

DEVELOP



SCHOOL GAMES

SUFFOLK VIRTUAL COMPETITIONS

2020/21

FOOTBALL

DATES 6th January – 26th March

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 in school time or at home with the family.

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



Box to Box (Video Link above)

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

Mark out 2 boxes (end zones) 10m 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 2



Pass Box to Box (Video Link above)

How many times can you pass the ball into the end zone in 60 seconds?

Mark out 2 boxes (end zones) 10m apart. Each pupil will pass the ball from one end zone to the other end zone, chasing after it to repeat the process

1 Point for each successful pass that stays in the end zone.

CHALLENGE 3



Box Challenge 3 (Video Link above)

How many times can you dribble around the corner of the box in 60 seconds?

Mark out a box with each cone being 3m apart. Place a cone in the middle of the box. Pupils will start from one of the boxes corners and dribble into the middle going around the centre cone and back out to the next corner in a clockwise direction.

1 Point will be given every time the ball goes around one of the boxes corner.

CHALLENGE 4



Corner Challenge (Video Link above)

How many times can you score from a corner in 60 seconds?

Mark out a corner spot 15m from a goal, making sure the spot is in line with the goal. Pupils must try and curl the ball into the goal. They may have 1 partner returning any balls.

1 Point will be rewarded for each goal scored.

SCORING

Each Challenge is scored separately, these are then added together to give an overall score per pupil. The challenges can be repeated to allow pupils to better their scores. Score sheets are available on our website.

HOW TO ENTER

When the challenges are completed send your excel sheet to Jeffrey Hoey by the 12th February and select 2 pupils (1 boy & 1 girl) who demonstrated the SG values the most. The excel sheet must include, your school name, number of boys and girls engaged and the number of pupils in your school. Submitting your challenge scores is desirable, but not compulsory.

