

PRIMARY INTRA-SCHOOL COMPETITION PLANNING GUIDE

Sainsbury's
**SCHOOL
GAMES**



PRIMARY INTRA-SCHOOL COMPETITION PLANNING GUIDE

The purpose of this guide is to support all primary school colleagues to maximise participation and involvement in the Sainsbury's School Games at Level 1 (intra-school). It helps schools plan a year of competitive activities across the curriculum, culminating with a fantastic climax at their Sainsbury's School Games Day.

NB: To use this electronic guide to its full potential, you need to ensure you are signed into your Sainsbury's School Games account on www.yourschoolgames.com

SECTION 1 – What is the Sainsbury's School Games?

With specific reference to intra-school (Level 1) competition and how it connects to Change4Life Sports Clubs

SECTION 2 – Using the Sainsbury's School Games to impact across the whole school

SECTION 3 – Delivering intra-school (Level 1) competition

Encouraging, empowering and enabling all children to be involved in a range of roles

[Link here to your Sainsbury's School Games calendar](#)



"I played a lot of house matches in school, and learned to play competitively in a range of sports. It was through this I discovered my love of hockey - finding it hard to pull myself off the playing fields! Through competition in school I was able to understand early on how to work together in a team to win, but also how to lose with grace, and it is these skills that have supported me to achieve the success I experience today."

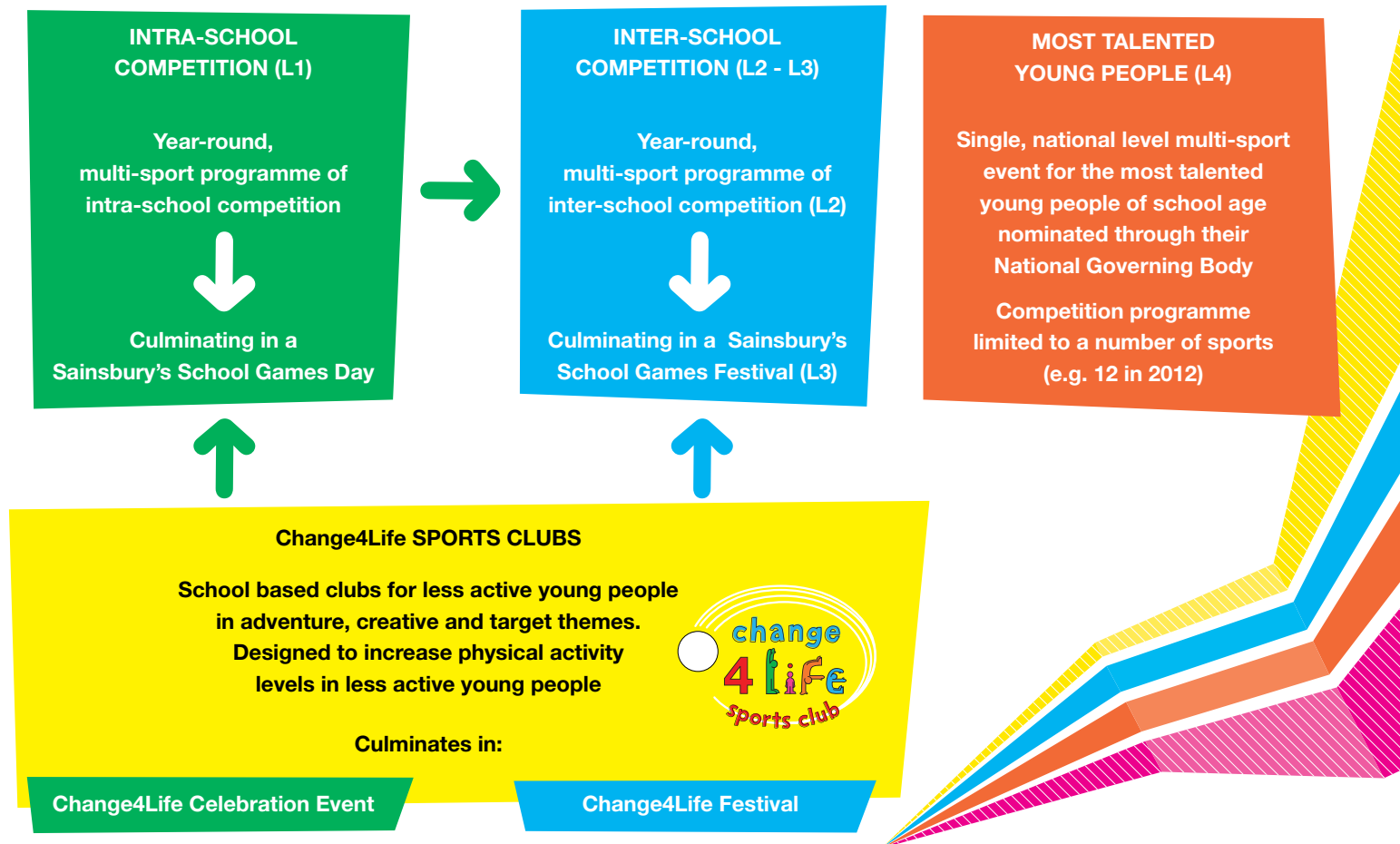
Alex Danson
Hockey bronze medallist, London 2012 Olympic Games

SECTION 1

What is the Sainsbury's School Games?

The Sainsbury's School Games is a celebration of competitive sport for all young people. It uses the Olympic and Paralympic Games to inspire primary and secondary schools to create a year-round calendar of competition.

The Sainsbury's School Games is made up of four distinct levels of competition. They are supported by the Change4Life clubs programme which provides opportunities for less active young people to develop confidence and competence to participate in the Sainsbury's School Games.



The purpose of this guide is to focus on the delivery of intra-school (Level 1) competition.

LEVEL 1

Level 1 of the Sainsbury's School Games is a fantastic platform to bring the best out of every young person through personal challenges and developing understanding of how to win and lose with grace. 38 National Governing Bodies of Sport (NGBs) have designed challenges leading to a recognisable competition in their sport helping children learn the skills of the game and achieve their personal best. For details please [click here](#).

The following expectations exist at Level 1:

- To involve and inspire as many young people as possible in intra-school competition (through inter-form/class v class/ house matches).
- To be a year-round programme to sustain young people's interest and involvement.
- To culminate in a Sainsbury's School Games Day.

- To involve young people that have previously been taking part in a Change4Life Sports Club.

Recognising that almost all schools have an intra-school competition programme, we have launched an exciting reward and recognition scheme to support and raise the national profile of schools aligning these to the Sainsbury's School Games. Visit www.yourschoolgames.com, click on your school page and tell us what's happening in your school – there are great prizes to be won each month!!

Spirit of the Games

The Sainsbury's School Games has a set of values called the Spirit of the Games. These Values focus on personal excellence through competition. There are six values that can be used to encourage young people to not only be the best sportsperson they can be, but the best person.

For details of these Values please [click here](#).

SECTION 2

Using the Sainsbury's School Games to impact across the whole school

Benefits of taking part

Our top five benefits:

- Gives your whole school the chance to get involved and to inspire teaching and learning across the curriculum.
- Helps your pupils to live the cultural and moral values of the Spirit of the Games – demonstrating excellence through competition and promoting a positive school ethos and higher achievement in your pupils.
- Raises the profile of sport in school amongst young people, parents, colleagues and the wider community.
- Engages and encourages your pupils in healthy active lifestyles.
- Offers opportunities for all young people to try a range of sports in exciting competitions.

The diagram below shows how other programmes you might be running in school can complement the Sainsbury's School Games.

Through the Sainsbury's School Games pupils can:

Healthy Me

- Feel a sense of achievement, confidence and self-worth.
- Understand the impact of sustained physical activity on their bodies.
- Build resilience.
- Become healthier and improve their fitness levels.
- Have fun and enjoy themselves.

Thinking Me

- Learn the importance of practice and preparation.
- Know when and how to express themselves positively and effectively.
- Are able to receive feedback and act upon it.
- Recognise their strengths and identify areas where they can improve.
- Learn how to set realistic goals and work towards achieving them.
- Aspire to improve and challenge themselves.
- Have fun and enjoy themselves.

Creative Me

- Can generate different ways of playing, performing, officiating.
- Try and test out ideas to improve the outcome.
- Utilise own and others' ideas and suggestions to create imaginative solutions and options.

Social Me

- Experience the opportunity to undertake a range of roles.
- Develop deeper relationships with their teachers and their peers.
- Understand and demonstrate the importance of respect for officials, peers and the rules of the game.
- Experience being part of a team and understand their contribution to it.
- Are able to use leadership skills effectively across the school.
- Learn to develop self-control and manage their emotions.
- Have fun and enjoy themselves.
- Develop wider life skills that can be applied beyond a sporting context.

Physical Me

- Aspire to improve and challenge themselves; working towards their personal best.
- Experience the opportunity to compete in a variety of sports.
- Improve their physical ability.
- Are able to practise and improve to increase performance.
- Have fun and enjoy themselves.

- **KS1 – Start to Move**
- **KS2 – TOPs programmes**
- **Active Leaders**
- **Change4Life Sports Clubs**
- **Bronze Young Ambassadors**
- **School Sport Organising Crews**

"Pupils have an in-depth understanding of how to keep healthy and they are excited to describe how they have changed their eating and exercise habits and feel healthier as a result."

OFSTED 2011 Outstanding Report

"There is a real focus on sport and activities which 'excite young minds' and ensure that pupils really enjoy coming to school."

OFSTED 2011 Outstanding Report

SECTION 2

Using the Sainsbury's School Games to impact across the whole school

Below are some examples of what your school priority areas might be.

**Develop
personal skills
and confidence**

**Improved
behaviour for
learning**

**Enhance
cross-curricular
learning**

For example the Sainsbury's School Games can provide support if your school has a focus on improved behaviour for learning: the Spirit of the Games Values could be put at the heart of your behaviour policy. If this is something you are interested in [click here](#) to see how another school put this into practice.

Other schools have:

Created a Sainsbury's School Games "pledge" to remind and reinforce to all participants of how we capture and present ourselves in competition

Established termly challenges for each year group with a focus on each of the Spirit of the Games Values

Linked images of sports performers to the Spirit of the Games Values as a stimulus for art and music lessons

Collated data from practical lessons in PE and OSHL to form numeracy lessons based on measuring and analysing performance

Developed a league table for class groups based on demonstrating the Spirit of the Games Values in all areas of the school

Created School Sport Organising Crews who conducted a school sport survey to peers to decide the competition opportunities available that academic year

Implemented cheerleaders and use of mascots to encourage spectator engagement at Level 1 events

Created young reporter teams as part of literacy lessons

Developed young leader schemes for those students at risk of exclusion giving them the responsibility of planning and delivering their Change4Life Sports Club

To do this they used a range of Sainsbury's School Games resources. To find out more about strategies to support you please click on the links below:

Spirit of the Games

**Additional roles
(Sainsbury's School
Games experience)**

**Curriculum
Competitions**

**Change4Life
Sports Clubs**

SECTION 3

Delivering intra-school (Level 1) competition

Do you currently have a structured and annual intra-school competition programme (for e.g. class v class/house competitions) being delivered in school?

YES



Do you currently have a structured and annual intra-school competition programme (for e.g. class v class/house competitions) being delivered in school?

NO



SECTION 3

Delivering intra-school (Level 1) competition

Do you currently have a structured and annual intra-school competition programme (for e.g. class v class/house competitions) being delivered in school?

YES

The following questions are designed to encourage reflection on your current provision, and provide some ideas to inspire you:

Have I considered how Sainsbury's School Games can impact across the whole of my school?

Please refer to [section 2](#) of this guide for ideas on how the Sainsbury's School Games provides opportunities to support cross-curricular learning.

Does it involve and inspire all young people in school, right through from the disengaged to my most talented?

- A School Sport Organising Crew (SSOCrew) could support you in the delivery of intra-school competition. They could survey a cross-section of young people to select sports they would like to try throughout the year.
For an example survey please [click here](#).
- Visit the NGB sports section of the Sainsbury's School Games website for ideas on how to deliver competitions across a wide range of sports [click here](#).
- Invite each player from your inter (Level 2) teams to form an intra-school team and arrange some lunchtime fixtures.
- Deliver a Change4Life Sports Club celebration event for young people that never take part in PE or school sport.
For more information [click here](#).

How else can I promote the Sainsbury's School Games in my school?

- Hold house competitions throughout the year. Why not have some vertical year group competitions in some non-sporting events too (such as music, art and journalism competitions).
- Include the competition programme as an agenda at staff meetings, and highlight the impact this can have across school. Why not also attend a Governor meeting? You may find some willing volunteers!

Make sure you (or perhaps some of your SSOCrew) actively input events and blog on your school's page of the Sainsbury's School Games website each month. As well as being entered into a monthly prize draw to win vouchers/prizes up to the value of £1000 for your school – you can also win an athlete visit on your Sainsbury's School Games Day!

- Another task of the SSOCrew at the start of the year is to promote and market intra-school competition, meaningfully engaging students!

Who currently supports me in the delivery of intra-school competition?

- [Click here](#) for more ideas on how a SSOCrew can support you in school.
- Look wider than PE to engage colleagues. For information on exciting Curriculum Competitions please [click here](#).
- Meet with your School Games Organiser and read section 7 of your School Games primary guide available via your dashboard on www.yourschoolgames.com for ideas on how to develop a wider workforce.

Did you know that by increasing the range of sports you offer, your school is eligible to apply for Sainsbury's School Games Kitemark: a national reward to schools, for their commitment to the development of competition across their school and into the community. [Click here](#) for further information.

Is my competition fully inclusive?

- Each NGB format offers you ways of adapting competitions to cater for young people with special educational needs and disabilities. For further ideas [click here](#) and liaise with your School Games Organiser and Project Ability school. Details on who these are in your area (available from October) can be found via your school dashboard. Your Change4Life Sports Club can also support those young people who are less able/less active, so look to include appropriate competition where possible.

Do I have a Sainsbury's School Games Day that is a culmination and celebration of the year of competition?

- Use this day to raise the profile of the school within the wider community. Invite local VIPs and media as well as parents and showcase everything the school has to offer. For ideas on what your Sainsbury's School Games Day could include, please [click here](#).
- Why not link your Change4Life Celebration Day with your Sainsbury's School Games Day for the ultimate day of celebration? For further ideas please [click here](#).

SECTION 3

Delivering intra-school (Level 1) competition

Do you currently have a structured and annual intra-school competition programme (for e.g. class v class/house competitions) being delivered in school?

NO

Regardless of the size of your school, or however limited or extensive your resources, your school and pupils can still take part in the Sainsbury's School Games.

There are so many interesting ways to deliver intra-school competition. You'll find plenty of ideas and tips on your [school dashboard](#).

Here are our top 10 tips to help you prepare:

- Log into your school dashboard on www.yourschoolgames.com to find your School Games primary guide designed to support you across all the Sainsbury's School Games levels.
- Meet with your Teacher Release post and School Games Organiser to explore other ways to get your school involved.
- Engage as many young people in a variety of roles as possible. You may wish to set up a School Sport Organising Crew (SSOCrew) or look at widening the remit of your School Council. For details on how to do this please [click here](#).
- Take a look at www.yourschoolgames.com/sports for some inspiration on the types of sports there are available. Why not try a different one each half term with the finals taking place on your Sainsbury's School Games Day?
- Look at your current competition offer for young people – how could you link Change4Life into the Sainsbury's School Games? For examples on how to do this please refer to your primary guide as referenced above.
- Ensure there are regular competitive opportunities for pupils across the year to keep them engaged and inspired!
- To increase take-up – why not ask your current inter-school team players to each form a team and play fixtures at lunchtime or after school?

- Promote progress via a school noticeboard and/or class bulletins. Why not share current league standings in assembly or in newsletters home to parents/carers?
- Could pupils compete across other subjects too? For example you may wish to theme each half term with one of the Spirit of the Games Values ([click here](#) for details). Perhaps other members of staff could award a value to those pupils demonstrating that in their subject? These could be awarded at your Sainsbury's School Games Day!
- Organise a Sainsbury's School Games Day – the ultimate sports day in the summer term! For details on what this could look like and for examples from other schools please [click here](#). Why not link this to your Change4Life Sports Club festival for the ultimate celebration event?

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Make sure you (or perhaps some of your SSOCrew) actively input events and blog on your schools page of the Sainsbury's School Games website each month. As well as being entered into a monthly prize draw to win vouchers/prizes up to the value of £1000 for your school – you can also win an athlete to visit and work with you on your Sainsbury's School Games Day!





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