

ST HELENS SCHOOL SPORT EVENTS - PRIMARY



ST HELENS
BOROUGH COUNCIL
Sports Development

SUMMER TERM 2021/22



INTRODUCTION

Welcome to our event booklet for the Summer term.

It has been great to be back delivering our competitions and events during the first two terms of the year and we really appreciate the efforts that all schools made to attend despite the current circumstances in which we are working.

Now that restrictions have been eased, we are able to increase capacity at our events, close to that of before the pandemic. However, this may be subject to change should any restrictions be reintroduced.

We understand that it has been difficult for some schools to access events so far for a number of reasons but a common reason is due to available transport with a reduction in the number of minibuses available and the need for minibuses to be ready to complete the school run. Therefore, we have altered our start times of our afternoon sessions, with the majority due to finish at 14:00. Hopefully, this will remove this barrier to schools engaging. However, this will only work if schools arrive ready for the scheduled start time.

Please arrive at least 15 minutes before the advertised start time.

If you have entered an event and are unable to secure transport, please inform us ASAP so that we can offer your place to any schools that may be on the reserve list.

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

There are a number of events that we are rerunning due to high demand during the Autumn and Spring terms. Therefore, the following events will have restricted entry for those schools that did not access them in the Autumn or Spring term until Monday 18th April:

- Y3/4 Dodgeball
- Y5/6 Dodgeball
- Y3 Football
- Y4 Football
- Y5 Football
- Y6 Football

‘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



CALENDAR OVERVIEW – SPRING 1



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
w/c 18 th April				Y3/4 B Team Football	Y2 Football
w/c 25 th April	Y3/4 Dodgeball		Y5 Diamond Cricket		Y3/4 Girls Football
w/c 2 nd May		Y4 Diamond Cricket	KS1 Multi-Skills		Saints Y3/4 Festival @ Portico
w/c 9 th May	Y1 Football	Saints Y3/4 Festival @ Newton	Saints Y3/4 Festival @ Thatto	Saints Y3/4 Festival @ Haydock	Saints Y3/4 Festival @ Haresfinch
w/c 16 th May	Saints Y3/4 Festival @ Blackbrook	Y3/4 Mini-Red Tennis	Saints Y3/4 Festival @ Clock Face	Y6 Diamond Cricket	Y5/6 Girls Football Saints Y3/4 Festival @ Pilks
w/c 23 rd May	Y5/6 Handball	KS2 Swimming Gala	Y5/6 Mini-Orange Tennis		



CALENDAR OVERVIEW – SPRING 2



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
w/c 6 th June			Y5/6 Rounders	Y5/6 Netball	Y5/6 Ultimate Frisbee
w/c 13 th June	Y6 Football	Y4 Cricket	Wargrave Trophy - Saints	Y6 Girls Cricket	Y5/6 Girls Football
w/c 20 th June (NATIONAL SCHOOL SPORT WEEK)		Y3/4 Commonwealth Multi-Skills	Y5/6 Commonwealth Multi-Skills	Y1/2 Commonwealth Multi-Skills	
w/c 27 th June	Y6 Cricket	Y5/6 B Team Football	KS1 Gymnastics	Y5/6 Quadkids	Whittle Cup - Saints
w/c 4 th July	Y3 Football	Y5 Cricket	Y3/4 Quadkids		Y1/2 Girls Football
w/c 11 th July	Reception Football	Y5 Football	Y5/6 Dodgeball	Y4 Football	Y3/4 Girls Football
w/c 18 th July	Y5/6 Football League				



ATHLETICS (YE/4)

ASPIRE

INTENT: To engage new audiences

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

INFO

QuadKids' is a simple 4 event athletics format for teams of 4 or 5 boys and 4 or 5 girls from any combination of Y5/6. It includes a 50m sprint, a 400m race, a 'Vortex Howler' throw and a standing long jump for all team members.

Athletes are scored on each event against standard point's tables and the aggregate 4 event total gives the team score. This score is taken from the best 4 boys scores and 4 best girls scores from the team.

Each competitor must wear the individual number/information assigned to them and their school, which will be provided on the day, on the front of their tops.

PLEASE NOTE:

1. **ALL** Competitors enter each event.
2. A competitor must enter the events in the correct order, which is shown on the rotation sheet provided.
3. In the **FIELD events competitors will have 3 attempts** (if time permits) recording their **Best** distance. The number of practice attempts will be left to the discretion of the staff at each event.
4. When pupils are not taking part in a track event they **MUST** leave the track/field arena and remain within the spectators' area until called by the Marshalls for their race.

DATE

Wednesday 6th July – 12:00-14:00
Sutton Academy
Enhanced SHAPES members

AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND



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ATHLETICS (Y5/6)

ASPIRE

INTENT: To engage new audiences

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

INFO

'QuadKids' is a simple 4 event athletics format for teams of 4 boys and 4 girls from any combination of Y5/6. It includes a 75m sprint, a 600m middle distance race, a 'Vortex Howler' throw and a standing long jump for all team members.

Athletes are scored on each event against standard point's tables and the aggregate 4 event total gives the team score. This score is taken from the best 4 boys scores and 4 best girls scores from the team.

Each competitor must wear the individual number/information assigned to them and their school, which will be provided on the day, on the front of their tops

PLEASE NOTE:

1. **ALL** Competitors enter each event.
2. A competitor must enter the events in the correct order, which is shown on the rotation sheet provided.
3. In the **FIELD** events competitors will have **3** attempts (if time permits) recording their **Best** distance. The number of practice attempts will be left to the discretion of the staff at each event.
4. When pupils are not taking part in a track event they **MUST** leave the track/field arena and remain within the spectators' area until called by the Marshalls for their race.

DATE

Thursday 30th June – 12:00-14:00
Sutton Academy
All SHAPES members

AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND



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B-TEAM FOOTBALL

INSPIRE

INTENT: To engage new audiences

TARGET GROUP: Pupils who do not play football outside school and who do not make your school first team

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

Y3/4 'B' Team Football – Thursday 21st April, 12:00-14:00

Sutton Academy

Enhanced SHAPES Members

(AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND)

Y5/6 'B' Team Football – Tuesday 28th June, 12:00-14:00

Ruskin Drive

Enhanced SHAPES Members



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COMMONWEALTH MULTI-SKILLS

CELEBRATE

INTENT: To engage new audiences

TARGET GROUP: Pupils who do not engage positively in PE lessons due to lacking confidence and competence or pupils who have never represented school before in any school sport events or competitions

INFO

Rotational circuit stations designed to focus on traditional sports and activities from different Commonwealth countries

Activities will be modified to be age appropriate

Information of what activities will be delivered for each event will be shared prior to the events

DATES

Y3/4 – Tuesday 21st June, 10:00-11:30 or 12:30-14:00

Newton Health & Fitness
All SHAPES members

Y5/6 – Wednesday 22nd June, 10:00-11:30 or 12:30-14:00

Sutton Academy
All SHAPES members

**(AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE,
UNFORTUNATELY NO PARENTS CAN ATTEND)**

Y1/2 – Thursday 23rd June, 10:00-11:30 or 12:30-14:00

Ruskin Drive
All SHAPES members



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CRICKET

ASPIRE

INTENT: To engage new audiences

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

***Please note – if you are entering the Y4, Y5, or Y6 Diamond Cricket events on the next page, please select a different group of pupils to attend the Diamond Cricket events.**

INFO

Each team bats for 8 overs (1 over is 6 balls)

Pupils bat in pairs for 2 overs, swapping ends at the end of each over

Players can be out in by:

- the ball hitting the stumps directly from the bowler
- the batter striking the ball and a member of the fielding team catching the ball before it touches the floor
- the fielding team throwing the ball and it hitting the wickets whilst the batters are running between the wickets

There is now LBW so if a player attempts a to strike the ball and it hits their legs, they are not out

Every player must bowl 1 over per game and must attempt to bowl overarm

TEAM/SQUAD SIZE

Y4 & Y5

8 on the pitch with up to 10 in the squad

Each team **MUST** have 4 boys & 4 girls on the pitch at all times

Y6

8 on the pitch with up to 10 in the squad

This can be any combination of boys and girls and can be made up of all boys or all girls

Y6 Girls

8 on the pitch with up to 10 in the squad

All pupils **MUST** be girls

DATEs

Y4 – Tuesday 14th June, 10:00-14:00
Newton Cricket Club
Enhanced SHAPES members

Y6 Girls – Thursday 16th June, 10:00-14:00
Ruskin Drive
Enhanced SHAPES members

Y6 – Monday 27th June, 10:00-14:00
Ruskin Drive
Enhanced SHAPES members

Y4 – Tuesday 5th July, 10:00-14:00
Rainhill Cricket Club
Enhanced SHAPES members



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DIAMOND CRICKET

INSPIRE

INTENT: To engage new audiences

TARGET GROUP: Development of cricket skills in a fun environment

***Please note – if you are entering the Y4, Y5, Y6 or Y6 Girls Cricket events on the previous page, please select a different group of pupils to attend the Diamond Cricket events.**

INFO

Four stumps are placed with approx. 10 meters to the centre in a diamond. There must be an equal distance between the four wickets. In the middle place a cone.

The fielding team choose one bowler who is placed on the centre cone in the middle of the diamond as the bowler.

The first four batters go to a set of stumps each – always ready to hit the ball. The bowler bowls the ball at any set of stumps – batters can run if they hit or miss the ball. All four batters run at the same time – in an anti-clockwise direction – with no overtaking.

One run is scored for each rotation (i.e. the whole way round is 4 runs).

The fielding team must collect the ball quickly and throw it to the centre of the diamond to the bowler. As soon as the bowler receives the ball back s/he can bowl it again so the batters always need to be ready

Players can get “out” 2 ways. Bowler bowls and hits the stumps. Fielders cannot get a batter out by hitting the wickets, or batter hits the ball in the air and fielder catches the ball. You replace the person who gets out. Players must bat in order as once you are out, you go back to the end of the batting line.

An innings will last for 8 minutes and the batting team continue to bat throughout that time.

TEAM SIZE – 8 (4 boys and 4 girls)

SQUAD SIZE – 10

DATES

Y5 – Wednesday 27th April, 10:00-13:00
Enhanced SHAPES members
Haydock Cricket Club

Y4 – Tuesday 3rd May, 10:00-13:00
Enhanced SHAPES members
Sutton Cricket Club

Y6 – Thursday 19th May, 10:00-13:00
Enhanced SHAPES members
Rainford Cricket Club



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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 – Wednesday 13th July, 12:00-14:00

Ruskin Drive

All SHAPES members

Y3/4 – Monday 25th April, 12:00-14:00

Ruskin Drive

All SHAPES members



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FOOTBALL (RECEPTION – Y2)

CELEBRATE

INTENT: To develop sport specific skills

TARGET GROUP: Pupils who have an interest in football

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

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

Y2 – Friday 22nd April, 12:00-14:00

Ruskin Drive

Enhanced SHAPES members

Y1 – Monday 9th May, 12:00-14:00

Ruskin Drive

Enhanced SHAPES members

Reception – Monday 11th July, 12:00-14:00

Ruskin Drive

Enhanced SHAPES members



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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

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 – Monday 13th June, 12:00-14:00
Sutton Academy
Enhanced SHAPES members

Y3 – Monday 4th July, 12:00-14:00
Sutton Academy
Enhanced SHAPES members

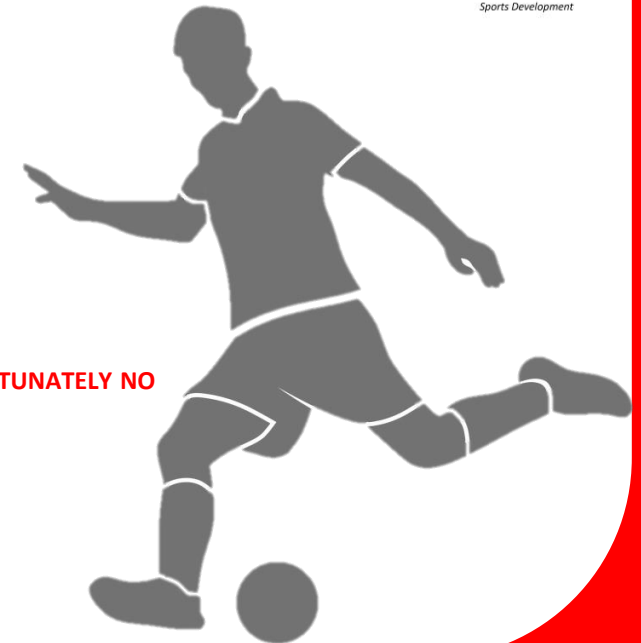
Y5 – Tuesday 12th July, 12:00-14:00
Sutton Academy
Enhanced SHAPES members

Y4 – Thursday 14th July, 12:00-14:00
Sutton Academy
Enhanced SHAPES members

Y5/6 League – Monday 18th July, 10:00-14:00
Sutton Academy
Enhanced SHAPES members



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AS THE EVENTS ARE TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND



GIRLS FOOTBALL (Y1-6)

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

Y3/4 – Friday 29th April, 12:00-14:00
Ruskin Drive
All SHAPES members

Y5/6 – Friday 20th May, 12:00-14:00
Ruskin Drive
All SHAPES members

Y1/2 – Friday 8th July, 12:00-14:00
Sutton Academy
Enhanced SHAPES members

(AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND)



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GIRLS 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

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

NOTES

This is a competitive event with medals and trophies awarded

DATES

Y5/6 – Friday 17th June, 12:00-14:00
Sutton Academy
All SHAPES members

Y3/4 – Friday 15th July, 12:00-14:00
Sutton Academy
All SHAPES members

(AS THE EVENTS ARE TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY PARENTS CAN ATTEND)



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GYMNASTICS (KS1)

CELEBRATE

INTENT: To engage new audiences

TARGET GROUP: Pupils who are not members of a gymnastics club. Pupils should be confident in engaging in sport and physical education and willing to try a new sport.

INFO

Each school can bring up to 6 pupils

The sessions will focus on an introduction to gymnastics through the use of rotational stations

DATE

Wednesday 29th June, 9:30-11:30 or 12:30-14:30
St Helens Centre for Gymnastics
Enhanced SHAPES members

DUE TO VENUE RESTRICTIONS, UNFORTUNATELY NO PARENTS CAN ATTEND



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HANDBALL (Y5/6)

CELEBRATE

INTENT: To engage new audiences

TARGET GROUP: Pupils who have not represented school in a traditional team sport event (i.e. football, netball or rugby)

INFO

Team size – 7 (must include 3 boys & 3 girls)
Squad size – 10

Players shouldn't take more than three steps while moving with the ball, doing so gives the other team a free throw

Players shouldn't be stationary for more than three seconds while in possession of the ball, doing so gives the other team a free throw

Only the goalkeeper is allowed in the 'D'

Should an attacker step in the D, play resumes from the goalkeeper

If a defender invades the D area impacting directly on the outcome of the attack, a penalty is given to the team in attack

Once a goal is scored, play restarts at the centre line

NOTES

The focus is on pupils trying a new sport, not on winning and losing. Therefore, no medal or trophies will be presented

DATE
Monday 23rd May, 12:00-14:00
Newton Health & Fitness
Enhanced SHAPES members



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MULTI-SKILLS (KS1)

CELEBRATE

INTENT: To engage new audiences

TARGET GROUP: Pupils who do not engage positively in PE lessons due to lacking confidence and competence or pupils who have never represented school before in any school sport events or competitions

INFO

Rotational circuit stations designed to focus on traditional sports and activities from different Commonwealth countries

Activities will be modified to be age appropriate

Information of what activities will be delivered for each event will be shared prior to the events

DATE

Wednesday 4th May, 10:00-12:00
Rainford High School
Enhanced SHAPES members

AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND



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NETBALL (Y5/6)

ASPIRE

INTENT: To develop different sport specific skills

TARGET GROUP: Pupils should have an understanding of the rules of netball and be confident competing against other schools.

INFO

Team Size – 5 (no WA or WD)

Squad size – 7-9

Squads can be all girls or have a maximum of 3 boys. A maximum of 2 boys are allowed on court at any time.

Players must rotate through the five positions on court (GD, GK, C, GS, GA) based on the rotation sheet.

Players can only move within the areas shown based upon the position they are playing at that time

A pass must be made within 4 seconds

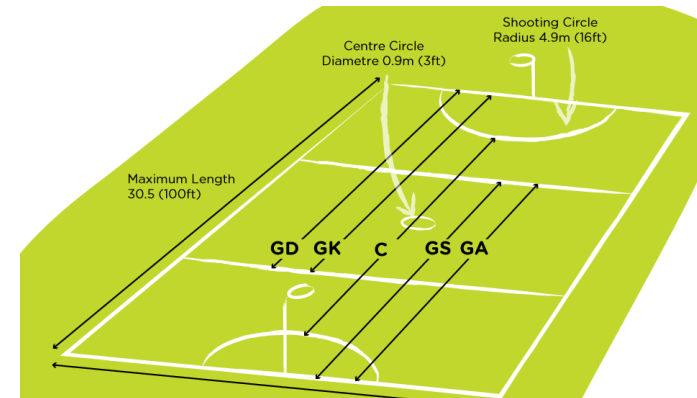
The ball cannot travel the full length of the court (i.e it cannot miss out a third)

The footwork rule applies

DATE

Thursday 9th June, 10:30-12:30
Rainford High School
Enhanced SHAPES members

AS THE EVENT IS TAKING PLACE ON A SCHOOL SITE, UNFORTUNATELY NO PARENTS CAN ATTEND



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ROUNDERS (Y5/6)

ASPIRE

INTENT: To develop different sport specific skills

TARGET GROUP: Pupils who do not regularly represent school

INFO

Team size – 9 (minimum of 1 boy and maximum of 5 boys)
Squad size – up to 12

Teams bat for 12 good balls (a no ball will incur if the ball is not thrown in a smooth underarm action, the ball is above the batters head or below the batters knee, the ball bounces on the way to the batter, the ball is thrown wide or straight at the batters body or the bowler's foot is outside the square during the bowling action)

The batter attempts to hit the ball forward on the rounders pitch. The batter then runs around the outside of as many posts as possible before the fielders return the ball to touch the post the batter is heading for.

If the batter hits the ball backwards then they must wait at first post until the ball returns to the forward area and once it has, they can continue to run.

If the batter reaches the second or third post in one hit, the batting team scores half a rounder. If the batter reaches fourth post in one hit, the batting team scores a rounder.

A batter can wait at first, second or third post when it is not safe to run.

Once a player has made it around all bases, they rejoin the batting line and wait for another turn.

A batter is out if the fielding team catch the ball hit by the batter before it touches the ground or by touching the post the batter is heading to with the ball before the batter reaches it.

MODIFICATION

Golden Ball – each school will have one golden ball in their batting innings that they can use at any point. This will double the teams score at the end of that ball if they score a rounder or ½ rounder (i.e if the team are on 6 runs and then score ½ rounder on their golden ball to take them to 6 ½ runs, their score would then double to 13 runs. If the team do not score, they will remain on 6 runs).

DATE
Wednesday 8th June, 10:00-13:00
Ruskin Drive
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 and maximum of 5 boys and 5 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 Relay

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 24th May, 13:45-16:00

Queens Park Leisure Centre

Enhanced SHAPES Members

DUE TO VENUE RESTRICTIONS, UNFORTUNATELY NO PARENTS CAN ATTEND



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TENNIS (YE/4 & Y5/6)

INSPIRE

INTENT: To develop different sport specific skills

TARGET GROUP: Pupils who are interested in tennis and have the coordination to succeed in playing

INFO

Team size – 2 boys and 2 girls

Players compete in a timed match

Full rules will be shared before the event

DATE

Y3/4 – Tuesday 17th May, 12:00-14:00

Venue TBC

All SHAPES members

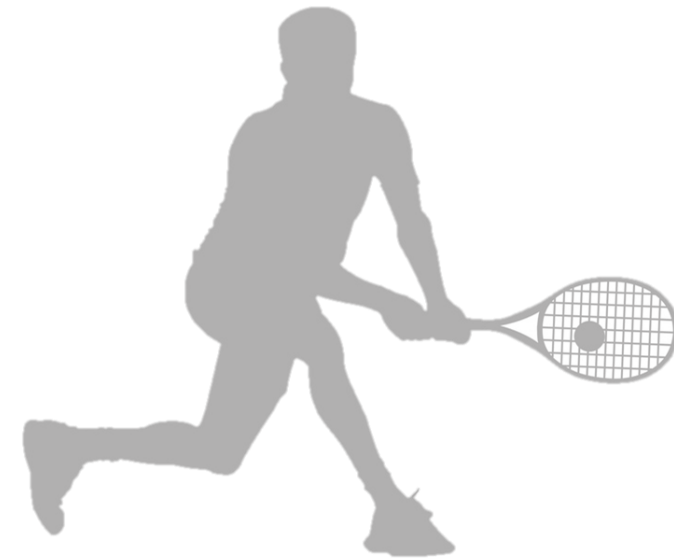
Y5/6 – Wednesday 25th May, 12:00-14:00

Venue TBC

All SHAPES members



ST HELENS
BOROUGH COUNCIL
Sports Development





ULTIMATE FRISBEE (Y5/6)

ASPIRE

INTENT: To engage new audiences

TARGET GROUP: Pupils who want to represent their school in a competitive event but have had very little opportunity to do this previously.

INFO

Team size – 7
Squad size – 10

Mixed teams (minimum 3 boys & 3 girls on court at all times)

Players must throw the disc in any direction to their teammates

Players must not move while in possession, only pivot on the spot and have 8 seconds to make a pass

Scoring is by catching the disc in the opponent's endzone

Non-contact sport with possession changing whenever a throw is incomplete (hits the floor, caught by other team, knocked to the floor by other team)

MODIFICATIONS

Self-Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes

Spirit of the Game – Ultimate Frisbee relies upon a Spirit of the Game that places the responsibility for fair play on every player. There are no referees. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play

DATE
Friday 10th June, 12:00-14:00
Newton Health & Fitness

