

ST HELENS SCHOOL SPORT EVENTS - PRIMARY



ST HELENS
BOROUGH COUNCIL
Sports Development

AUTUMN TERM 2021/22



INTRODUCTION

Welcome back!

We are hopeful of returning to the delivery of as close to normal as possible calendar throughout the course of the year. However, as I am sure you appreciate, this is still dependent upon the transmission of covid-19 and infection rates across the borough.

The following pages detail our events up to the end of the Autumn term however they may change if this is necessary.

Where event is labelled as mixed year groups (i.e Y5/6 Girls), this can be from either year or a combination of both

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. This work has continued during the past 18 months and now we are at a point where it can be rolled out.

The School Games programme will evolve with a national focus to concentrate on the least active and those who need it most i.e. those most affected by Covid-19.

As you will see our schedule will see some activities remain the same, some will evolve and there will be some new and exciting additions – we want to engage you in the process and understand your young people's needs.

What does this mean for you??

'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.



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CELEBRATE

INSPIRE

ASPIRE



Y3-6 FOOTBALL

ASPIRE

INFO

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

Team size – 7

Squad size – 10

Limited to 12 teams

NO PARENTS MAY ATTEND

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 – Tuesday 28th September
Ruskin Drive, 12:30-14:30
Enhanced SHAPES Members

Y4 Football* – Thursday 7th October
Sutton Academy, 12:30-14:30
Enhanced SHAPES Members

Y3 Football* – Monday 11th October
Sutton Academy, 12:30-14:30
Enhanced SHAPES Members

Y5 Football – Thursday 14th October
Ruskin Drive, 12:30-14:30
Enhanced SHAPES Members



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Y3-6 GIRLS FOOTBALL

INSPIRE

INFO

FOR ALL FOOTBALL EVENTS, PLAYERS MUST WEAR APPROPRIATE FOOTWEAR (TRAINERS OR FOOTBALL BOOTS - NO METAL STUDS) AND

SHIN PADS

Team size – 7

Squad size – 10

Limited to 12 teams

NO PARENTS MAY ATTEND

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 24th September

Ruskin Drive, 12:30-14:30

All SHAPES Members

Y3/4 Girls Football – Friday 1st October

Ruskin Drive, 12:30-14:30

All SHAPES Members

Friday 5th November* – Y3/4 Girls Football

Sutton Academy – 12:30-14:30

All SHAPES Members

Friday 12th November* – Y5/6 Girls Football

Sutton Academy, 12:30-14:30

All SHAPES Members



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Y3-6 B-TEAM FOOTBALL

INSPIRE

INFO

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

Team size – 7

Squad size – 10

Limited to 12 teams

NO PARENTS MAY ATTEND

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 participation and development of their enjoyment of the game – there will be no winners or losers

This event is for players who do not make your first team

DATES

Y5/6 'B' Team Football – Thursday 18th November

Ruskin Drive, 12:30-14:30

Enhanced SHAPES Members

Y3/4 'B' Team Football – Tuesday 23rd November

Ruskin Drive, 12:30-14:30

Enhanced SHAPES Members



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Y1&2 FOOTBALL

CELEBRATE

INFO

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

Team size – 6

Squad size – 8

Limited to 12 teams

NO PARENTS MAY ATTEND

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

MODIFICATIONS

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

Where a team is leading by 3 or more goals, they must take a player off the pitch for every subsequent goal up to 4 players

DATES

Y1 Football* – Tuesday 19th October

Sutton Academy, 12:30-14:30

Enhanced SHAPES Members

Y2 Football* – Thursday 21st October

Sutton Academy, 12:30-14:30

Enhanced SHAPES Members



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Y5&6 RUGBY

INSPIRE

INFO

FOR ALL RUGBY EVENTS, PLAYERS MUST WEAR APPROPRIATE FOOTWEAR - TRAINERS OR FOOTBALL BOOTS (NO METAL STUDS)

Team size – 6

Squad size – 8

Limited to 12 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 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

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

DATES

Y5 Rugby – Tuesday 5th October

Ruskin Drive, 12:30-14:30

Enhanced SHAPES Members

Y6 Rugby – Wednesday 13th October

Ruskin Drive, 12:30-14:30

Enhanced SHAPES Members



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YE/4 DODGEBALL

INSPIRE

INFO

Team size – 6
Squad size – 8
Limited to 12 teams

NO PARENTS MAY ATTEND

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

Wednesday 10th November, 12:30-14:30

Venue TBC

All SHAPES Members



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BOCCIA

INSPIRE

INFO

Team size – up to 6, minimum of 4

The target group of children is those who are in KS2 and who have special educational needs, are particularly vulnerable or have never been involved in representing your school at sports events before.. 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

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.

DATES

KS2 – Tuesday 16th November, 9:30-12:00 or 12:30-15:00

Venue TBC

All SHAPES Members

KS1 – Thursday 2nd December, 9:30-12:00

Venue TBC

Enhanced SHAPES Members



CELEBRATE



Y5/6 SPORTS HALL ATHLETICS

ASPIRE

INFO

Squad size – minimum of 9 boys & 9 girls, maximum of 12 boys & 12 girls
Session limit - 10

NO PARENTS CAN ATTEND

Boys and girls track and field events will still be run separately. Each pupil may compete in a maximum of two track and two field events, drawn from the following:

On the track ...

1 + 1 Lap Relay

2 + 2 Lap Relay each requiring two girls and two boys

6 Lap Paarlauf

(You can decide how many laps each child runs for the paarlauf, e.g. boy1 runs 4 laps, boy 2 runs 2 laps)

Obstacle Relay

Over / Under Relay each requiring four girls and four boys

4 x 1 Lap Relay

and in the field...

Chest Push

Soft Javelin

Speed Bounce

Standing Long Jump each requiring three girls and three boys

Standing Triple Jump

Vertical Jump

DATE

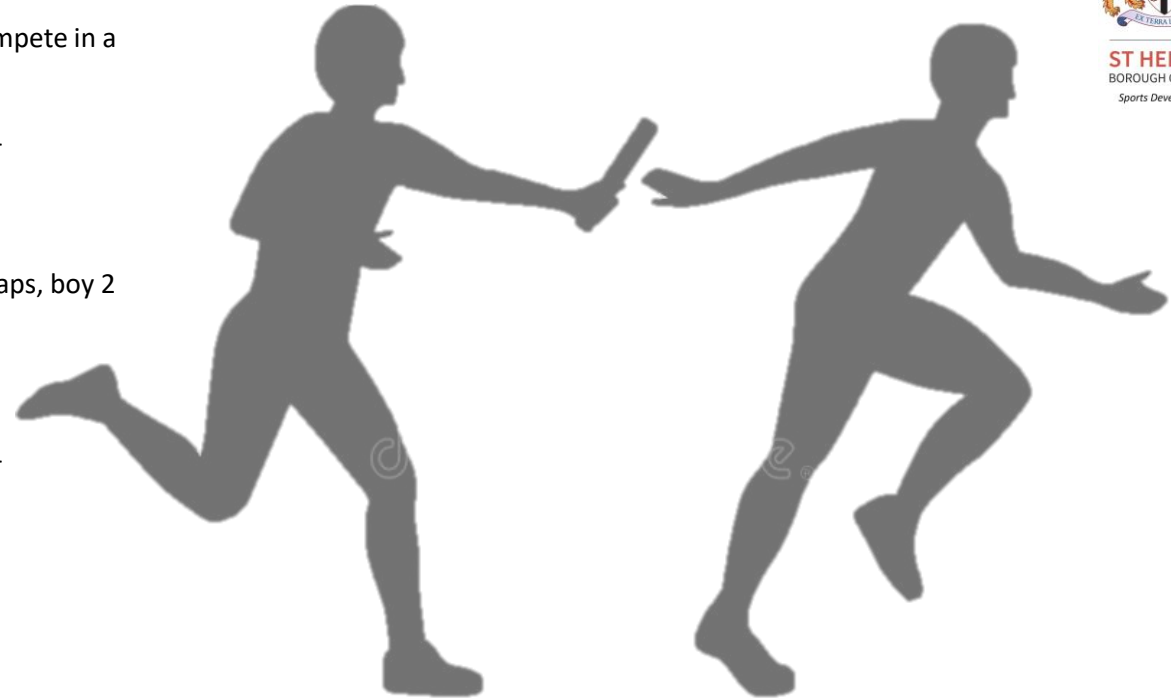
Friday 26th November, 9:30-11:30 or 13:00-15:00

Broadway Badminton Centre

Enhanced SHAPES Members



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Y5/6 BASKETBALL

INSPIRE

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.

DATES

Tuesday 7th December, 15:30-17:00
Venue TBC
Enhanced SHAPES Members



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