

# SCHOOL GAMES

**BUCKS  
AND MK**



## RESOURCES FOR SECONDARY SCHOOLS

Whilst the School Games can't take place as usual at the moment, the network of School Games Organisers, together with Leap are working hard to bring you exciting ideas to help young people get and stay active, develop their skills and achieve their personal best. Activity challenges include:

**ATHLETICS**

**CRICKET**

**GYMNASTICS**

**TRI-GOLF**

**BOCCIA**

**FOOTBALL**

**TENNIS**

### **Flexible and adaptable games that can be completed at home or in school.**

- Read the instructions for each challenge in the following pages.
- Practice and improve before you record your scores.
- Once you feel confident, record your score using guidance on the pages
- Instruction videos are available via the link at the bottom of each page
- The School Games is for everyone, for adaptations please contact your local SGO. (Contact details at the end.)



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# ATHLETICS SECONDARY LEVEL

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## Challenge 1 - Athletics 50m shuttle run



### EQUIPMENT

- Measuring Tape/Ruler/String
- Markers, you could use socks or a jumper.
- Stopwatch/Phone



### INSTRUCTIONS

1. Place a marker at the start
2. Measure out 5m
3. Place Marker to 5m point
4. Time how fast it takes to run 50m, there and back 5 times

### SCORING

Time how long it takes you to complete 10 shuttles (50m). This should be done as quickly as possible. To get a score for this event you will need to take your time away from 100. i.e. if you ran 23.23 your score would be 100-23.23 = **76.77**

### TOP TIPS

- Use your arms when running
- Use a flat/Dry Surface
- Practice your turns before hand

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# ATHLETICS SECONDARY LEVEL

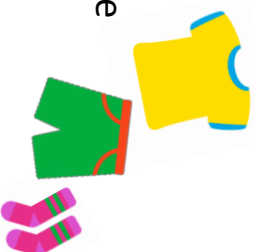
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## Challenge 2: Athletics 5 min Colour Run or 5 x 1min Relay Run



### EQUIPMENT

Look out for some colourful clothes, the brighter the better.



Measure out a distance in the longest area you can find.



Stop watch/Phone



### INSTRUCTIONS

1. Make sure you are wearing colour
2. Start your stop watch
3. **Get someone to watch how far you run**
4. Stop at 5 minutes
5. Or do it in a team and break it up as 5 x 1 minute runs

### SCORING

The person/team that gets the furthest wins

Winner Year 5/6

Winner Year 7/8

Winner Year 9/10

### TOP TIPS

- Do not go off to fast
- Don't forget to use your arms
- Keep SMILING

#### RESOURCES FOR SECONDARY SCHOOLS



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# ATHLETICS

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## Challenge 3: Shot Put

### EQUIPMENT

- A tennis ball (can be substituted for anything that is round and safe to throw, eg, rolled up socks, sponge ball, bean bag) but make sure you only throw outside
- 1 cone for marking (can be substituted for any object that will allow you to mark where your ball landed)
- Ruler, measuring stick, tape measure (anything that will allow you to measure the distance jumped in cm)



### SCORING

Measure the furthest distance you throw from the throw line. Remember to mark exactly where the ball lands and use this as your score.

### INSTRUCTIONS

1. Find an outside space to complete this task
2. Rest the ball on your finger, try not to let the ball touch the palm of your hand
3. Stand side on, crouch down low with your toe, knee and chin inline, putting your weight onto your back leg.
4. Tuck the ball into the neck and keep your elbow high
5. Non throwing arm up for balance and trajectory
6. Transfer your body weight from your back leg to your front leg and push the ball in the air - release the ball high

### TOP TIPS

- Push the ball and do not throw it
- Start with a low body position and finish high
- Dirty fingers but a clean palm
- Keep the throwing arm elbow high
- Keep your chin, knee and toe all in line
- Drive your hips to the front to transfer your bodyweight, this is where the power comes from





# ATHLETICS

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## Challenge 4: Long Jump

### EQUIPMENT

- Outdoor space (big enough for your run up and jump)
- 1 cone for marking (can be substituted for any object that will allow you to mark where you landed)
- Ruler, measuring stick, tape measure (anything that will allow you to measure the distance jumped in cm)



### SCORING

Measure the furthest distance you jump from the take off line. Remember to mark exactly where your back foot lands (closest foot to the jump line) and if possible, get someone to mark it for you.

### INSTRUCTIONS

1. Find your take off foot by falling forwards
2. Run backwards (3 to 5 strides) from the take off line, turn around to face the direction of the jump
3. Gradually get faster as you approach the take off line
4. Take off from one foot (your take off foot)
5. Look ahead and not down at the floor
6. Extend arms and legs into a banana shape position
7. Bend knees to land and land on two feet
8. Bring arms forward to stop yourself falling backwards

### TOP TIPS

- Run as fast as possible
- Remember your 3 or 5 stride run up
- Clean take off on one foot
- Drive spare leg up and lift arms up
- Shoot legs forward to get more distance to your jump
- Land on two feet with weight forward



# BOCCIA

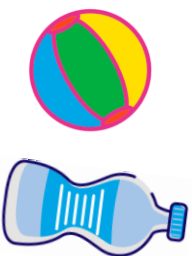
## SECONDARY LEVEL

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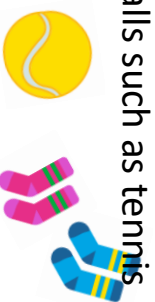


## Challenge 1 – Beach Ball Blast

### EQUIPMENT



- Beach ball or a large ball, alternatively an empty plastic 2L water bottle
- Balls of socks or small balls such as tennis balls



### INSTRUCTIONS

1. Place a beach ball (or similar ball) in a hoop/circle
2. Take turns to throw socks in order to knock the beach ball out of the hoop / circle

### SCORING

One point is awarded to the player/team for each successful hit.

The team with the most points after all socks are thrown wins!

### TOP TIPS

- Underarm throw to make it easier
- Move further away to make it harder
- Use a ramp (such as a chopping board) to roll or push the balls or socks down

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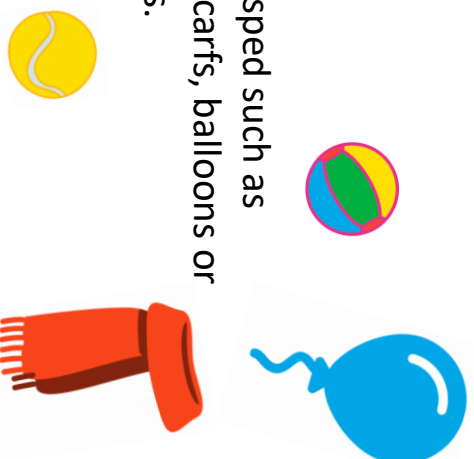


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### Challenge 2 - MATP for PMLD students – Dexterity Challenge

## EQUIPMENT

Tactile items that can be grasped such as beanbags, quoits, material scarfs, balloons or different sized / shaped balls.



## INSTRUCTIONS

1. Can the athlete release the bean bag? Leading to whether they can grasp, move their arm, then release?
2. Can they release the object into a bucket?

## SCORING

Celebrate success with lots of praise and encouragement. You could award points / praise for every time the individual succeeds at their level of challenge or gets the object onto a target,

## TOP TIPS

- Ensure the activity is young person focused
- Try using different objects for grasping.
- Can the athlete grasp and release into a bucket or target?

### RESOURCES FOR SECONDARY SCHOOLS

# BOCCIA

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## Challenge 3 - Sock-ia

### EQUIPMENT

- Rolled up balls of socks – 5 pairs in 2 different colours OR scrunched up balls of paper will work
- White ball OR a pair of rolled up white socks



### INSTRUCTIONS

1. Mark a throwing line with chalk or use some masking tape. Decide who will throw the Jack (white ball /socks) over the line
2. Player 1 throws their socks. Aim to get as close to the Jack as possible
3. Take it in turns to throw your socks

### SCORING

The aim of the game is to get the ball (or socks!) as close to a white target as possible.  
The player with their colour socks closest to the target wins.

### TOP TIPS

- You can use an item such as a chopping board as a ramp to roll socks down.
- Can you outwit your opponent? Think of a strategy to knock the opponents socks out of the way.
- Don't trip on any loose balls or socks.

#### RESOURCES FOR SECONDARY SCHOOLS





# CRICKET

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## Challenge 1 - Fabulous fielder

### EQUIPMENT



1. A ball -Tennis ball / small soft ball / rolled up socks / paper ball.
2. A target -Something to throw your ball at eg. Bucket, tins, plant pot.
3. A sock to be the start point.



### INSTRUCTIONS

1. Place your target/s 5 metres/ big steps way from your start point.
2. Stand facing your target and aim to throw the ball at the target .(3 points if you hit your target)
3. Run and collect your ball and go back to the start
4. Throw/ roll your ball for 60 secs. Trying to hit it as many as possible

### SCORING

How many times can you throw the ball to hit your target in 60 seconds.. You get 1 point every time you field the ball and 3 points each time you hit the target.

### TOP TIPS

- Point/ aim at your target where you want the ball to go
- Run quickly to collect/ field the ball

#### RESOURCES FOR SECONDARY SCHOOLS



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# CRICKET

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### Cricket - Super Striker

## EQUIPMENT

- Tennis racket / baking tray / frying pan book
- Tennis ball / small soft ball / rolled up socks paper/ tinfoil ball
- Basket / bucket / target
- Cone or tin to use as a marker

## INSTRUCTIONS

1. Place your targets on the floor and take 4 big strides and place down your marker.
2. Standing at the marker, hit the ball at the target.
3. Once you have hit all 6 balls, collect them and try again.

## SCORING

You have 2 minutes to see how many times you can hit target/s . You must collect them after every 6 attempts. Always hit the ball from your marker. You get 1 point for every ball that hits the target .

## TOP TIPS

- The bigger your target the easier it will be.
- When you hit the ball make sure your bat is facing the target and follow through towards the target.

### RESOURCES FOR SECONDARY SCHOOLS

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# FOOTBALL

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## Challenge 1 - Dribbling

### EQUIPMENT



1. A Football
2. 4 cones (can be substituted for any obstacle eg. plant pot, pair of socks, bowl etc.)



### SCORING

Scores will be based on time taken to complete the challenge. The shortest time will win.

### INSTRUCTIONS

1. Place your 4 cones in a line 1 metre apart
2. Start the timer once you have first touched the ball
3. Dribble in and out of the cones
4. Dribble around the top cone
5. Dribble in and out of the cones on the way back
6. Stop the ball on the start line and stop the timer.

### TOP TIPS

- Stay on your toes
- Keep the ball close to your feet
- Keep your eye on the ball



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# FOOTBALL

## SECONDARY LEVEL

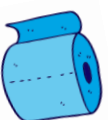
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## Challenge 2 - Toilet Roll Keepy-Up

### EQUIPMENT

- Toilet Roll



### SCORING

- 1 point for every time you hit the toilet roll
- 30 seconds for primary school students
- 1 minute for secondary school students

### TOP TIPS

- Use of the knees/thighs help with control
- Determination is key so show some persistence

### INSTRUCTIONS

1. Make sure you are in a clear, empty space
2. Use your feet, knee, head, or any other part of your body to volley the toilet roll in the air (not hands/arms)
3. If you drop it on the floor, pick it up and carry on.



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# GYMNASTICS

## SECONDARY LEVEL

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## EQUIPMENT

Make sure you have a safe space to work in, with plenty of room for the skills you choose.

## SCORING

The sequences will be judged on:

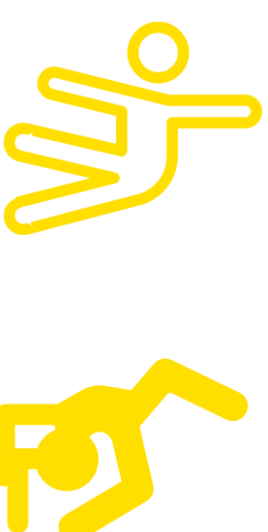
- Including all component skills
- Technique, posture and body tension
- Flow and Transition

## TOP TIPS

- To keep it simple will help you keep your sequence controlled. If you want to challenge yourself add a turn jump into your sequence and connect a skill to it.
- Make sure you clear a space so you have room to perform the skills.

## INSTRUCTIONS

- Try the gymnastics skills on the next page, think about control and tight bodies.
- Pick your favourite ones from each section.
- Make an 8 skill sequence, include 1 move from each section plus your favourite 3!
- Skills can be done in any order.
- Only include skills you are confident in and can perform with control and good technique.
- Lastly, think about the connections between skills, to make your sequence flow.



## RESOURCES FOR SECONDARY SCHOOLS

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# GYMNASTICS SUGGESTED SKILLS

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## 1. Shapes



Straight



Star



Tuck



Pike



Squat



Straddle



Dish



Arch



Front  
Support



Back  
Support

## 2. Balances



Stork balance



Needle Scale



V sit tuck hold



Shoulder stand



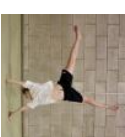
Y balance



Arabesque



Bunny hops  
along the floor



Cartwheel



Handstand

## 3. Flexibility



Japanna



Splits

## 4. Jumps, turns and leaps



Jump take off &  
landing position



Straight jump



Star jump



Tuck jump



Straight jump  
1/4 or full turn



Split Leap



Stag Leap

## 5. Rolls



Log Roll



Egg Roll



Dish/Arch  
Roll



Teddy Bear  
Roll

**To make your  
sequence choose  
1 from each  
section, plus  
your 3  
favourites.**

# TEAMS SECONDARY LEVEL

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## Challenge 1- Forehand Drop Shot

### EQUIPMENT

- Tennis racket / baking tray / frying pan book
- Tennis ball / small soft ball / rolled up socks / small teddy x 4
- Basket / bucket / target
- Cone or tin to use as a marker



### INSTRUCTIONS

Place your basket on the floor and take 3 strides and place down your marker. Standing at the marker, hit the ball underarm into the bucket. Hit the ball before it bounces. Once you have hit all 4 balls, collect them and try again.

### SCORING

You have 2 minutes to see how many balls you can get in the bucket. You can only have 4 balls, so you must collect them after every 4 attempts. Always hit the ball from your marker. You get 1 point for every ball that lands in the basket.

### TOP TIPS

- The bigger your target the easier it will be.
- When you hit the ball make sure your racket face is facing the target.

#### RESOURCES FOR SECONDARY SCHOOLS



## Challenge 2 - Underarm and overarm throw

### EQUIPMENT



- Tennis racket / baking tray / frying pan book
- Tennis ball / small soft ball / rolled up socks / small teddy x 4
- Basket / bucket / target
- Cone or tin to use as a marker x 2



### INSTRUCTIONS

1. Place your basket on the floor, take 3 strides and put a marker 1 down, take 3 more strides and put marker 2 down. Place 3 balls at each marker.
2. Stand at marker 1 and throw each ball underarm into the bucket.
3. Move to marker 2 and throw each ball overarm into the bucket

### SCORING

You score 1 point for every ball that lands in the bucket. You have 2 minutes to see how many points you can score.

After you have thrown all 6 balls, you must retrieve them, put them back on the markers and go again.

### TOP TIPS

Make sure the palm of your hand is facing the bucket when you let go of the ball

#### RESOURCES FOR SECONDARY SCHOOLS





# Try-GOLF

SECONDARY LEVEL

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## Challenge 1 - Putting

### EQUIPMENT

- Something to strike a ball with (eg racquet, mop etc)
- Tennis ball 
- Tape to mark out scoring zones and Tee
- A Timer and Measuring Device



### INSTRUCTIONS

1. Mark out your scoring zones and 'Tee', with the first 1m away from your tee. Each progressive zone gets smaller and there are 3 zones. (See next slide for set up dimensions and diagram)
2. Place your ball behind the starting 'Tee' and strike your ball, aiming to make it stop within one of the zones.
3. Collect your ball, and record your score.
4. Repeat steps 2 and 3 until your minute has run out. Add up all your points and there is your total!

### SCORING

Points are awarded for the area in which the ball stops in ; Area 1 = 1pt, Area 2 = 2pts, Area 3 = 3pts

If a ball is partly in and area, then take the higher score.

### TOP TIPS

- Collect your ball as quickly as you can so you don't lose time
- Stay balanced and stable as you swing, do not rock back and forth
- Do not hit the ball too hard, it will go quicker than you think.

### RESOURCES FOR SECONDARY SCHOOLS



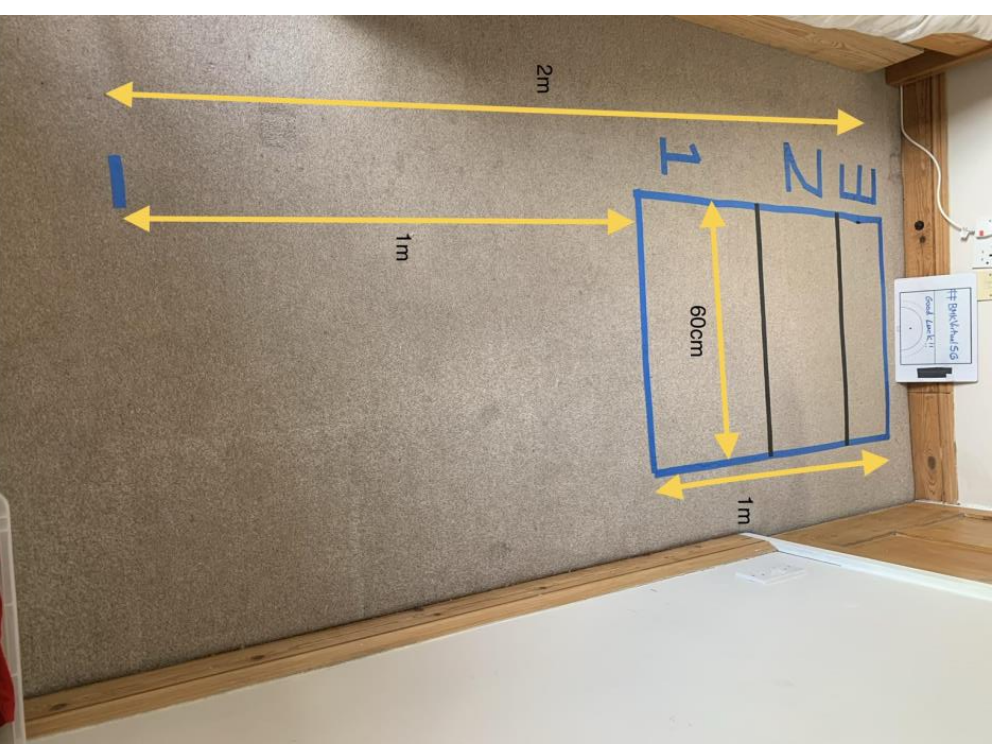
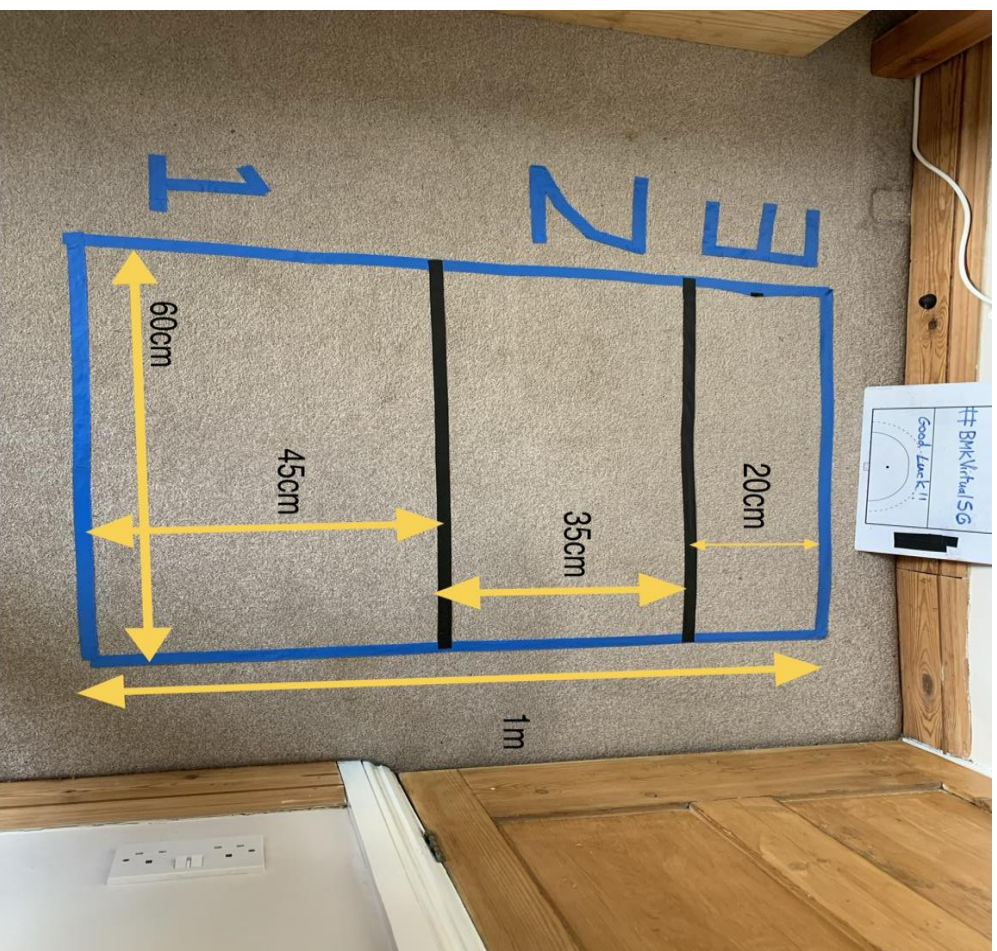
# Tri-GOLF

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## Challenge 1 - Putting Challenge Set Up



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# TIR-GOLF

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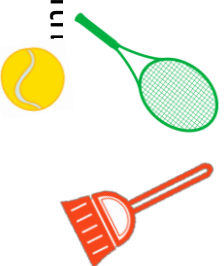
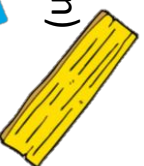
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## Challenge 2 - Chipping

### EQUIPMENT

- Something to strike a ball with
- A tennis ball
- Items to make a ramp with (eg: folder, box lid, plank of wood, empty ice cream tub)
- Item to act as a hole (eg: pan, box, clean bin)



### INSTRUCTIONS

1. Create your ramp and make sure its sturdy! (See example on next slide)
2. Mark out your 'Tee' and hole points. The 'Tee' must be 1m away from the start of the ramp
3. Strike the ball from the 'Tee' up the ramp and into the hole to score a point.
4. Reset the ball on the Tee and repeat step 3 as many times as you can in 1 minute

### SCORING

You get 1 point every time you get the ball in the hole. You have 1 minute to get as many points as you can.

### TOP TIPS

- Stay balanced in the entire movement
- Get the ball back as quick as you can
- Keep your eyes on the ball when swinging your 'club'
- Keep your feet and hips still throughout the swing

RESOURCES FOR SECONDARY SCHOOLS

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# Tri-GOLF

SECONDARY LEVEL

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## Tri-Golf Chipping Challenge Ramp Examples



RESOURCES FOR SECONDARY SCHOOLS

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# Enter your best scores in the Virtual School Games competition

Teachers and parents can enter the scores of young people in their care for any of the challenges via our online form.

The young people will then be in with the chance to win a School Games metal and virtual certificate.

To submit an entry for any of these resource challenges:  
[please click here to complete the competition entry form.](https://www.leapwithus.org.uk/bucks-mk-virtual-school-games)

For additional games and challenges, video demonstrations, as well as Secondary level activities please visit: [www.leapwithus.org.uk/bucks-mk-virtual-school-games](https://www.leapwithus.org.uk/bucks-mk-virtual-school-games)



**These School Games activity resources have been developed by the network of School Games Organisers (SGOs) and collated and hosted by Leap.**



The School Games is for everyone, for adaptations to these activities, please contact your relevant School Games Organiser (SGO.)

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