

Derbyshire
Sport



Intra School Based Competitions Ideas

and

Intra School Guide
to starting up
Step by Step



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Intra School Guide to starting up Step by Step

Step One

Load up the CDROM that came with the booklet and open the excel documents to see which scoring system you wish to use. There are different score systems for a variety of activities, you can be creative and make your own!

- Once you have chosen your score card print it off
- Laminate it to look like the ones below.



Step Two

Once you've printed off the score cards, now print off the floor points cards, these are big A4 pages with either a number 1, 3 or 5 (and are shown on the next photo next the bucket/box) laminate these sheets too. You can change the points to whatever you like and even link it to your numeracy and have 1.3, 3.3 and 5.3 or 1000, 1500 and 1750.

Step Three

Set up, this game is called 'bucket challenge' and is set up with two cones to mark out where you need to throw from with 5 bean bags in-between. There are three buckets each with a score next to the bucket.



Step Four

Have pupils taking their turns and then filling in their score cards, here box number one is being aimed for.



Step Five

Use your dry wipe markers to record your score on your score card.



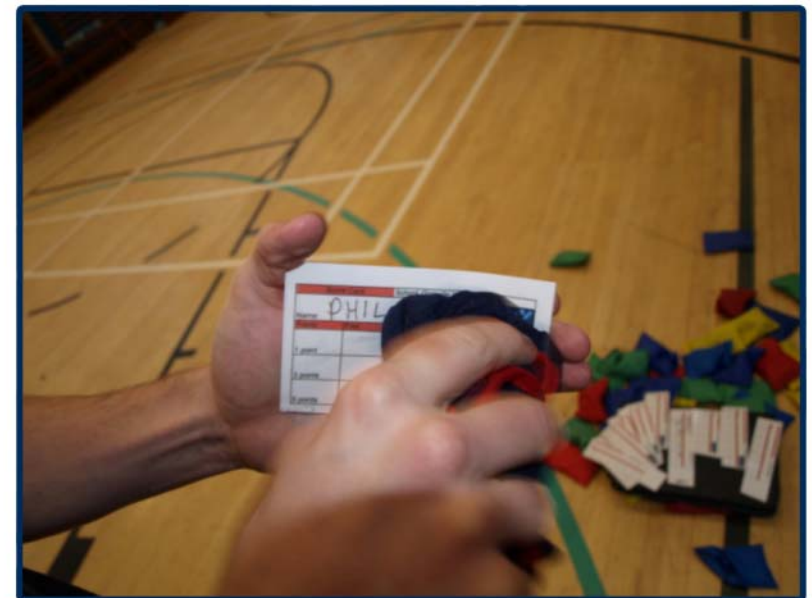
Step Six

Take your scores back and input them onto the database next to your name.

Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Total
Phil	1	1	1	1	1	5
Edward	0	1	1	1	0	3

Step Seven

Once you have your scores on the computer, wipe the card to remove the marker and store safely to use again.



Write up your own ideas and good practice...



Intra School Based Competitions Ideas

Intra - School Based Competition Ideas

- Has been designed not to complicate PE or informal activity but supplement the existing provision through enjoyable activities
- Based on a simple scoring system using multi skill development activities
- Activities have been adapted to fit around PE schemes of work
- Activities are fun and children find them challenging but enjoyable
- Main outcome is that children are challenged, have fun and can work on competition either individually, in pairs or class
- Scoring mechanism can be adapted to whatever you wish, use your imagination and be creative!
- ICT database captures scores and give pupils scores and graphs to plot and show progress
- Database has been managed and inputted by children at KS1
- Score cards can be used once, twice, weekly, yearly, wherever they fit into your PE lesson or informal activity

What You Will Need

- Bean bags, by the plenty depending on which activity and amount of children
- Hoops for floor targets
- Floor markers
- Balls
- Laminated point markers
- Laminated score cards
- Dry wipe markers
- Imagination

Contents

The package has been put together to help and give examples of how the score cards can work and the type of activities available. These are only examples and I would stress that you should be creative and “have a go” to see if things work or allow your pupils the opportunity to design activities that they can score themselves on.

- Gymnastics balance
- Throwing
- Rolling
- Football
- Athletics
- Racket Skills
- Throw Golf

Gymnastics / Balance



Activity One – Walk the plank!

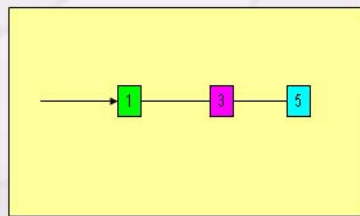
Using a line on the floor, have children walk with a bean bag on their head along the line, once they go passed the scoring marker they receive the points. Walk all the way to get the full five!

Score Card

Have three to five attempts, score yourself on each attempt

Equipment

- Throw down strips or line
- Bean bag
- Score cards
- Floor point cards



Differentiation

Harder

- Place cones on the floor for children to walk over
- Get them to touch the floor with their hands on each point marker

Easier

- Have the points markers closer together
- Don't use bean bag

Activity Two – Balancing Beans!

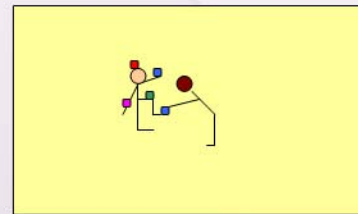
Have your children working in pairs. As one pupil balances on one foot the other pupil has to balance 5 bean bags on different parts of the body! You score points depending on how many bean bags you have left on your body after 10 seconds.

Score Card

Have three to five attempts score yourself on each one. Have attempt one as a one point balance, attempt two as a two point balance etc. Discuss the difference between them.

Equipment

- Bean bags
- Score cards
- Floor point markers



Differentiation

Harder

- Use different equipment e.g. Coytes
- Have pupils balance in a more challenging position e.g. 'The Superman' pose.
- Increase the time pupils have to balance

Easier

- Have fewer bean bags to balance
- Try different point balances for more stability
- Shorten the time of the activity

Activity Three – Bottom Beans!

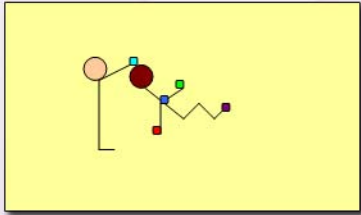
Again in pairs, have one pupil sitting on their bottom without legs or feet touching the floor. The partner has to place 5 bean bags on their body for 10 seconds. You score points depending on how many bean bags you have left on your body after 10 seconds.

Score Card

Have three to five attempts and then mark your score down

Equipment

- Bean bags
- Score cards
- Floor point markers



Differentiation

Harder

- Have pupils stretching arms and legs away from their body
- Have pupils separate their legs and stretch away from their body
- Increase the time of the activity

Easier

- Bring arms and legs closer to the core of the body
- Use fewer bean bags
- Balance for a shorter time



Throwing

Activity One – Hoopla

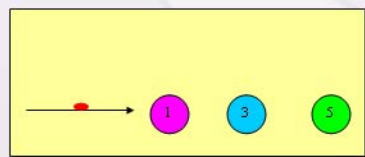
Pupils have three bean bags and have to throw the bean bag into the target. The further away the hoop the more points you'll score. You can also use the score card the shows which target the child is going for and have three throws on each one.

Score Card

Have three to five attempts to score and then mark your score after each throw. Have a column for the one point, column for three and five, have three attempts on each one to see the range and accuracy of throwing.

Equipment

- Bean bags
- Hoops
- Score cards
- Floor point cards



Differentiation

Harder

- Move the hoops further away
- Have smaller hoops or similar for the targets
- Have a bench in front of each target

Easier

- Have bigger targets for all the scoring
- Bring the hoops closer

Activity Two – King of the Castle

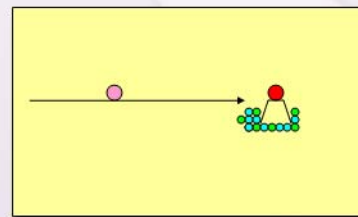
Pupils have three attempts to throw the ball either over or underarm to hit the King of his Castle. Using a ball as the King, place this on top of a safety marker/cone and protect him with bean bags as the moat. You'll score 1 point per hit (the King doesn't have to come off the cone).

Score Card

Have three to five chances to hit the king and score you attempts. Alternatively have three to five different throwing areas of varied lengths to show accuracy on their throw. Again, mark down after each throw.

Equipment

- Bean bags
- Cones
- Balls
- Score cards
- Floor point markers



Differentiation

Harder

- Use a smaller ball
- Move the King further away

Easier

- Bring the King closer
- Use a bigger ball to make the target easier

Activity Three – Bucket Challenge

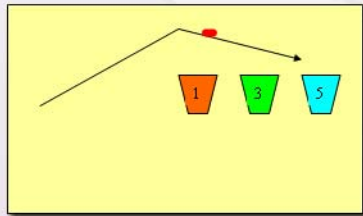
Using buckets or boxes pupils have to throw the ball and aim to throw the ball into the box. The first bucket is scored as one point, second bucket is worth three points and third bucket is five points.

Score Card

Have three to five attempts and score each one. Have three attempts on the one point bucket, three on the two bucket etc. Have different throwing areas to assess the ability of the pupils throwing.

Equipment

- Bean bags
- Buckets or boxes
- Score cards
- Floor point cards



Differentiation

Harder

- Have the targets further away
- Move the targets so they are not in a direct line

Easier

- Bring the buckets closer together
- Use bean bags instead of balls



Rolling

Activity One – King of the Castle

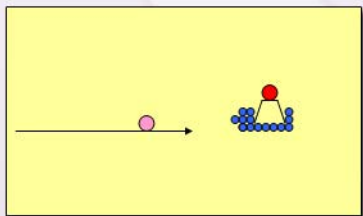
Pupils have three attempts to hit the king of the castle. Place a ball on top of a cone and surround it with bean bags to represent a moat. Pupils have to roll their balls to hit the King. They score one point per hit and do not need to knock him off!

Score Card

Have three to five attempts and score each one. Alternatively, have different sized balls and have one or two throws on each.

Equipment

- Safety cone
- Balls
- Bean bags
- Score cards
- Floor point markers



Differentiation

Harder

- Have a smaller King
- Move the King further away
- Have points scored for 1st hit = 1pt, 2nd hit = 3 points, 3rd hit = 5 points all consecutive throws

Easier

- Don't have a bean bag moat
- Have a bigger ball to roll
- Have a line to roll along that leads to the King

Activity Two – Skittles

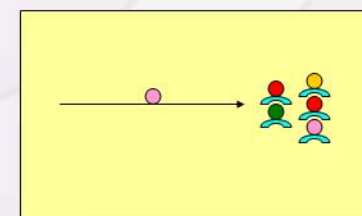
Place five balls on top of cones and use them as skittles. The pupil has to pass the ball in an attempt to knock off as many balls as possible. Give the children 3 attempts to knock off all the balls and score themselves.

Score Card

Have three attempts to knock the balls off, mark your score after each shot. Or, have two shots on your left and two on your right.

Equipment

- Safety cones
- Balls
- Score cards
- Floor point cards



Differentiation

Harder

- Move the cones away from each other
- Have smaller balls on top of the cones

Easier

- Move the cones closer together
- Have bigger balls on top of the cones

Football Skills

Activity One – Passing Through the Cones

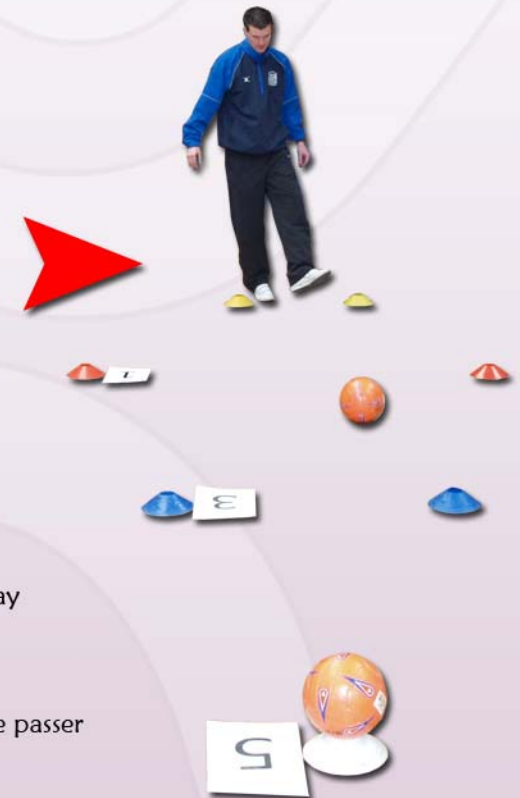
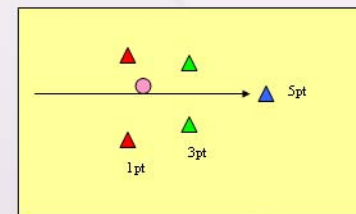
Pupils have to pass the ball through a set of gates to hit the cone at the end. The gates get progressively smaller with the first gate scored as one point, the second as three points and to hit the cones is five points. Have three to five goes and mark your score down.

Score Card

Have three to five attempts and mark your score after each one. Have a three left foot attempts and three right foot attempts.

Equipment

- Cones
- Balls
- Score cards
- Floor point cards



Differentiation

Harder

- Bring the gates closer together
- Move the last cone further away

Easier

- Move the gates further away
- Bring the last cone closer to the passer

Athletic Activities

Activity One – Standing Long Jump

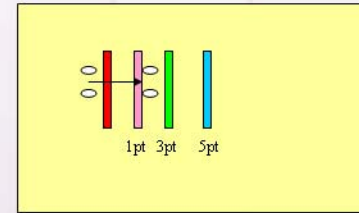
Have your pupils standing with their feet on a line ready to jump forwards. Place three floor markers on the floor. Pupils jump over the markers and gain the points for the strips they jump over.

Score Card

Have three attempts and mark your score down.

Equipment

- Throw down lines
- Score cards
- Floor point cards



Differentiation

Harder

- Have the strips further away
- Include strips for points two and four

Easier

- Bring the strips closer together

Activity Two – High Jump

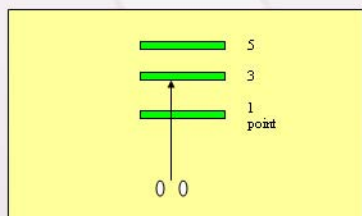
Have some markers on the wall that the pupils have to jump and try and reach the markers on the wall. The marker they are closest to are the points they will receive.

Score Card

Have three attempts and mark your score down.

Equipment

- Marks on the wall
- Cones
- Wall points cards



Differentiation

Harder

- Have the markers further apart

Easier

- Bring the markers closer to the floor

Activity Three – Hurdles

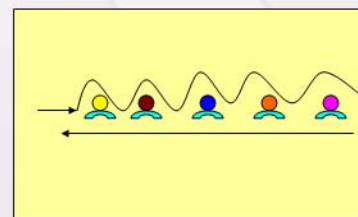
Place five big balls, footballs would be ideal, on top of safety cones. Pupils have to run over the balls without knocking any over. If you knock off a ball you lose a point. Maximum of five points can be scored!

Score Card

Have three attempts and mark your score down

Equipment

- Safety cones
- Balls
- Score cards
- Floor points card



Differentiation

Harder

- Have the cones further apart to work on the running pattern
- Have bigger balls

Easier

- Take the balls off and only use the cones
- Have the cones closer together

General Racket Skills

Activity One – Cone Run

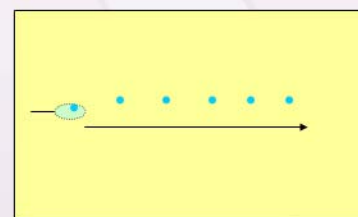
Pupils have their racket in their hand similar to the egg and spoon race. They have to run passed the cones and back to the start. Each successful cone passed without dropping the ball, shuttle, bean bag will result in one point.

Score Card

Have three attempts and mark your score down. Time your go, 10 seconds on the first, 20 on the second etc. Have different “eggs” ball, bean bag etc.

Equipment

- Safety markers/cones
- Racket and ball
- Score card
- Floor point cards



Differentiation

Harder

- Have pupils going around each cone
- Have someone timing each run – 15 seconds to complete

Easier

- Use heavier equipment to balance – coyte
- Bring the cones closer together

Activity Two – Stair or Chair Challenge

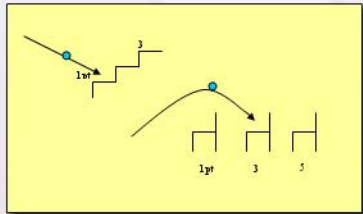
The aim of this is to see if pupils can accurately land the ball or shuttle onto the stairs or chair. Having three to five chances pupils are scored depending on the chair they hit or how high up the stairs they go.

Score Card

Three to five chances and mark down your score. Have specific aiming sections and have two chances on those. Have activity one as the stairs and activity two as the chairs.

Equipment

- Racket and Ball
- Score cards
- Floor point cards
- Stairs or chairs



Differentiation

Harder

- Have varied distances from where the children must take their shot from
- The ball or shuttle must land on the object to score
- Place a blank step or chair in-between each point scored
- Have bonus points for landing on smaller letters of the alphabet
- Have the bucket challenge as a different accuracy game

Easier

- The object has to touch the object to score the points
- Bring the points closer together



Throw Golf

Course One - Par 4

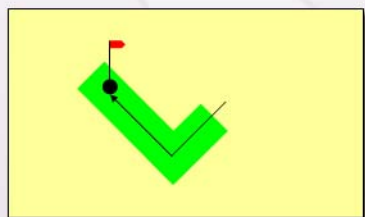
Either using a hall or playground have your children design a course using cones, gym mats for lakes, benches for sandpits etc. The aim is to throw a bean bag or ball around the course without it leaving the fairway. Par your hole and score points depending on how many throws you have left.

Score Card

Have one, two or more holes set up. Have one scoring box that pupils write in their final throwing score. Put this next to the par score and then a total score for them to work out.

Equipment

- Cones
- Bean bags or ball
- Score cards
- Par score for each hole



Differentiation

Harder

- Have the par of the hole lower
- Use more obstacles and lose one shot if you hit something

Easier

- Higher par on the hole
- Easier course

Course Two – Over the Hedge

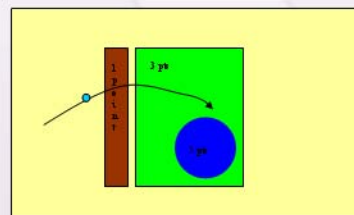
The aim for this drill is to aim to get the ball over the bench and into the pond behind. The pupils will score points for getting the ball over the bench, in the garden or in the pond.

Score Card

Have three to five attempts and mark your score after each throw.

Equipment

- Bench
- Coned off area
- Hoop
- Racket and Ball
- Score cards
- Floor point cards



Differentiation

Harder

- Move where you are hitting to further away
- Have a smaller hoop
- Have more benches

Easier

- Hit the ball closer to the bench
- Have a bigger hoop
- Have a bigger "garden" area

Score Cards

The score cards have been designed are saved in the master excel sheet in various formats. The score cards can and should be used to supplement and support your PE and school sport. There are many benefits t using the score cards and these are listed below:

- Gives individual targets for children
- Children have a sense of pride when scoring themselves
- It increases self esteem within children when they see themselves doing well
- It brings in cross curricular links with PSHE, Citizenship skills, ICT, Maths and Literacy.
- Pairs and group work
- Helps with teacher reflection
- Can help with the assessment of pupils

The score cards are easily produced, cheap and loved by the children. Explore and experiment with different ideas and scoring mechanisms. You can even give your score card system to your pupils and get them to design the drills, points system, database and management

ICT Database

Again the ICT database can be used depending on your needs. It has been designed as an outline of what you can do but isn't a "you must do it this way" approach. This database has been used by pupils in Year Two who were able to locate their names, input their score,, label the axis on the graph and finally print of graphs. The database is useful as it can be used and developed through any ICT lessons you may have.

Again, it was developed to

- Created to allow for pupils to enter their own score
- Can print off individual scores
- Run league tables
- Track pupils progression throughout their years at school
- Have cross curricular links with many subjects

Inputting Scores onto the Database

The database can be used as your class database or a guide that you can use and change or let your children design.

- Work out what you will be scoring and title the page accordingly

Activity 1					Week 2				
Name					Name				
	First	Second	Third	Total		First	Second	Third	Total
Cane					Cane				
Lewis					Lewis				

- If you are scoring two activities have two separate sections one labelled activity one and the other activity two
- Select the how many columns you need per activity and label 1st – 5th or however you see fit
- Input your children's names in activity one, then copy these into activity two (SEE EXCEL DATABASE – CLASS DATABASE)

Printing off Graphs

- Left click on the name of the person you wish to print

Week 2					
Name					
	First	Second	Third	Fourth	Fifth
Shelly	1	1	1	1	

- Keep your finger down and drag to highlight all those persons scores
- Click on the "Chart Wizard"



- Click next, and next again
- Input the word 'throw' or 'roll' into your X axis and 'score' into your Y axis
- Click next and then select as a new sheet
- Finish
- Then file and print

Write up your own ideas and good practice...

**COMPETITION
MANAGERS**



*I have received stories and lessons of
good practice, if you have had success
and would like to share your successes
please share them with me (contact
details below)*

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