



Games Skills Challenge

Opens: 10am, Monday 9th November 2020

Closes: 5pm, Friday 11th December 2020

Overview

Welcome to the Devon Virtual Games Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Autumn term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The Autumn term series will run from the 14th September 2020 – 11th December 2020 with six different events for you to enter. Schools and home-schooled individuals will be able to submit their entries via an online link. Each competition will be open for a limited amount of time as detailed below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

For school-based competitions, teachers may enter their whole classes/groups. Below are all the details to help you prepare.

Brief Description of the Event:

Years 3 & 4	Years 5 & 6	Year 7 & 8	Year 9 & 10
Round the Waist – 30 secs (netball or football)	Round the Waist – 30 secs (netball or football)	Round the Waist – 30 secs (netball or football)	Round the Waist – 30 secs (netball or football)
Hockey Cone Dribble – (10 metre distance) (Quicksticks hockey ball or tennis ball)	Hockey - 3 Cone Slalom Dribble – (10 metre distance with 3 cones) complete in a fig. of 8) (Quicksticks hockey ball or tennis ball)	Hockey - 3 Cone Slalom Dribble – (10 metre distance with 3 cones to complete slalom-style) (Regulation hockey ball or tennis ball)	Hockey - 6 Cone Slalom Dribble – (10 metre distance with 6 cones at 2m intervals. Complete slalom-style) (Regulation hockey ball or tennis ball)
2 metre Wall Catch – how many rebound catches in 30 secs (tennis ball)	2 metre Wall Catch – how many rebound catches in 30 secs. Use alternate hand to throw (tennis ball)	2 metre Wall Catch – how many rebound catches in 30 secs. Use alternate hand to throw (tennis ball)	2 metre Wall Catch – how many rebound catches in 30 secs. Use alternate hand to throw and catch (tennis ball)
Netball Shot – how many successful shots in 30 secs	Netball Shot – how many successful shots in 30 secs	Netball Shot – how many successful shots in 30 secs	Netball Shot – how many successful shots in 30 secs
'Keepy –ups' – how consecutive 'tap-ups' can you do in 30 secs using a racket or bat	'Keepy –ups' – how consecutive 'tap-ups' can you do in 30 secs using a racket or bat	'Keepy –ups' – how consecutive 'tap-ups' can you do in 30 secs using a racket or bat	'Keepy –ups' – how consecutive 'tap-ups' can you do in 30 secs using a racket or bat

The Games Skills Challenge comprises of five individual challenges that involve skills needed in a variety of individual and team games. All of them can be done in year group 'bubbles' at school with some basic equipment.

[Click here to access the Games Skills challenge video and recording sheet template](#)

Before You Start: You will need the following:

- Someone/partner to score/count
- Class score sheet to write down class scores (attached)
- Stopwatch
- A suitable space for the activities (a smooth wall is needed for Wall Catch)
- Appropriate Balls (tennis ball, hockey ball, football /netball)
- Rackets/bats
- Cones/ markers

Instructions - How to Complete the Events:

Round the Waist:

- Start with the ball in front of your body, pass the ball around your body as many times as you can in 30 seconds. Each full circuit of the body scores 1 point. If you drop the ball, then that particular circuit does not count, just keep counting from the point at which you dropped the ball. (You do NOT have to start from zero again).

Top Tips:

- Make your hands as big as possible, spreading your fingers wide
- Stay balanced with a firm base, feet about a shoulder width apart
- Try to keep a steady rhythm as you pass the ball around your body

Hockey Cone Dribble:

- Year 3 & 4: Start at cone 1 (cone 2 should be 10 metres away) dribble the ball from cone 1 around cone 2 and back to cone 1 as quickly as possible. Each completed length (cone 1 to cone 2) scores 1 point
- Year 5 & 6: Start at cone 1 (cone 2 should be 5 metres away, cone 3 should be another 5 m away) dribble the ball from cone 1 around cone 2 and then around cone 3 completing a figure of 8. Do the same from cone 3 around cone 2 and back to cone 1 as quickly as possible. Each completed length (cone 1 to cone 3) scores 1 point.
- Year 7 & 8: Start at cone 1 (cone 2 should be 5 metres away, cone 3 should be another 5 m away) dribble the ball from cone 1 around cone 2 and then around cone 3 completing a figure of 8. Do the same from cone 3 around cone 2 and back to cone 1 as quickly as possible. Each completed length (cone 1 to cone 3) scores 1 point.
- Year 9 & 10: Similar to Year 7&8 but with 6 cones in total all at 2m intervals. Start at cone 1 and dribble slalom style in and out of each cone turning at cone 6. After turning at cone 6. Do not dribble in and out on the return, just dribble straight back to cone 1. Repeat as many times as possible in 1 minute.

Top Tips:

- Keep your left hand at the top of the stick and right hand about half-way down the stick
- try to keep low, but balanced, with knees comfortably bent
- Try to keep the ball in front of you but close to the stick

2 Metre Wall Catch:

- Year 3 & 4: Stand 2m from the wall, behind the throwing and catching line. Throw using an underarm action against the wall, try to catch the tennis ball and repeat as many times as you can in 30 seconds. **You may use 2 hands to catch the ball.** If you drop the ball just keep counting from the point at which you dropped the ball. (You do NOT have to start from zero again), Score 1 point for each successful catch.
- Year 5 & 6: Stand 2m from the wall, behind the throwing and catching line. Throw using an underarm action alternating left and right hand to throw against the wall, try to catch the tennis ball and repeat as many times as you can in 30 seconds. **You may use 2 hands to catch the ball, but you must change your throwing hand after each catch.** If you drop the ball, just keep counting from the point at which you dropped the ball. (You do NOT have to start from zero again), Score 1 point for each successful catch.
- Year 7 & 8: Stand 2m from the wall, behind the throwing and catching line. Throw using an underarm action alternating left and right hand to throw against the wall, try to catch the tennis ball and repeat as many times as you can in 30 seconds. **You may use 2 hands to catch the ball, but you must change your throwing hand after each catch.** If you drop the ball just keep counting from the point at which you dropped the ball. (You do NOT have to start from zero again), Score 1 point for each successful catch.
- Year 9 & 10: Stand 2m from the wall, behind the throwing and catching line. Throw the ball using an underarm action against the wall, **attempt to catch the ball using only the opposite hand.** Then throw the ball back against the wall and try to catch with your initial throwing hand (**e.g. throw with left hand. catch with right hand, then throw with right hand, catch with left hand and repeat**). Repeat as many times as you can in 30 seconds. If you drop the ball just keep counting from the point at which you dropped the ball. (You do NOT have to start from zero again), Score 1 point for each successful catch.

Top Tips

- Watch the ball into your hand(s) when catching
- Catch with 'soft hands', cushioning the ball as you catch
- Keep your throwing action smooth and controlled

Netball Shot:

- Year 3 & 4: Stand 2m from the Netball post (Height set at 2.44m / 8ft) behind the shooting line. Shoot the Netball (size 4) trying to score in the hoop. Score 1 point if the ball hits the ring but does not go through the hoop. Score 3 points if the ball goes through the hoop. Shoot and repeat as many times as you can in 30 seconds. You should rebound your ball and return behind the shooting line after each shot.
- Year 5 & 6: Stand 3m from the Netball post (Height set at 2.75m /9ft) behind the shooting line. Shoot the Netball (size 4) trying to score in the hoop. Score 1 point if the ball hits the ring but does not go through the hoop. Score 3 points if the ball goes through the hoop. Shoot and repeat as many times as you can in 30 seconds. You should rebound your ball and return behind the shooting line after each shot.
- Year 7 & 8: Stand 3m from the Netball post (Height set at 3.05m /10ft) behind the shooting line. Shoot the Netball (size 4) trying to score in the hoop. Score 1 point if the ball hits the ring but does not go through the hoop. Score 3 points if the ball goes through the hoop. Shoot and repeat as many times as you can in 30 seconds. You should rebound your ball and return behind the shooting line after each shot.
- Year 9 & 10: Stand 3m from the Netball post (Height set at 3.05m /10ft) behind the shooting line. Shoot the Netball (size 5) trying to score in the hoop. Score 3 points if the ball goes through the hoop. Shoot and repeat as many times as you can in 30 seconds. You should rebound your ball and return behind the shooting line after each shot.

Top Tips:

- Rest the ball in the fingers of your strong hand
- Try to have a balanced stance, feet shoulder width apart
- Bend your knees and extend upwards, trying to release the ball 'high'

Keepy-Ups:

- Start with the ball in your non- racket hand gently throw the ball up and use your racket or bat to try keep the ball in the air using a 'tapping action'. Keep this action going, counting the number of 'taps/keep-ups' you can do in 30 seconds. Each tap/hit scores 1 point. If you drop the ball, then that particular hit does not count, just keep counting from the point at which you dropped the ball. (You do NOT have to start from zero again)

Top Tips:

- Stay balanced with a comfortable base, on the balls of your feet
- Try to keep your tap-ups close to the racket and not too high
- Try not to grip the racket too tightly

Enter Your Results Online and Send Evidence:

School Staff

Use this template below to keep track of your trial scores but do not forget to complete the [online form](#) to submit the number of children that have taken part. Please send your excel spreadsheet direct to your School Games Organiser. Entries close at **5pm Friday 11th December 2020.**

Home Schooled and Lockdown Students

Use this template below to keep track of your trial scores but do not forget to complete the [online form](#). Please send your excel spreadsheet direct to your School Games Organiser by **5pm Friday 11th December 2020.**

Event	Measurement	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Best Score from Trials
Round the Waist	Total circuits in 30 seconds						
Hockey Cone Dribble	Total lengths in 1 minute						
2 Metre Wall Catch	Total in 30 seconds						
Netball Shot	Number of successful shots in 30 seconds						
'Keepy -Ups'	Total in 30 seconds						

Contacts:

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - annabel.white@paigntonacademy.org

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Plymouth SGO - J. Gilbert - j.gilbert@sjhcsc.co.uk

South Hams & West Devon SGO - Jeanette Green - jegreen@ivybridge.devon.sch.uk

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Exeter & Mid Devon SGO - Nick Gillard - mr.gillard@st-lukes.devon.sch.uk

North Devon SGO - Steph Colwill - scolwill@gts.devon.sch.uk

South Dartmoor SGO - Tammi Lethbridge - tlethbridge@southdartmoor.devon.sch.uk

Prizes:

There will be gold, silver and bronze medals and certificates for the top three participants in each year group, split between boys and girls. As well as a team competition. Everyone who takes part will receive a certificate for participation.

Social Media:

Why not share your achievements with us on social media using the

#DevonVirtualGames:

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram – @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#). You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).