

CUMBRIA SCHOOL GAMES

County Level Events Secondary Schools Handbook Summer 2022

If you would like to request a copy of this document in different formats such as large print, braille, audio, or in a different language call 01228 226885 or email

feedback@activecumbria.org



Contents

Section	Page
What is the School Games?	3
The Benefits and How to get Involved	4
Inter-School Competitions and Festivals	5
County Sport Events and Covid-19	6
What Has Changed?	7
School Games Values	8
Cumbria School Games County Festivals – Key Dates	9
General Guidance for All Events	10
Cumbria Secondary Panathlon Xtend	11-12
Cumbria Secondary Orienteering Festival Format	13-14
Cumbria Secondary Orienteering Years 7 and 8	15
Cumbria Secondary Dodgeball Festival Format	16-17
Cumbria Secondary Dodgeball Years 7 and 8	18
Appendix A – Cumbria School Games - Mission, Vision and Characteristics	19
Appendix B – Cumbria School Games – Code of Conduct	20
Appendix C – Cumbria School Games – Fair Play Charter	21

Cumbria School Games

What is the Vision?

The School Games will continue to make a clear and meaningful difference to the lives of even more children and young people.

What is the Mission?

Keeping sport at the heart of schools in Cumbria and providing young people with opportunities to achieve their personal best.

What is the School Games?

The culture of the School Games is very much adapting and moving forwards to align with the Sport England 'Uniting the Movement' strategy. The focus moving forward will be on ensuring the School Games is relevant to a wider audience of children and young people, creating opportunities to engage in positive activity to support their physical, emotional and mental wellbeing and development.

Latest figures from the Active Lives Childrens survey suggest that while 45% of children are regarded as being active (60 mins per day), there are still 55% that are not meeting that level, and actually 31% that aren't doing 30 minutes each day. This is where the focus of the free to all School Games offer in Cumbria will now be aimed at, looking to engage a wider range of children and young people.

The events that you will see in this booklet have been selected by Active Cumbria in partnership with the School Games Organisers. Many of these events will not be about a 'winning team' or 'highest score' but success will be linked to the intent of the event, and the School Games values.

Additional information on the characteristics and the priorities of Cumbria School Games can be found on Cumbria School Games Vision, Mission and Characteristics Document (**Appendix A**).



The Benefits

Regardless of your role, being a part of the School Games can be a hugely beneficial and rewarding experience. Read on to find out just a few of the benefits which are available.

For young people...

- Have fun and enjoy themselves!
- Develop friendships and meet new people.
- Become more determined and demonstrate resilience.
- Understand and demonstrate the importance of respect for others.
- Learn to develop self control and manage emotions.
- Experience being part of a team and understand your contribution to it.
- Win with pride and lose with grace.
- Learn the importance of practice and preparation.
- Learn how to set realistic goals and work towards achieving them.
- Aspire to improve and challenge themselves.

For more information and some further background information on the school games visit <https://www.yourschoolgames.com/about-the-games/information-for/schools>

How to get involved?

We believe that all young people should have the opportunity to participate in the School Games. To find out more about how to get involved and to see the events in the local area, as well as what being a 'School Games school' entitles you to, visit <https://www.yourschoolgames.com/>

Inter-School Competitions/Festivals

To find out what Inter School Games competitions/festivals and opportunities are available in your area you can contact your local School Games Organiser:

Allerdale

Name: Linda Borthwick

School: Netherhall Sports College

Mobile Number: 07974 327067

Email: l.borthwick@netherhall.cumbria.sch.uk

Eden

Name: Oli Luke

School: Kirkby Stephen Grammar School

Mobile Number: 07377 673633

Email: oli.luke@ksgs.cumbria.sch.uk

Carlisle

Name: Vacant

School: Richard Rose Central Academy

Mobile Number: 07837 888090

Email:

Furness

Name: Craig Rutherford

School: Furness Academy

Mobile Number: 07816 163346

Email: c.rutherford@barrowafc.com

Copeland

Name: Paul Hindmarch

School: West Lakes Academy

Work Number: 01946 820356 ext 1031

Email: hindmarchp@westlakesmat.org.uk

South Lakes

Name: Sharon Nicholson

School: The Lakes School

Work Number: 015394 40810

Email: sharon.nicholson@lakes.cumbria.sch.uk

County Sport Events

Active Cumbria has created this handbook to inform schools in Cumbria of the County events that are planned for the 2021-22 academic year. The School Games Organiser will select the schools and representatives from each area to attend county events based on the outcome of the local event or the demonstration of the School Games values at inter-school events within your area.

Fair Play Charter and Codes of Conduct

We ask that all schoolteachers, team managers, participants, parents, and spectators to abide by the Code of Conduct (**Appendix B**) and the Fair Play Charter (**Appendix C**) which both outline the appropriate behaviour that should be used by all during the events, and to respect the School Games Values referenced on page 9.

Adhering to Correct Team Composition

In line with the event, team composition should be based on the spirit of the games with all schools selecting teams based on the intent of the event, the types of participants required and the school games values.

Covid-19

Although all restrictions have been lifted, the situation surrounding Covid-19 remains extremely fluid. The arrangements and plans outlined in this document are up to date as things stand at this moment in time. Should the situation regress, Active Cumbria will monitor the deliverability of each county event and make decisions based on the information available at the time. We will seek flexible solutions to ensure that as much of the planned calendar of events goes ahead, which may include the introduction of a series of virtual events. More details will be provided as and when such situations arise.

What is New?

KOBOCA – Active Cumbria have purchased the license for this new system that will be used for the promotion and registration of both face to face and virtual competitions. We think this approach will make things much more straight forward for teachers as it has the ability to allow you to access competitions at a local, county and national level, with a really simple way of signing up to events and uploading your results. It also comes with a surveying tool which your school will find useful for collecting evidence for Ofsted.

All schools will be required to sign up to the KOBOCA system prior to accessing any School Game events. It is easy to sign-up and support can be accessed through your local SGO or Active Cumbria should it be required.

Virtual Challenges - As well as the face to face county events outlined in this booklet there will also be a number of virtual challenges running across the year that can be accessed through the KOBOCA system. There are a minimum of 12 national virtual challenges plus any additional challenges that are developed by the SGO's and Active Cumbria and added to KOBOCA across the academic year.

Next Steps

This booklet will provide you with all the information you need in order to plan and involve your school in a range of high quality and appropriate sporting competitions throughout the 2021-2022 academic year. You will notice that a number of the traditional formats have been refreshed to support the transformational change, so please take some time to read the information carefully and reflect on what we are trying to achieve.

This will very much be an experimental year for us as we all embark on this journey of change which is likely to present a number of challenges along the way. However, we hope that you understand the reasons for these changes and come on this journey with us, allowing us to continue to make a meaningful difference to the lives of even more children and young people

Spirit of the Games - Values

The six values of passion, belief, respect, honesty, determination, and teamwork were developed by young people to identify what the experience of school sport should be based upon. These values have been successfully applied by schools to developing a range of behaviours, qualities and inter-personal skills with their students based on sporting experiences, scenarios and attitudes. The Cumbria School Games has strengthened its alignment to these values this year by identifying at least one value that will be the focus for each sporting event.

The *Spirit of the Games* Values focus on personal excellence through competition. There are six values:



Teamwork: Treat everyone equally, support each other's and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.



Honesty: With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation



Respect: Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.



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



Passion: Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.



Determination: Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

Cumbria School Games County Festivals – Key Dates

Date	Sport	Venue	Competition	Term	Year Groups	Pages
22nd April 2022	SGO to submit qualifying team details for County Panathlon Event via Koboca.					
25th May 2022	Panathlon	Penrith Leisure Centre, Penrith	Cumbria Secondary Panathlon Event	Summer Term	Years 7 to 11	11-12
27th May 2022	SGO to submit qualifying team details for County Multi-Sport Events via Koboca.					
6th July 2022	Orienteering	Sheepmount, Carlisle	Cumbria Secondary Orienteering Festival	Summer Term	Years 7 and 8	13-15
	Dodgeball	Sheepmount, Carlisle	Cumbria Secondary Dodgeball Festival		Years 7 and 8	16-18

General Guidance for All Events

Refreshments

Lunch and refreshments will NOT be provided during any of the events. Please ensure your pupils bring some lunch and liquid refreshments with them.

Transport Arrangements

Teams selected to participate at this festival will be asked to make their own transport arrangements to and from the venue. Active Cumbria agree to reimburse schools either the cost of the transport or mileage at a rate of 45 pence per mile to the county event. For further information regarding transport costs, please contact michelle.young@cumbria.gov.uk.

Welfare

All teams involved in the festivals will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

Cancellation Policy

In the event that any festival has to be cancelled due to extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the competition. No alternative date will be arranged.

Cumbria Secondary Panathlon Xtend Event

Introduction

The Panathlon Xtend is a Multi-skills event for SEND children which runs on a rotational system whereby competitors get to take part in each of the multi-skill activities (the number is dependent on agreed entries) for 7 minutes each.

The eligibility – is any child on the SEN register (other than Emotional and Behavioural children who the teacher believes would disrupt an event for the majority and PMLD children)

School Games Value	<p>All six values:</p> <ul style="list-style-type: none"> - Determination - Respect (Jodie Ounsley https://youtu.be/HAgzOw9h3jE) - Honesty (Nathan Maguire https://youtu.be/1AvTgEITrSM) - Passion - Self-Belief - Teamwork (Nathan Maguire https://youtu.be/1jINk7BEqpU) 
County Event Details	<p>12:45pm-2:30pm Wednesday 25th May 2022 Penrith Leisure Centre Southend Road Penrith CA11 8JH</p>
Year Group	Key Stages 3 and 4 (Combined)
Gender	Mixed
Event Intent	To foster social connections
Target Audience	Fairly or less active young people with SEND (up to moderate level)
Team Size	10 participants per SGO area, 5 boys and 5 girls, local call on who is chosen if qualifying event not held.
Clothing/Equipment Requirements	This event will be held in a sports hall so athletes will be expected to wear their appropriate school PE uniform, i.e. shorts, schools polo shirt or t-shirt and suitable trainers/footwear (no bare feet).

Event Format	<p>Panathlon Xtend runs on a rotational system whereby competitors get to take part in each of the for 7 minutes. At the beginning of each rotation the officials will demonstrate and explain the activity. A whistle will then start the activity and after 7 minutes a whistle will stop the activity.</p> <p>After four rotations there is a scheduled snack and water break (approx. 8-10 mins), followed by the final rotations. There will be a short 10-minute break before presentations.</p> <p>Each team is ranked on their performance at each activity with a sliding scale of points. Scores from each rotation are then added to arrive at an overall team total.</p>
Rules	Guidance on the rules of the Panathlon Xtend will be sent to the school/team upon confirmation of their entry. Each school will receive each individual station information within this confirmation sent event pack.
Scoring	Pupils/Schools will accumulate points as they travel around the different stations. Stations are administered by young leaders
Think Inclusively!	The format of the skills challenge allows all abilities to play together. At all Panathlon events, we have adaptations for all different SEND classification groups.
Pathways	Local level events lead to this County event Panathlon has a pathway beyond Cumbria leading to Regional North West Events.
Additional Information	https://panathlon.com/
What's New?	Virtual activity is available to practice at school before the event Activity Sheets are available for schools to do prior to the event Panathlon contact: tony@panathlon.com
Entry Details	Via your local School Games Organiser.

Cumbria Secondary Orienteering Festival Format

The detail below covers all the following individual events with event specific information further in the handbook:

- Cumbria Secondary Orienteering Festival – Years 7 and 8

Introduction

Orienteering Competition is an active outdoor adventure sports that challenges both the mind and the body. It can help develop self-belief, respect and team work. Boys and girls can compete together so that sport is ideal for all ages and mixed abilities. In 2022, the schools games competition will reflect competition in mainstream orienteering and provide a mixture of faster orienteering over short distance, as well as, the standard longer cross country courses. These contrasting types provide a more inclusive experience, enabling all children to find their strength and compete equally.

<p>School Games Value</p> 	<ul style="list-style-type: none"> - You can do it - Believe you can overcome challenges - Having a go and learning new skills
<p>Event Format</p>	<p>Participants will complete two orienteering courses:</p> <ul style="list-style-type: none"> • Standard cross country orienteering course • Maze orienteering course (For example of a maze see: https://www.youtube.com/watch?v=diCkzFN3SAs) <p>Each course will involve locating controls in a set order. A random start list will be drawn by the organiser. Participants will start at intervals of at least 1 minute with members of the same team starting at least 4 minutes apart.</p> <ul style="list-style-type: none"> • Maps, with the courses pre-marked, will be handed out at the start. • Electronic time recording equipment will be used.
<p>Rules</p>	<p>Follows normal British Orienteering Federation rules which can be found online. www.britishorienteering.org.uk/page/rules</p>

Scoring	<p>Participants will be given their individual and teams times for reference but will not be displayed on leader board. This will be the same for both the standard cross country orienteering course and the maze orienteering course.</p> <p>Scoring will be based on the value of self-belief with both team and individual performance. This is extremely important in orienteering because it is an individual sport in which participants need to have learnt skills and believe that they can use these skills to succeed. They need to have confidence in their own mastery of the skills to achieve.</p>
Think Inclusively!	Inclusive teams can compete in mainstream competitions.
Pathways	More details of competition, schools and club opportunities can be found at www.britishorienteering.org.uk
Additional Information	For more information visit www.britishorienteering.org.uk/page/schools
What's New?	<p>The event format has changed this year.</p> <p>Young Leaders to award certificates to one girl and one boy around the three objectives set around the Determination value.</p>
Entry Details	Via your local School Games Organiser

Cumbria Secondary Orienteering Festival – Years 7 and 8

Event Specific Information

County Event Details	10am- 3:30pm Wednesday 6 th July 2022 Sheepmount (Main Venue) Mayors Drive Carlisle CA3 8XL
Year Group	Years 7 and 8 (Combined)
Gender	Mixed
Event Intent	To develop different sport specific skills
Target Audience	Fairly active young people
Team Size	12 participants per SGO area. 6 girls and 6 boys from Years 7 and 8, local call on who is chosen.
Clothing/Equipment Requirements	Schools will be expected to wear their appropriate school / PE uniform i.e. shorts, polo shirt/t-shirt and suitable trainers/footwear. The festival will be held outdoors so pupils will need to bring appropriate clothes to suit the weather.

Cumbria Secondary Dodgeball Festival Format

The detail below covers all the following individual events with event specific information further in the handbook:

- Cumbria Secondary Dodgeball Festival – Years 7 and 8

Introduction

The Dodgeball Festival is also a new addition to the Cumbria School Games calendar for 2022. The event has been designed to ensure all children taking part are given an equal opportunity to play. The event is aimed at introducing children who are identified as less active or less engaged with sport and physical activity to competition in a safe and friendly way.

School Games Value 	Passion <ul style="list-style-type: none">- Giving it 100%- Putting your heart and soul into whatever you are doing- Never giving up
Event Format	All 12 teams taking part will participate in a round robin format where all teams will play each other. All matches will consist of 3 x 2-minute games and will be played outside and there will be 3 courts set up. Referees will be local young leaders that have completed the British Dodgeball referee and leadership workshop.
Rules	Follows quick start high school rules which can be found online. https://www.britishdodgeball.org/schools/

Scoring	Teams will be awarded 2 points for each match won. 1 point for a match drawn and 0 points for a match lost. An additional point will be awarded in each match for the team that most demonstrates the event value.
Think Inclusively!	Dodgeball should always be seen as a highly inclusive sport when played with the appropriate equipment and rule set, the aim is for everyone to have a go and enjoy playing dodgeball. There are additional inclusive practices that can be implemented to support groups/individuals if required.
Pathways	This festival is about having a go and building the confidence of the young people involved to hopefully return to school enthused to continue their physical development in physical education lessons, after school clubs. Once they start to show interest in a particular sport then should be signposted to community sport clubs or community activity providers. For local dodgeball clubs visit https://www.britishdodgeball.org/clubs/#junior-clubs https://www.edendodgeballclub.com/
Additional Information	For further dodgeball competitions including the British Dodgeball Schools Championships please visit: https://www.britishdodgeball.org/school-competitions/
What's New?	Dodgeball is a new addition to the School Games county events this year. Young Leaders to award certificates to one team that have demonstrated the three objectives set around the Passion value.
Entry Details	Via your local School Games Organiser

Cumbria Secondary Dodgeball Festival – Years 7 and 8

Event Specific Information

County Event Details	10am- 3:30pm Wednesday 6 th July 2022 Sheepmount (Main Venue) Mayors Drive Carlisle CA3 8XL
Year Group	Years 7 and 8 (Combined)
Gender	Mixed
Event Intent	To increase motivation
Target Audience	Fairly and less active young people
Team Size	16 participants per SGO area. Two teams made up of 4 boys and 4 girls per team, local call on who is chosen.
Clothing/Equipment Requirements	Schools will be expected to wear their appropriate school / PE uniform i.e. shorts, polo shirt/t-shirt and suitable trainers/footwear. The festival will be held outdoors so pupils will need to bring appropriate clothes to suit the weather.

MISSION, VISION & CHARACTERISTICS



MISSION

Keeping sport at the heart of schools in Cumbria and providing young people with opportunities to achieve their personal best.

VISION

Making a clear and meaningful difference to the lives of children and young people.

CHARACTERISTICS

The Cumbria School Games will:

- Promote enjoyment, fair-play and positivity.
- Increase aspirations.
- Develop confidence, character and life skills.
- Foster individual, team and leadership competencies.
- Celebrate the diversity of Cumbria.
- Provide a wide range of opportunities based on the needs of young people.
- Include a strong cultural element to the Games.

PRIORITIES

Our focus will be on improving the following outcomes for young people:

- Support schools to prioritise the delivery of 60 active minutes as an entitlement for every child to support improvements in their physical, emotional and social wellbeing.
- To ensure provision is designed to reflect the motivation, competence and confidence of young people and has clear intent, targeting young people who need the intervention most.
- To have a clear focus on transition points.
- Create positive experiences that support the character development of young people including the provision of high-quality leadership and volunteering opportunities.
- To engage and educate parents and other influential figures in the meaningful difference of the School Games.



CODE OF CONDUCT

CUMBRIA SCHOOL GAMES

Code of Conduct for everyone involved in Inter, Intra and County Levels of Cumbria School Games

When attending a Cumbria School Games competition you / your school and any accompanying adults are agreeing to adhere to this Code of Conduct.

By agreeing to the Code of Conduct we ensure correct behaviour and attitudes are demonstrated by ALL event staff and volunteers, officials, school staff, team supporters, coaches and participants involved in the Cumbria School Games.

Event Staff & Volunteers/School Staff/ Team Supporters/Coaches & Officials

Do

- Show high standards of behaviour within the spirit of the games
- Respect officials and their decisions and encourage fair play
- Place the well-being, safety and enjoyment of every child and young person above everything else - ensuring they have a positive school games experience.
- Take responsibility for the children and young people placed in their charge
- Support and encourage all children and young people
- Respond to any concerns about any young person's welfare, always acting in their best interests

Do Not

- Engage in public criticism of athletes, teams, volunteers or officials.
- Engage in or tolerate offensive, insulting or abusive language
- Enter the field of play without permission

Young Leaders/Volunteers

We aim to ensure that all young leaders/volunteers who are judging or officiating at the event have a positive experience. Under no circumstances should any adults, be they a team manager, coach or teacher speak directly to a young leader/volunteer regarding any decisions made by them during the course of the competition. All questions should be put to the School Games Organiser for your district or the competition organiser in line with our School Games Code of Conduct.

Pupils

- Play by the rules and always do your best
- Accept decisions made by officials
- Treat your opponents with respect at all times
- Accept victory or defeat with good grace
- Stay at the school games venue unless accompanied by a member of school staff

It is the responsibility of each school to ensure that pupils and their team supporters abide by this code of conduct. Please remember that many of our officials are students themselves and volunteering. They have received training prior to this event.

During an event any genuine complaints or concerns should be directed to a member of the event management team. If you need to report any issues after the event please call **01228 226885** or e-mail **info@activecumbria.org**

It's everyone's responsibility to keep sport safe. **#safeinsport**

If you're concerned about your own or another young person's safety or welfare get in touch with someone **www.activecumbria.org/safeinsport**



ANY BREACH OF THIS CODE OF CONDUCT MAY RESULT IN AN INDIVIDUAL AND/OR THEIR ASSOCIATED TEAM BEING SENT HOME AND/OR DISQUALIFIED FROM A COMPETITION AND JEOPARDISE THEIR FUTURE INVOLVEMENT IN OTHER CUMBRIA SCHOOL GAMES OPPORTUNITIES.

SUCH CONDUCT THAT FAILS TO MEET THE CODES OUTLINED ABOVE SHOULD BE IN THE FIRST INSTANCE BROUGHT TO THE ATTENTION OF THE EVENT MANAGEMENT TEAM, WHO WILL MAKE FURTHER INVESTIGATIONS INTO THE ALLEGED INCIDENT, AND TAKE APPROPRIATE ACTION.

Fair Play Charter

This Charter outlines the appropriate behaviour that should be used by all teams, team managers, coaches and spectators during the tournaments.

Players: Enjoy competition, Do your best, show good sportsmanship, play within the rules, respect opponents, officials and their decisions.

Parents: Promote participation in sport for fun, Teach and show respect, Congratulate your children regardless of the result, Teach sportsmanship and value of teamwork.

Coaches: Lead the players, Show respect for players, officials and their decisions, Stick to the rules, Promote sport for enjoyment, not just winning, Discourage rough play and cheating.

Spectators: Encourage and support all players, never use bad language, Respect officials and the decisions they make, Discourage rough play and cheating, Enjoy the competition regardless of the result.