ENGAGE

SCHOOL GAMES

Breckland SSP

BASKETBALL CHALLENGE

DATES 26th April - 30th April

Theme - ENGAGE

These events are non-competitive and focus on targeting pupils who benefit from being physically active.

Event / Challenge

Three fun Basketball activities focussing on these skills - passing, dribbling & shooting.

Year groups

Year 3,4,5 & 6

Where?

Why not try each of the challenges in PE lessons, before putting together a Mini-Olympic themed festival where pupils compete in an intra-school competition?

Leadership Opportunities

Engage leaders by:

- Using leaders to lead part of the session (warm up/cool down).
- Using leaders to demonstrate tasks.
- Using leaders to time the activities.
- Using leaders to record results.
- Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

SCHOOL GAMES **VALUES**

During each School Sport Partnership experience pupils are challenged to demonstrate the School Games values.

Determination - Never giving up on trying to achieve your goals. Putting in 100% even at difficult times and being the very best they can be.

Passion- Giving it 100%, putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.

Respect- For the referee, for the opposition, for your teammates and for yourself. Treating others politely and with understanding.

Honesty- With others and with yourself. Have the courage to do what you know is right.

Self-Belief- Have belief in yourself and confidence to succeed and reach your personal best.

Teamwork- Treating everyone equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and be a positive team player.

Getting started

1. Familiarise yourself with the activities.
2. Gathering any equipment that you may need.
3. Make any adaptations needed (see below).
4. You may want to keep track of the pupils scores for each challenge or just allow pupils to focus on achieving their personal best. We will not ask for any scores to be submitted back to us.

BRECKLAND SCHOOL SPORT PARTNERSHIP

Challenge 1 - BULL IN THE RING

Five players stand in a circle with one player in the middle. The challenge is for the player in the middle to intercept passes being made by those on the outer ring.

Equipment required

- A ball or soft object to throw.

Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.
- Make all players aware of each other's movement capabilities.

How to play

- Find a big enough space for five players to stand in a circle with one player in the middle.
- Players should not stand too far away from each other, about an arm's width either side is sufficient. How many passes can the outer ring make before the ball is touched by the player in the middle?
- Players on the outside cannot pass to the person next to them.
- Ensure different players get a go at being in the middle.
- Record the scores of teams and record personal bests.

Think Inclusively (STEP) !

Space - Increase or decrease the size of the circle to support play; for example, a larger circle provides more reaction time but makes it harder for the interceptor.
Task - Vary types of pass; for example, bounce or chest passes only gives the interceptor more chance to touch the ball.
Equipment - Vary ball size; for example, a smaller ball is harder to intercept.
People – Calling for the ball can provide verbal guidance for visually-impaired players. Also, adding more interceptors will increase the challenge for the passers.

TOP TIPS–

⇒ Physical me - Use two hands. Step into the pass. Look at where or who you are passing the ball to. Social me Leading and volunteering. Demonstrators could show the challenge to others. Scorers could record the scores of teams and run the league.

⇒ Thinking me - How can we stop the person in the middle intercepting the ball? Can I have an idea of where I will pass the ball before I receive it? When I play in the middle, how should I move to give myself the best chance of intercepting?

⇒ Sporting me - Shall we make a team chant at the beginning to get motivated for the challenge?

⇒ Tactical me - Can I talk with the others to develop a way of playing that involves quick passing and keeping possession?

Challenge 2 - DRIBBLE RELAY

An excellent slalom challenge for improving dribbling with a slalom course designed by young people.

Equipment required

- Markers and one ball per person or per group.

Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.

How to play

- Get the players to place the cones 3m apart from each other.
- After the first challenge players could design their own course.
- Players take it in turns to dribble in and out through the course of cones set out.
- Dribble out and back.
- Players complete the course as quickly as possible.
- This could be a team or individual challenge.

Think Inclusively (STEP) !

Space - Increase or decrease the total distance; mobility impaired players can cover shorter distance. Also, increase or decrease gap between cones depending on ability or space needed.
Task - Wheelchair players use 'two pushes, one bounce' rule. Also, players with restricted movement can carry the ball and bounce and catch at each cone.
Equipment - Taller cones or posts will be seen more easily by manual or powerchair users.
People - Visually-impaired players can have manual or verbal guidance around the course.

TOP TIPS–

⇒ Physical me - Keep hand on top of the ball. Push the ball down – don't slap it. Look ahead and not down at the floor. Social me Leading and volunteering. Scorers and timekeepers can record the time for each player. Equipment managers could design different slalom courses.

⇒ Thinking me - What would be a really good time for the course? How can I do a controlled quick turn?

⇒ Sporting me - I know I can gradually improve my times even if the courses get more difficult.

⇒ Tactical me - It is worthwhile to slow down before a turn. I can then keep control of the ball at all times.

Challenge 3 - BASKETBALL GOLF

A golf type challenge where players shoot from different places around the basket to complete a 'round'. Players work to try to score better than 'par'.

Equipment required

- Floor markers, or cones.
- One ball per person.
- Hoop or target.

Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.

How to play

- Place floor markers or cones at various points around the basket or target. Players must score a basket at each 'hole' to complete the round.
- Each hole can be given a 'par'. This means setting a number of shots at each hole, e.g., hole one could be a par 3. If it takes three attempts, they would score par!
- The total number of attempts to complete the round is the player's score. The aim is to get the lowest score.
- If there is no basket, use another target e.g., on the wall.
- Set up multiple stations so lots of people can enjoy the challenge at once.
- Use a partner to collect the rebound.

Think Inclusively (STEP) !

Space - Increase or decrease the distance from the markers to the basket according to ability.
Task - Vary the number of holes to be completed.
Equipment - Provide alternative targets if the regular basket is not appropriate; for example, a tripod basket or a large box on the floor beneath the hoop.
People - A caller beneath the hoop can provide verbal guidance for visually-impaired players.

TOP TIPS–

⇒ Physical me - Aim at and follow through towards the target. Drive up through the body. Fingers should point towards the target after the ball is released.

⇒ Thinking me - It would be fantastic to score less than par. How can I do that? I need to find the areas where I find it easiest to score. If the first shot misses, how can I learn from it to make the second go in?

⇒ Sporting me - If shooting with somebody else we will take it in turns.

⇒ Tactical me - I will have a good look at the course and set myself target scores from each position

Class result sheet

	Pupils Name	Bull In The Ring (Best Team Score)	Dribble Relay (Best Team or Individual Time)	Basketball Golf (Lowest Individual Score)
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2				
3				
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30				

Pupil recording sheet

Station	Best Score achieved
Bull In The Ring (Team Score)	
Dribble Relay (Team or Individual Time)	
Basketball Golf (Individual Lowest Score)	

Pupil recording sheet

Station	Best Score achieved
Bull In The Ring (Team Score)	
Dribble Relay (Team or Individual Time)	
Basketball Golf (Individual Lowest Score)	

HOW TO ENTER

As this is an Engage themed event, we do not ask schools to submit pupils scores. We do however ask schools to complete the monitoring form on our website to let us know how many pupils took part in the challenge. **The deadline for submission is Friday 28th May.**

SCORING/ CERTIFICATES

Each time your class takes part in a weekly challenge you could reward pupils with a sticker on the class recording sheet.

Schools will be sent a participation certificate for each pupil that has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated any of the **School Games Values.**

RISK ASSESSMENT

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

SAFEGUARDING

During the Breckland SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

COVID 19

The Breckland SSP virtual challenges should be completed in accordance with your schools Covid-19 PE policy.