

## **Primary Virtual Football Skills Challenge**

Please see below details of the Autumn Term Virtual Football competition, for boys and girls in and KS2 (Years 3/4 and 5/6).

Designed to help support and promote activity, health and well-being for all students across the whole school, inclusive so that all students are able to take part at their own level and provide them the opportunity to develop and improve personal skills and techniques. The challenges also provide a focus on School Games Values of Teamwork, Determination, Self-Belief and Honesty.

These resources are flexible and if you wish can be adapted and used just internally to suit your school; this could be with a handful of students or a full year/key stage. If you wish to enter the Inter School Competition, please follow the rules below as closely as possible.

### **Safety**

Area to be risk assessment by school staff

- Each player/pair should retain and use the same pieces of equipment which could be cleaned after use.
- Social distancing should always be maintained
- No Jewellery to be worn.
- All Loose clothing must be tucked in and shoe - laces tied.
- Pupils must be spaced at least 2 metres away from each other.
- Players will go one at a time and retrieve their balls at the end of each game.

### **Rules and Format**

- This will take place during Autumn Term and will take place at the individual schools that are participating with each school devising their own schedule. This could be during PE lessons, After School Clubs or in a Specific Competition Schedule within school.
- We will collate results. See further detail below for results
- Students will compete using four separate challenges scoring points within each challenge to provide a combined total.
- Each pupil should have two attempts to create their best combined total, preferably with some practice in between attempts.

### **Leadership**

- In school young leaders could be utilised to co-ordinate and run each challenge station, monitoring participants, maintaining safety, timing, scoring and recording results.

### **Equipment**

- Footballs, Cones, Stopwatches, Goals.

## Recording Results

- If you would to enter the Manchester Inter School Competition you will need you to send us the following results by December 4<sup>th</sup> 2020 latest, via e-mail to either [Doug.Martin@WHGS-Academy.org](mailto:Doug.Martin@WHGS-Academy.org) or [Simon.Jones@WHGS-Academy.org](mailto:Simon.Jones@WHGS-Academy.org)
- Please submit your top 3 scores for Years 3/4 and Years 5/6 individuals for boys and girls.
- Please also record and submit the total number of girls and boys separately, that have taken part.
- Top scoring individuals and most improved scorers will be presented with prizes at the end of the competition.

### Challenge #1 - Figure of 8:

- Using 2 cones 4m apart
- One at a time player's start at cone 1 and travel with the ball to and around cone 2 and back in a figure of 8 motion.
- How many times can you go around both cone in 1 minute.
- Video Link - [Challenge 1 - Figure of 8](#)

### Challenge #2 – 60second Passing

- 2 player's stand 5m apart
- Using one ball, each player passes to each other using the inside foot pass and as many touches that are needed to control the ball.
- How many successful passes can be completed within 1 minute.
- Challenge – to limited number of touches to 2 or 1 touch passes.
- Video Link - [Challenge 2 - 60 Second Passing](#)

### Challenge #3 - Shooting accuracy

- 5 balls and 3 cones set up 15 feet from goal and 2 cones in the goal 2m away from either goal post.
- Dribble in and out of the cone's then shoot towards goal to score.
- You will gain 1 point for shooting in the middle of the goal and 3 points for scoring in the corners (between the goalposts and cones).
- Video Link - [Challenge 3 - Shooting Accuracy](#)
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### Challenge #4 - Dribble relay

- 6 cones set up in a straight line with a 2-foot gap in between each cone.
- 2 players to start at the same end of the relay run.
- Player 1 starts with the ball at the start line and dribbles in and out of the cones and back to Player 2 who then does the same.
- The team has 2 minutes to complete as many relay dribbles as possible
- Record the total relays that the team completers in 2 minutes
- Video Link - [Challenge 4 - Dribble Relay](#)