

GREATER MANCHESTER SCHOOL GAMES VIRTUAL COMPETITIONS



GREATERSPORT



**SCHOOL
GAMES**

GUIDANCE PAGE

ABOUT

The Greater Manchester School Games Network have worked to develop a selection of virtual competitions for schools and young people from across Greater Manchester to access. The competitions are designed to promote physical activity, support the health and well-being of all young people and enable access to an appropriate level of competition to feel a sense of achievement.

The Greater Manchester virtual competitions aim to:

- Inspire children & young people to have the confidence, competence and knowledge to reach their potential and to live a healthy and physically active life.
- Promote health and well-being in individual young people, whole classes and the whole school community.
- Allow children to consider their physical, social, thinking and healthy me and how these different aspects support them in life, competition, sport and physical activity.
- Provide a meaningful and appropriate level of competition to allow all young people to take part and feel a sense of achievement.
- Encourage personal challenges to allow every young person to improve their performance.

The competitions also encompass the six school games values of honesty, determination, teamwork, self-belief, respect and passion.



WHEN CAN I RUN THESE COMPETITIONS?

Competitions can be run whenever works best for your school setting and timetable; during PE lessons, after-school clubs or in a specific competition schedule.

These resources are designed to be flexible so if you wish, you can adapt them and use them internally to suit your school; this may be with a small group of students, a year group or a key stage. How to enter each competition is detailed on the individual competition brief. In the spirit of

fair competition if you are competing against other schools, please endeavour to abide by the outlined guidelines and rules including the number of participants per team. However, where you are using the competition briefs internally please feel free to use them in a flexible fashion that works for your school, in this situation there are also no restrictions on the number of participants.

ENSURING S.M.I.L.E.S.:

Safe, Maximum participation, Inclusive, Learning, Enjoyment, Success

Key considerations when running your virtual competition:

- The young person's motivation, competence and confidence are at the centre of the competition.
- The focus is on the process rather than the outcome (on the learning and values development of the young person rather than the result).
- The environment is safe and creates opportunities to learn and maximise social development.
- The facility and the environment that is created for the competition reflects the motivations, competence and confidence of the young person.

HEALTH AND SAFETY

Key considerations when running your virtual competition:

- Government Guidelines should be followed throughout.
- Ensure equipment is cleaned following the competition or after each use if being shared.
- Area being used should be risk assessed by the school before any activity takes place.
- Pupils will complete challenges in their own space, where space is shared, such as targets, pupils should maintain social distancing whilst awaiting their turn.
- No jewellery to be worn.
- All loose clothing to be tucked in.
- Long hair tied back.

VIRTUAL BADMINTON PAIRS COMPETITION

Age group: Key stage 3 and 4

When?



Learning outcomes



Physical Me: developing skills, confidence and competence in agility, balance and hand eye coordination.



Social Me: opportunity to work with my peers to develop skills, promote understanding and exchange feedback on my performance.



Thinking Me: developing awareness and understanding of what went well and what I could do to improve my own, or my team's, performance.



Healthy Me: contributing towards my 60 minutes of recommended physical activity a day as well as making me feel good and improving my concentration and learning.

School Games Values

The challenge also provides a focus on four of the School Games Values of:

Teamwork, Determination, Self-Belief and Honesty.



Rules and Format

- Students will compete in pairs across four separate challenges, scoring points for each challenge. These scores will be combined to produce a final score.
- Pairs should have two attempts to create their best combined total, preferably with some practice in between attempts to allow pairs to work on improving their score.
- Results will be collated for Key Stage Three Girls, Key Stage Three Boys, Key Stage Four Girls, and Key Stage Four Boys. See below for more details on the results.

Scorecards and Recording Results



Equipment and Resources

- **Challenge One:** 2 rackets, 2 cones, stopwatch
- **Challenge Two:** 2 rackets, 3 shuttles, cones/throw down lines
- **Challenge Three:** 2 rackets, 2 shuttles, 2 markers, stopwatch
- **Challenge Four:** 2 rackets, 1 shuttle, court and net

Alternative Resources and Space

Where you may not have access to a traditional badminton net, use of tennis tape or string between two markers can be used to create a net at a similar height.

Standard height and width of a badminton net:
Width: 6.1 metres, Height at the posts: 1.55 metres.

If access to indoor courts are limited, measurements for the playing area are as follows:

Full court space: 13.4m x 6.10m, Service box 2.59m x 3.96m



CHALLENGES



CHALLENGE ONE – SHADOW LOW SHOT, SIDE TAPS

- Place the cones 4m apart.
- Player one starts from a stationary, "ready" position, half-way between the two cones.
- Each player has one minute to complete as many side taps as possible, in shadow play.
- Side tap, touching each cone with the racket alternating each time as if reaching for a low return shot (1 point per cone touch).
- Add the two scores together to give the combined total.

Key points

- From the start point, sideways skip (by bringing your feet together), left to right between each cone.
- Retain the ready position each time you pass through the start point.
- Maintain balance and body position, lunging with the racket side leg, extending the arm and racket.
- For the long serve, stand side on, balanced stance, transferring weight onto front foot.

[Watch the demonstration](#)



CHALLENGE TWO – SERVE ACCURACY

- Create two small, 1 metre, square target areas in the service box, one on the front edge of the opposite front service line and one at the back of the court using the back line as the back edge. (Single service rules apply).
- Player one serves diagonally, player two verifies the scores, roles are then reversed.
- Each player to have 6 serves in total (3 low to front of court and 3 high to back of court).
- Serves landing in the smaller target score 10 points, scores landing in the service area but not in the small target score 5 points, serves hitting the net or missing the service area score no points. Add each players overall score together to get their combined total.

Key points

- Both feet should be on the floor in your own service area.
- Serve to be hit in an upwards direction, when the shuttle is hit it must be below your waist, specifically no higher than level with the lowest part of your ribcage. (i.e. Slightly higher than the top of your shorts but not much).
- For the short serve keep movement small and simple so it's easier to replicate.
- For the long serve, stand side on, balanced stance, transferring weight onto front foot.

[Watch the demonstration](#)



CHALLENGE THREE – THROW, HIT, CATCH

- Create two small, 1 metre, square target areas in the service box, one on the front edge of the opposite front service line and one at the back of the court using the back line as the back edge. (Single service rules apply).
- Player one serves diagonally, partner player two verifies the scores, roles are then reversed.
- Each player to have 6 serves in total (3 low to front of court and 3 high to back of court).
- Serves landing in the smaller target score 10 points, scores landing in the service area but not in the small target score 5 points, serves hitting the net or missing the service area score no points. Add each players overall score together to get their combined total.

Key points

- Thrower to try and be consistent in direction and weight of throws.
- Striker to maintain balance in ready position and control force and direction of each strike.

[Watch the demonstration](#)



CHALLENGE FOUR – ONE MINUTE RALLY

- Players stand on opposite sides of the net and each must be behind the front service line on their side of the court when striking the shuttle.
- Pairs try to complete as many consecutive shots (rally) over the set as possible in one minute. Each time the shuttle crosses the net one point is awarded. If the shuttle hits the floor or either player strikes the shuttle from in front of their service line, that rally is over and the score is noted. They can continue if they have time left to see if they can achieve a higher number. Their best single rally is the score recorded.

Key points

- Thrower to try and be consistent in direction and weight of throws.

[Watch the demonstration](#)

Leadership opportunities

Young leaders could be utilised to co-ordinate and run each challenge station, monitor participants, timing or scoring and recording results.

Culture Challenge



Recognition and rewards



Further opportunities and resources

