket skills below

**INFO**

**15 Pupils per team**  
Skills based festival

All Stars is all about giving children the best first experience of the sport, with an emphasis on fun!

Children will learn fundamental movement skills including catching, throwing and batting. Soft balls and plastic bats are used by everyone.

**Batting** – hitting a moving ball

**Throwing** – underarm and overarm

**Catching** – small and large balls

**Bowling** – overarm

**Running** – lots of movement

**Teamwork** – fun games with friends

**Communication** – the basics of cricket

**Spirit of Cricket** – how to respect others

**DATE**

Thursday 31<sup>st</sup> March, 12:30-14:30  
Ruskin Drive  
All SHAPES Members



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# BASKETBALL (Y5/6)

**INSPIRE**

**INTENT:** To develop character and life skills

**TARGET GROUP:** Pupils needing to develop their tactical skills and with the competence and confidence to represent their school

## INFO

Team size – 5  
Squad size – 8  
Limited to 10 teams

## RULES

Each team is permitted up to two time-outs of one minute during each half.  
At a change of possession e.g. foul, basket, ball out of play, play should restart from the nearest side/end line.  
Any player persistently fouling may be removed from the game by the referee. In the event of a foul the opposing team will receive the ball on the nearest side/end line. If the player is fouled in the act of shooting one/two free throws are awarded; one if the basket is scored and two if the shot is missed. Each free throw is worth one point.  
Scoring: baskets scored from outside the arc (if available) = 3 points, baskets scored from inside the arc = 2 points. When a team scores, the other team gain possession of the ball on the end line.

## MODIFICATIONS

There will be a 1-minute power play during each match. Points scored during the power play will be worth double.

## DATE

Wednesday 19<sup>th</sup> January, 15:30-17:00  
Hope Academy (TBC)  
Enhanced SHAPES Members



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# BOCCIA (KS1)

**CELEBRATE**

**INTENT:** To engage new audiences

**TARGET GROUP:** Pupils who have special educational needs, are particularly vulnerable or have never been involved in representing your school at sports events before. No medals or trophies will be presented.

## INFO

Team size – up to 6, minimum of 4

Pupils should come appropriately dressed to take part in the competition. Footwear must be appropriate for use in a sports hall (i.e trainers or pumps)

**NO PARENTS CAN ATTEND**

## RULES

The aim is to score as many points as possible by placing their set of coloured balls in the zones corresponding to points.

A ball can be propelled by rolling or throwing

If a player is unable to throw or roll it, they can use a ramp (assistive device).

All players must be seated during the game.

Each match will last for a designated period of time to be announced on the day.

Both sides must occupy a designated box on the court from where balls are propelled.

The red side always begins the first end.

A player from the opposite side then propels their first coloured ball.

Teams take it in turns to propel their ball.

At the conclusion of each end, players from each team swap.

## DATES

Tuesday 1<sup>st</sup> February, 9:30-12:00

Venue TBC

Enhanced SHAPES Members



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# BOCCIA (KS2)

**ASPIRE**

**INTENT:** To support individual development in sport

**TARGET GROUP:** Pupils who have special educational needs, are particularly vulnerable or have never been involved in representing your school at sports events before. This is a competitive event so please be aware of this.

## INFO

Team size – up to 6, minimum of 4

Pupils should come appropriately dressed to take part in the competition. Footwear must be appropriate for use in a sports hall (i.e trainers or pumps)

## RULES

Boccia is an attack and defend game, with two sides competing over a set number of ends. The aim is to score as many points as possible by placing their set of coloured balls closest to the white jack ball.

A ball can be propelled by rolling or throwing

If a player is unable to throw or roll it, they can use a ramp (assistive device).

All players must be seated during the game.

Matches last for 6 ends - an end consists of all 13 balls being propelled onto court (the jack, 6 red and 6 blue).

Both sides must occupy a designated box on the court from where balls are propelled.

The red side always begins the first end by propelling the jack into court.

The player who propels the jack ball also propels their team's first coloured ball.

A player from the opposite side then propels their first coloured ball.

The side not closest to the jack plays until they get closer, or run out of balls.

The end is complete when all balls from both sides have been propelled.

One point is awarded for every ball of the same colour, which is closest to the jack.

At the conclusion of each end, players from each team swap.

Each team takes it in turn to start the end by propelling the jack.

## MODIFICATIONS

During each match, each team can choose, at the start of one end, to use it as a powerplay. This will mean that the points scored in that end will be doubled so this could work for, or against, the team.

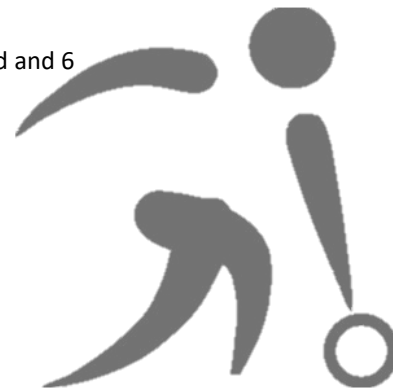
KS1 event – participation only, no medals or trophies will be presented.

## DATE

Monday 14<sup>th</sup> March, 9:30-12:00 or 12:30-15:00

Venue TBC

All SHAPES Members





# DANCE (KS2)

INSPIRE

**INTENT:** To engage new audiences

**TARGET GROUP:** All pupils

### INFO

**Deadline for entries – Wednesday 30<sup>th</sup> March**

Schools should create a dance that is themed on the Commonwealth Games.

This could be based on either the traditional values of a Commonwealth country or the Commonwealth Games Values of:

Humanity  
Equality  
Destiny

There is no limit to how many children can perform the dance and all children are welcome to take part

Record your performance and send it to [dannybacon@sthelens.gov.uk](mailto:dannybacon@sthelens.gov.uk) by Wednesday 30<sup>th</sup> March

Performances will be judged during the first week back after Easter.

Music that contains bad or abusive language will not be accepted



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# DODGEBALL

INSPIRE

**INTENT:** To develop character and life skills

**TARGET GROUP:** Pupils who have had limited opportunities to Represent school OR pupils who need to develop their teamwork and honesty skills.

## INFO

Team size – 6

Squad size – 8

Limited to 12 teams

## RULES

Each match will consist of 3 x 2-minute 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 2-minute period or when all players from one team have been eliminated

## MODIFICATIONS

A Spirit of the Games scorecard will be completed at the end of each game to score the opposition on how they have demonstrated the School Games Values of Honesty and Teamwork.

The scores given will be added to the score from the match to give an overall outcome.

## DATES

Y5/6 – Tuesday 25<sup>th</sup> January, 12.30 – 2.30pm  
Broadway Badminton Centre

Y3/4 – Monday 7<sup>th</sup> February, 12.30-2.30pm  
Broadway Badminton Centre



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# FOOTBALL (YE – 6)

**ASPIRE**

**INTENT:** To develop sport specific skills

**TARGET GROUP:** Pupils who have the motivation, competence and confidence to represent their school in a competitive event

## INFO

PLAYERS MUST WEAR APPROPRIATE FOOTWEAR (TRAINERS OR FOOTBALL BOOTS - NO METAL STUDS) AND SHIN PADS

Team size – 7

Squad size – 10

Limited to 16 teams

## 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

## DATES

Y6 Football – Wednesday 2<sup>nd</sup> February  
Sutton Academy, 12:30-14:30  
Enhanced SHAPES Members

Y5 Football – Wednesday 9<sup>th</sup> February  
Sutton Academy, 12:30-14:30  
Enhanced SHAPES Members

Y4 Football – Wednesday 23<sup>rd</sup> February  
Ruskin Drive, 12:30-14:30  
Enhanced SHAPES Members

Y3 Football – Friday 25<sup>th</sup> February  
Ruskin Drive, 12:30-14:30  
Enhanced SHAPES Members





# GIRLS FOOTBALL (YE – 6)

**INSPIRE**

**INTENT:** To increase girls motivation to play football

**TARGET GROUP:** Girls with an interest in football who want to develop their skills in a non-competitive event

## INFO

PLAYERS MUST WEAR APPROPRIATE FOOTWEAR (TRAINERS OR FOOTBALL BOOTS - NO METAL STUDS) AND SHIN

PADS

Team size – 7

Squad size – 10

Limited to 16 teams

## 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

## MODIFICATIONS

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

## NOTES

The focus is on girls participation and development of their enjoyment of the game – there will be no winners or losers

## DATES

Y5/6 Girls Football – Friday 28<sup>th</sup> January  
Ruskin Drive, 12:30-14:30  
All SHAPES Members

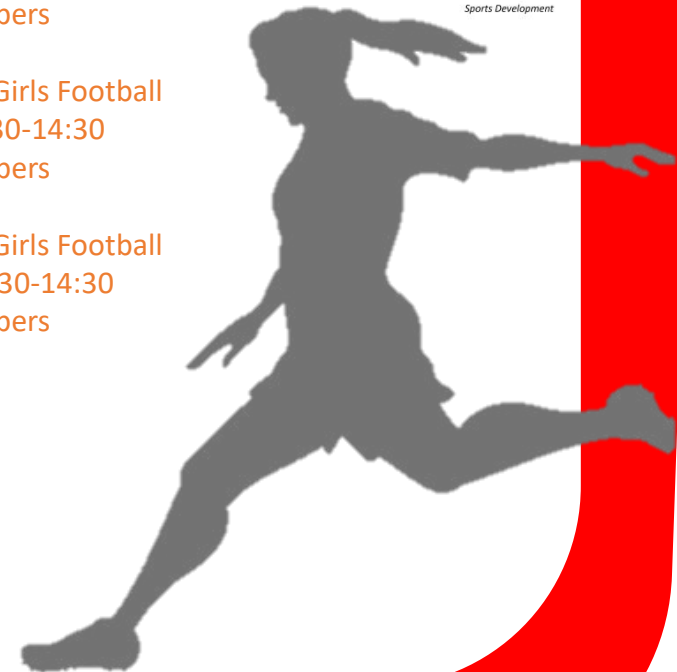
Y3/4 Girls Football – Friday 4<sup>th</sup> February  
Ruskin Drive, 12:30-14:30  
All SHAPES Members

Friday 11<sup>th</sup> March – Y5/6 Girls Football  
Sutton Academy, 12:30-14:30  
All SHAPES Members

Friday 25<sup>th</sup> March – Y3/4 Girls Football  
Sutton Academy – 12:30-14:30  
All SHAPES Members



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# GYMNASTICS (YE/4)

**INSPIRE**

**INTENT:** To foster social connections

**TARGET GROUP:** Pupils who can complete the below routines confidently but are not affiliated to either British Gymnastics or UK Gym

## **INFO**

**5 pupils with a minimum of 2 boys and 2 girls**

### **Key Step Floor Routine**

See Key Steps routine on next page

### **Key Steps Vault Routine**

See Key Steps Pack on next page

**Both the Floor and Vault will be judged in the usual way. We will not be doing body management.**

### **Group Performance**

Up to 1 min 30 seconds

Must include the following:

Roll

Jump/Leap

Travel

Music: Music can be used but you must submit your music choice by Friday 25<sup>th</sup> February.  
All 5 gymnasts must take part in the group performance.

**This is a celebrate element of the festival and schools will be awarded a School Games Value award for this discipline. The routine must demonstrate at least one of the School Games Values below:**

Determination

Honesty

Self-Belief

Teamwork

Respect

Passion

### **Other rules**

Gymnasts must not be affiliated to either NGB (British Gymnastics or UK gym) this year, this includes recreational gymnast within a club.

Gymnasts must wear school PE kit or shorts and t-shirt.

No Jewellery to be worn.

### **DATE**

**Wednesday 2<sup>nd</sup> March – St Helens Centre for  
Gymnastics –**

**9:30-11:30 or 12:30-2:30**

**All SHAPES Members**





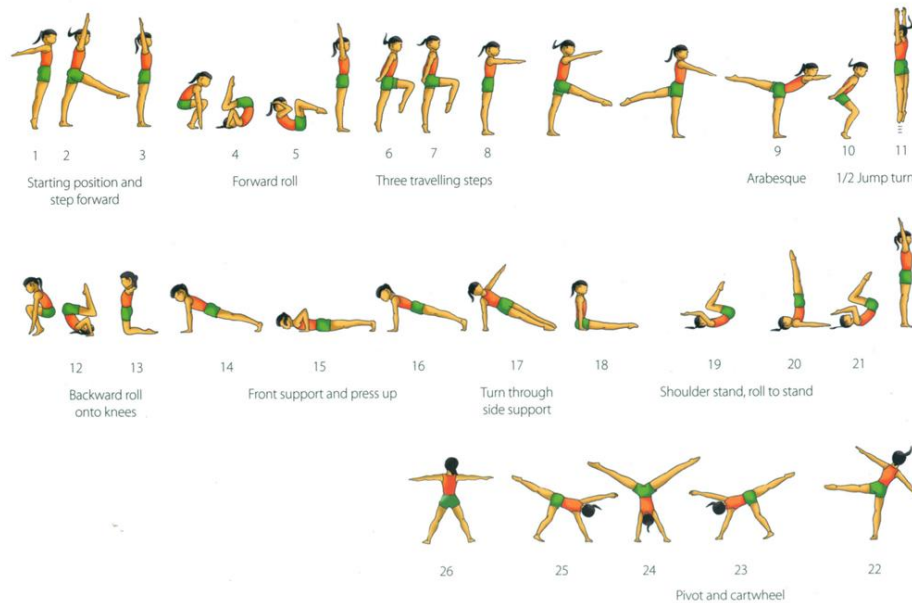
# GYMNASTICS (YE/4)

INSPIRE

## Key Step Floor Routine

### Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)

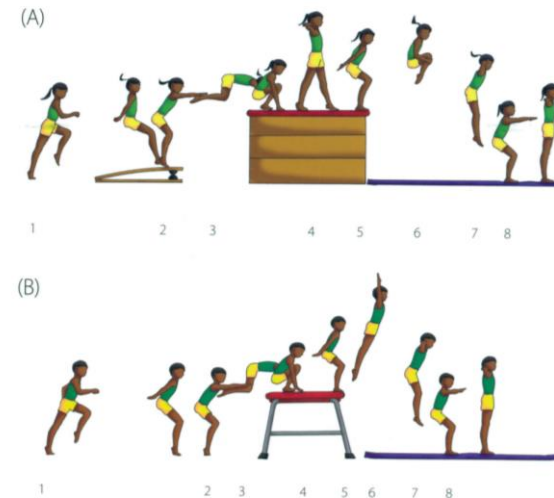


## Key Steps Vault Routine

### Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each - (Option (B) provided for schools without a springboard or box). - Best score to count.

- (A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.
- (B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.



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# NEW AGE KURLING (KS1)

CELEBRATE

**INTENT:** To engage new audiences

**TARGET GROUP:** Pupils who have special educational needs, are particularly vulnerable or have never been involved in representing your school at sports events before. No medals or trophies will be presented.

## INFO

- Teams will consist of **four players** (two of which should be on a EHC plan)
- Each player delivers stones corresponding to their team colour, red or blue, towards the points scoring zones
- Stones can be propelled using any part of the body or using a pusher, providing that the player is behind the delivery line on releasing the stone
- Individuals/teams take it in turns to deliver the first stone of an end. The individual/team going first in the first end should be determined by a toss of a coin.
  - Each game will be time limited,
- Teams score points based upon where their stones finish.

## DATE

Thursday 3<sup>rd</sup> February, 9:30-11:30

Venue TBC

Enhanced SHAPES Members



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# NEW AGE KURLING (KS2)

ASPIRE

**INTENT:** To support individual development in sport

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

## INFO

- Teams will consist of **four players** (two of which should be on a EHC plan) • Each player delivers stones corresponding to their team colour, red or blue, towards the target at the opposite end of the court.
- Stones can be propelled using any part of the body or using a pusher, providing that the player is behind the delivery line on releasing the stone
- Individuals/teams take it in turns to deliver the first stone of an end. The individual/team going first in the first end should be determined by a toss of a coin.
- Each game consists of either four or six ends. An end is completed when all eight stones have been played.
  - A team scores one point for each stone that is closer to the centre than any opposition stone
- At the completion of four/six ends, the points scored on each end are added together. The individual/team with the highest total score wins.
- For league competitions score three points for a win and one point each for a draw. Use stones difference to separate tied teams — e.g. if a team wins 9–4 the stones difference for that game will be +/- 5.

## DATE

Thursday 10<sup>th</sup> March – KS2 – TBC  
9:30-11:30 or 12:30-2:30



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# Quicksticks Hockey (Y5/6)

INSPIRE

**INTENT:** To develop sport specific skills

**TARGET GROUP:** Pupils who can competently compete in a hockey competition

## INFO

**Team size: 4 (2 boys & 2 girls on field at one time)**

Squad size: 6

Quicksticks starts with one team taking a centre pass from the centre of the pitch on the umpire's signal. The pass can go in any direction.

A centre pass is also taken at the start of each period of the game.

When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3m from the ball until the ball is played.

A free pass is given when an offence occurs. For all free passes the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3m away from the ball.

A goal is scored when the ball has been struck or deflected off a player's stick from within the shooting area (circle).

## MODIFICATIONS

There will be a 1-minute power play during each match. Points scored during the power play will be worth double.

## DATE

Tuesday 8<sup>th</sup> March

Venue & Time TBC

Enhanced SHAPES Members



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# RUGBY (Y5)

**INSPIRE**

**INTENT:** To develop character and life skills

**TARGET GROUP:** Pupils who are interested in rugby and who you want to challenge in their teamwork and honesty skills

## INFO

PLAYERS MUST WEAR APPROPRIATE FOOTWEAR - TRAINERS OR FOOTBALL BOOTS (NO METAL STUDS)

**Team size – 6**

**Squad size – 8**

Limited to 16 teams

## 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 lime

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

A Spirit of the Games scorecard will be completed at the end of each game to score the opposition on how they have demonstrated the School Games Values of Honesty and Teamwork.

Teams will receive 2 points for a win, 1 point for a draw and 0 points for a loss for each game and also then the same on the Spirit of the Games scorecard

## DATE

Wednesday 9<sup>th</sup> March – Ruskin Drive

12:30-2:30

Enhanced SHAPES Members





# SEATED VOLLEYBALL (KS2)

CELEBRATE

**INTENT:** To foster social connections

**TARGET GROUP:** Pupils who may not have the confidence to compete in a traditional team sport competition

## INFO

6 on court 8 in a squad ( 2 SEN needed on court at all times)

Players must keep a part of their body between the buttocks and shoulders in contact with the floor at all times

Players can play the ball with any part of their body

When serving players must be positioned at the back of the court

Players can serve underarm, overarm or throw the ball into play

Players have 2 attempts to serve

## DATE

Friday 21<sup>st</sup> January, 12:30-14:30

Broadway Badminton Centre

All SHAPES Members



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# SPORTSHALL ATHLETICS (Y&4)

**ASPIRE**

**INTENT:** To engage new audiences

**TARGET GROUP:** Pupils who are comfortable in a large event and confident to compete

## INFO

Minimum of 9 boys and 9 girls

Maximum of 12 boys and 12 girls

Pupils can compete in a maximum of two track and two field events

### On the track

1 + 1 Lap Relay

2 + 2 Lap Relay

1 + 1 Lap Hurdles Relay

each requiring two girls & two boys

Obstacle Relay

Over/ Under Relay

4 x 1 Lap Relay

each requiring four girls & four boys

### ... and in the field

Chest Push

Five Strides

Soft Javelin

Speed Bounce

Standing Long Jump

Vertical Jump

each requiring three girls & three boys

## DATE

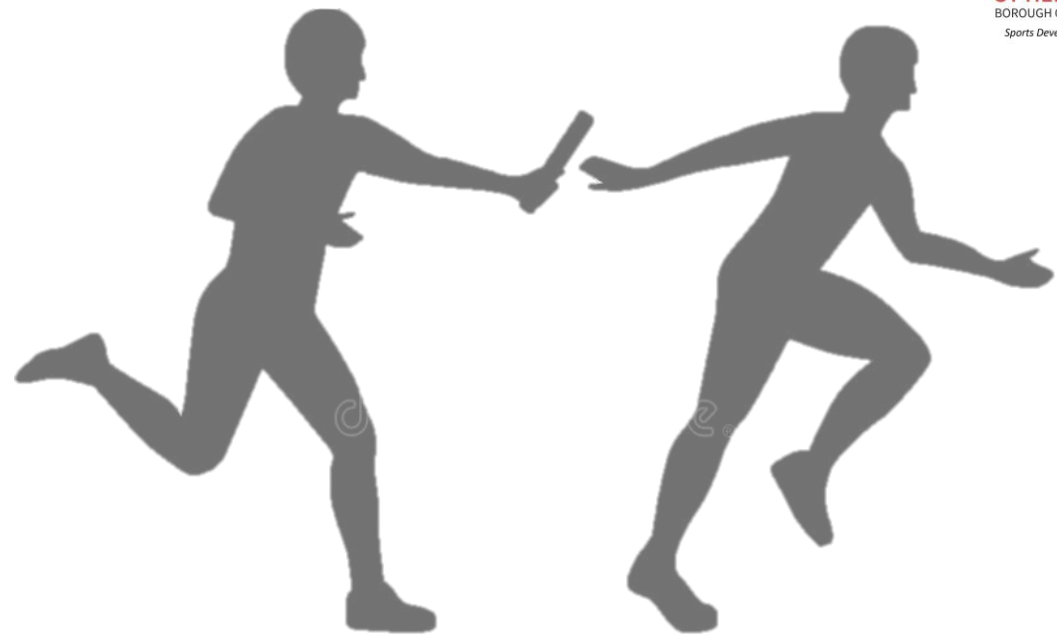
Friday 18<sup>th</sup> March, 9:30-11:30 or 13:00-15:00

Broadway Badminton Centre

Enhanced SHAPES Members



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# SWIMMING (KS2)

**ASPIRE**

**INTENT:** To develop different sport specific skills

**TARGET GROUP:** Pupils should be confident swimmers and confident to compete against pupils from other schools.

## INFO

Minimum of 4 boys and 4 girls in each squad  
Pupils can take place in a maximum of 2 individual races and 1 relay race

Boys & Girls Races are:

Backstroke

Breaststroke

Butterfly

Front crawl

Medley Relay (Breaststroke, backstroke & 2 x front crawl)

Freestyle Reley

Races are one length

Start in the water, holding the wall.

For Breaststroke & Fly you must finish with a 2 handed touch.

For Backstroke you must finish on your back.

Lane draw will be given on the day.

## DATE

KS2 Swimming – Tuesday 8<sup>th</sup> February – TBC  
Enhanced SHAPES Members



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# TABLE TENNIS (Y5/6)

**CELEBRATE**

**INTENT:** To engage new audiences

**TARGET GROUP:** Pupils who do not compete in traditional team sports

## **INFO**

**4-a-side** Team Challenge – All Singles

No Doubles

Total Number of Individual Matches 8 – see attached sheet

Number of Games per Match for each Player 2 therefore no one player dominates the match

Mixed or all single gender

1 game to 11 points.

Alternate serves every two points, unless both players have scored 10 points, in which case service changes every point

Players have to win by two clear points

If pupils are not playing they will be helping to score / Staff to help Scoring also

## **DATE**

Thursday 13<sup>th</sup> January, 15:30-17:00

Hope Academy (TBC)

Enhanced SHAPES Members



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