

DEVELOP



SCHOOL GAMES

**SUFFOLK
VIRTUAL COMPETITIONS
2020/21**

FOOTBALL

DATES 22nd January – 5th 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

These Challenges are for pupils who are not in school due to COVID-19

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.

SCHOOL GAMES

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



Control Passing (Video Link above)

How many passes can you make to your partner in 60 seconds?

The Pupils must be at least 3m away from their partner. The ball must be under control before they can pass.

1 Point for each pass made and successfully controlled.

CHALLENGE 2



Dribble (Video Link above)

How many times can you dribble to the end zone in 60 seconds?

Mark out 2 boxes (end zones) 5m apart. Each pupil will dribble the ball from one end zone to the other end zone, repeating until the time is up.

1 Point for each completed dribble from end zone to end zone

CHALLENGE 3



Keepy Ups (Video Link above)

How many Keepy Ups can you do in 60 seconds?

Pupils must try and keep the ball off the floor for as long as possible, if the ball hits the floor they can continue counting.

If students find this challenge hard try letting the ball bounce between touches.

1 Point per touch of the ball.

CHALLENGE 4



Dribble and Shoot (Video Link above)

How many goals can you score after a dribble in 60 seconds?

Pupils dribble 5m to a coned line and then shoot into a goal that is another 5m away. After their shot at goal they run back and collect another ball and go again.

The goal should be 3m wide.

1 Point per goal scored before the coned line.

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.

