

DEVELOP



SCHOOL GAMES

SUFFOLK
VIRTUAL COMPETITIONS

2020/21

BASKETBALL

DATES 5th February - 12th February

TARGET AUDIENCE

These events are for students who like friendly competition but don't solely focus on winning, instead they include a School Games Value focus, giving students the opportunity for personal development.

YEAR GROUPS

These challenges have been designed for:

- Year 7
- Year 8

WHERE

All of the 4 challenges can be done at home.

LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.



VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



Determination - Determination is about the journey you go on to push yourself and achieve your dreams.



Passion - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



Respect - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



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



Self Belief - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork - Treating everybody equally, supporting each other and working together to achieve at your very best level.

CHALLENGE 1



Dribbling Shuttle Run

How many dribbling runs can you make in 60 seconds?

Mark out 2 cones 5m apart. Each Pupil will dribble the ball to and around the cones.

1 Point will be rewarded each time you circle a cone.

CHALLENGE 2



Chest Pass

How many times can you make a chest pass in 60 seconds?

Mark out 2 cones 4m apart. In pairs pupils will use a chest pass to complete as many passes and catches as possible.

1 Point for each successful catch of a chest pass.

CHALLENGE 3



Through the Legs

How many times can you bounce the ball through your legs in 60 seconds?

Pupils must try to bounce the ball between their legs whilst standing still. To be successful try and pick a landing spot for the ball.

1 point will be rewarded for each bounce and catch between the pupil's legs.

CHALLENGE 4

Cross Over

How many Cross overs can you do in 30 seconds?

Pupils stand still and bounce the ball from their strong hand to their weaker hand. The ball must be kept under control.

1 point for each controlled bounce.

Please see demonstration picture below.

SCORING

Each Challenge is scored separately, pupils can do 1 or all of the challenges.

Pupils will score points for the following things,

- Completing a challenge, 1 point per different challenge completed e.g. If a pupil does all 4 challenges their school receives 4 points.
- Top 3 scores from each challenge will be added up and combined with the Challenges points.

HOW TO ENTER

You can enter in 3 different way,

1. Schools run these activities for Key worker children etc and send in the results.
2. Parents and carers submit their videos and scores via social media or email @NorthSuffolk SG / Virtualschoolgames@gmail.com.
3. PE teacher collect scores and sends them into the partnership.



