

# CUMBRIA SCHOOL GAMES

## COUNTY LEVEL EVENTS

### Secondary Schools Handbook

2025-2026



# CUMBRIA SCHOOL GAMES

## What is the Vision?

The School Games will make a positive and meaningful difference to the lives of children and young people through sport and physical activity.

## What is the Mission?

Creating positive experiences for children and young people in Cumbria to begin developing a lifelong relationship with physical activity and movement.

## What are the School Games?

The culture of the School Games continues to adapt and move forwards to align with the Sport England 'Uniting the Movement' strategy. The focus 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 Children's survey (2023-2024) show that only 44.6% of children are regarded as being active (60 mins per day) and 27.9% are doing less than 30 minutes of activity each day. This is where the focus of the free-to-all School Games offer in Cumbria is aimed, looking to engage a wider range of children and young people. Our target audience is less active children and young people – those who don't usually get chosen to represent their school at sporting events. All our events are designed to be fully inclusive to ensure children and young people with SEND are offered these opportunities.

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.

# 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 of getting involved.

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 their contribution to it.
- Win with pride and lose with grace.
- Learn how to set realistic goals and work towards achieving them.
- Aspire to improve and challenge themselves.

Find more information and some further background information on the School Games [here](#).

Or watch the Cumbria School Games video - [Cumbria School Games - Active Cumbria](#)

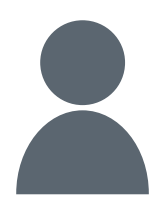



## How to get involved

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 the [Your School Games website](#).





# INTER-SCHOOL EVENTS

To find out the inter-school events and opportunities available in your area you can contact your local School Games Organiser.

## ALLERDALE

-  Sarah Scott
-  Netherhall School
-  07921 225865
-  [s.scott@netherhall.cumbria.sch.uk](mailto:s.scott@netherhall.cumbria.sch.uk)

## CARLISLE

-  Karen Cook
-  Richard Rose Central Academy
-  01228 822060 ext 4507
-  [carlisesgo@rrca.org.uk](mailto:carlisesgo@rrca.org.uk)

## COPELAND

-  Chantal Malan
-  The Whitehaven Academy
-  01946 595400
-  [cmalan@whitehavenacademy.org.uk](mailto:cmalan@whitehavenacademy.org.uk)




## EDEN

-  Oli Luke
-  Kirkby Stephen Grammar School
-  07377 673633
-  [oli.luke@ksgs.cumbria.sch.uk](mailto:oli.luke@ksgs.cumbria.sch.uk)

## FURNESS

-  Jason Walker
-  Furness Academy
-  01229 484270
-  [sgo@furnessacademy.co.uk](mailto:sgo@furnessacademy.co.uk)

## SOUTH LAKES

-  Tim Fletcher/Steven Jamieson
-  [timothy.fletcher@bay.staracademies.org](mailto:timothy.fletcher@bay.staracademies.org)
-  [jamieson.sm@gmail.com](mailto:jamieson.sm@gmail.com)

# COUNTY EVENTS

Active Cumbria has created this handbook to inform schools in Cumbria of the County events that are planned for the 2025-26 academic year. The School Games Organiser will select the schools and representatives from each area to attend county events based on target audiences.

## Fair Play Charter and Codes of Conduct

We ask that all teachers, team managers, participants, parents, and spectators abide by the Code of Conduct (Appendix A) and the Fair Play Charter (Appendix B) which outline the appropriate behaviour that should be used by all during the events, and to respect the School Games Values.

## 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. The ratio of boys/girls may be advised, however, we understand that cohort sizes do not always make it possible to adhere to this so we ask that you select the children you feel will benefit the most from the event, regardless of gender.

# SPIRIT OF THE GAMES

The seven values of passion, belief, respect, honesty, determination, teamwork and eco-friendly 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 develop 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 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. These are:**



Teamwork: Together everyone achieves more.



Honesty: I make the right choice, not the easy choice!



Respect: I win with humility. I lose with grace. I play with respect.



Self-belief: The only limits that exist are the ones in our own mind!



Eco Friendly: Think more about everyday choices to help the planet.



Determination: No goal was ever met without a little sweat!



Passion: Our passion is our strength!

# 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 festivals and competitions throughout the 2025-26 academic year. As the intent and target audience has changed over the years, and our events are no longer all based on a competition pathway, it is vital that schools carefully select the pupils they send so please take some time to read the information carefully and reflect on what we are trying to achieve.



**Find details of upcoming events on the following pages.**

# CALENDAR

## 2025-2026

Date	Event	Activity	Venue	Year Groups
6 February 2026	Cumbria Kurling Finals	Panathlon Kurling	Penrith Leisure Centre	Year 3 to 6 (KS1 at discretion)
				Year 7 to 13
3 March 2026	Westmorland and Furness Transition Festival	Multi-Skills	Kendal Leisure Centre	Year 6 and 7
4 March 2026	Cumberland Transition Festival	Multi-Skills	Penrith Leisure Centre	Year 6 and 7
17 April 2026	Cumbria Primary Panathlon Finals	Primary Panathlon Multi-Skills	Penrith Leisure Centre	Year 3 to 6 (KS1 at discretion)
	Cumbria Xtend Panathlon Finals	Secondary Panathlon Multi-Skills		Year 7 to 13
	Cumbria Special Schools Panathlon	Special Schools Panathlon Multi-Skills		Year 3 to 13 (KS1 at discretion)
8 May 2026	Cumbria Boccia Finals	Panathlon Boccia	Penrith Leisure Centre	Year 3 to 6 (KS1 at discretion)
				Year 7 to 13
25 June 2026	Cumbria School Games County Festival	Primary Golf/Athletics (swap events at lunchtime)	Sheepmount, Carlisle	Year 3 to 6
		Primary Dodgeball	Bitts Park, Carlisle	Year 5 and 6
		Secondary Dodgeball	Bitts Park, Carlisle	Year 7 and 8
		Primary Multi-Skills	Sheepmount, Carlisle	Year 3 and 4
		Primary/Secondary Games	Sheepmount, Carlisle	Year 5 to 8
		Transition Activities/ Orienteering (swap at lunchtime)	Sheepmount, Carlisle	Year 6 and 7
		Dance	Sands Centre, Carlisle	Year 6 and 7

# GENERAL GUIDANCE FOR ALL EVENTS

## Refreshments

Lunch and refreshments will NOT be provided during any of the events. Please ensure your pupils and staff bring some lunch and liquid refreshments with them. We will however provide drinking water and, as part of our commitment to the Eco Friendly value, all participants and young leaders will be given a reusable water bottle.

## 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@cumberland.gov.uk](mailto:michelle.young@cumberland.gov.uk). In line with the value of Eco-Friendly, please try to share transport with other schools where possible.

## 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 lunchtime the day prior to the event.

INSERT SCHOOL

PANATHLON KURLING

# CUMBRIA KURLING FINALS

Qualifying events will take place prior to these county finals.

The eligibility is any child with SEND or those you feel would benefit from attending this event.



6 FEB  
2026



10AM-  
2PM



PENRITH LEISURE CENTRE,  
SOUTHEND ROAD, PENRITH,  
CA11 8JH

YEARS 7-13



## EVENT INTENT

To engage new and diverse audiences in participation.

## TARGET AUDIENCE

Fairly or less active young people with SEND.

## TEAM SIZE

5 participants per SGO area, 4 in a team with one substitute. Qualifying events will be held prior to this event.

## CLOTHING & EQUIPMENT

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).

## FORMAT

Teams will be put into groups. They will play each school in their group once, then the winner from each group will go through to a semi-final leading to 3rd/4th play off and final.

## RULES

Rules will be clearly explained on the day.

## SCORING

Teams score one point for every stone that is closer to the centre than any opposition stone.

## THINK INCLUSIVELY!

Kurling is a very inclusive event. At all Panathlon events, we have adaptations for all different SEND classification groups.

## PATHWAYS

The winner will be invited to represent Cumbria at the North West Regional Finals.

## ENTRY DETAILS

Via your local School Games Organiser.

# CUMBRIA TRANSITION FESTIVAL

Our Transition Festival is a multi-skills event designed to bring together Primary and Secondary students from the same area in an enjoyable, collaborative and developmental environment.

The purpose is to foster teamwork and develop communication, problem solving and collaboration skills. This year, we are trialling this as a two-part process with some of the children being invited to the School Games Festival taking place in June.

 **3 MARCH 2026**  **10AM-2PM**  **KENDAL LEISURE CENTRE, BURTON RD, KENDAL, LA9 7HX** **YEARS 6 AND 7**

 **4 MARCH 2026**  **10AM-2PM**  **PENRITH LEISURE CENTRE, SOUTHEND ROAD, PENRITH, CA11 8JH** **YEARS 6 AND 7**



## EVENT INTENT

To support children with the transition from Y6 – Y7. To develop communication, teamwork and confidence.

## TARGET AUDIENCE

Y6 - Less active young people, children who will benefit from additional support with transition.  
Y7 – Children who will be empathetic and will work well with the Y6 children.

## TEAM SIZE

60 participants per area to form teams (30x Y6 and 30x Y7). Please note, the participants can come from a number of schools so long as the primary feeds into the secondary.

## CLOTHING & EQUIPMENT

This event will be held in a sports hall so athletes will be expected to wear their appropriate school PE uniform, i.e. shorts, school polo shirt or t-shirt and suitable trainers/footwear (no bare feet).

## FORMAT, RULES, SCORING

Teams will rotate around a carousel of activities. Guidance on the rules will be shared at the event. Different events have different scoring systems. Guidance on the scoring will be shared at the event.

## THINK INCLUSIVELY!

Be yourself – you have lots to contribute towards your team! The format of the event allows all abilities to participate together. Please inform Active Cumbria prior to the event if there are any access arrangements or adjustments needed.

## PATHWAYS

This transition event is designed to develop communication, teamwork and confidence so hopefully children return to school enthused to continue their physical development.

## ENTRY DETAILS

Via your local School Games Organiser.

# CUMBRIA XTEND / SPECIAL SCHOOLS PANATHLON FINALS

The Xtend Panathlon is a multi-skills event for secondary-aged pupils with SEND 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 a specified number of minutes each.

The eligibility is any child with SEND or you feel would benefit from attending this event. Virtual activity and activity sheets are available to practise at school before the event.

The finals for the Secondary Schools (Xtend) and Special Schools events will both take place on this date.



17 APRIL  
2026



10AM-  
2.30PM



PENRITH LEISURE CENTRE,  
SOUTHEND ROAD, PENRITH,  
CA11 8JH

**YEARS 7-13  
(PLUS KS2 FOR SPECIAL  
SCHOOLS)**



## EVENT INTENT

To engage new and diverse audiences in participation.

## TARGET AUDIENCE

Fairly or less active young people with SEND.

## TEAM SIZE

8 participants per SGO area. Local call on who is chosen if qualifying event not held. Please note, schools can join together to form a team.

## CLOTHING & EQUIPMENT

This event will be held in a sports hall so athletes will be expected to wear their appropriate school PE uniform, i.e. shorts, school polo shirt or t-shirt and suitable trainers/footwear (no bare feet).

## FORMAT

Primary Panathlon runs on a rotational system whereby competitors take part in timed activities. At the beginning of each rotation the officials will demonstrate and explain the activity.

## SCORING

Each team is ranked on their performance at each activity with a sliding scale of points. Scores are combined for an overall team total.

## RULES

Guidance on the rules of the Primary Panathlon will be sent to the school/team upon confirmation of their entry.

## 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 North West Regional Finals.

## ENTRY DETAILS

Via your local School Games Organiser.

INSERT SCHOOL

PANATHLON BOCCIA

# CUMBRIA BOCCIA FINALS

Qualifying events will take place prior to these county finals.

The eligibility is any child with SEND or you feel would benefit from attending this event.



8 MAY  
2026



10AM-  
2PM



PENRITH LEISURE CENTRE,  
SOUTHEND ROAD, PENRITH,  
CA11 8JH

YEARS 7-13



## EVENT INTENT

To engage new and diverse audiences in participation.

## TARGET AUDIENCE

Fairly or less active young people with SEND.

## TEAM SIZE

4 participants per SGO area, 3 in a team with one substitute. Qualifying events will be held in Carlisle/Eden, Copeland/Allerdale and South Lakes/Barrow.

## CLOTHING & EQUIPMENT

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).

## FORMAT

Teams will be put into groups. They will play each school in their group once, then the winner from each group will go through to a semi-final leading to 3rd/4th play off and final. 3 ends will be played for each game, games will last roughly 10 minutes.

## RULES

Rules will be clearly explained on the day and you can find out more [here](#).

## SCORING

The team that has the most balls close to the Jack gets points. 1 point is awarded for each ball better positioned than the best opposing ball, so there is a maximum of 6 points per game.

## THINK INCLUSIVELY!

Boccia is a very inclusive event. At all Panathlon events, we have adaptations for all different SEND classification groups.

## PATHWAYS

The winner will be invited to represent Cumbria at the North West Regional Finals.

## ENTRY DETAILS

Via your local School Games Organiser.

**MULTIPLE ACTIVITIES**

# **CUMBRIA SCHOOL GAMES COUNTY FESTIVAL**

Our County School Games Festival brings together around 1000 children and young people from KS2 – KS5. This multi-sport event encompasses all of the School Games values.

This year, events will take place at the Sheepmount, Bitts Park tennis courts and the Sands Centre in Carlisle. Activities will be supported by young leaders from across the county.



**25 JUNE  
2026**



**10AM -2.30PM**



**SHEEPMOUNT, SANDS CENTRE  
AND BITTS PARK - CARLISLE**



# GENERIC INFORMATION FOR ALL EVENTS AT THE FESTIVAL



## EVENT INTENT

Champion physical literacy, engage target groups of young people, provide inclusive opportunities, create positive experiences.

## TARGET AUDIENCE

Less active young people, those who don't usually get chosen to represent their school at sporting events.

## CLOTHING & EQUIPMENT

Children will be expected to wear their appropriate school/PE uniform i.e. shorts, polo shirt/t-shirt and suitable trainers/footwear. Please ensure pupils bring appropriate clothes to suit the changeable weather in Cumbria.

## THINK INCLUSIVELY!

All of our events are designed to be fully inclusive to ensure children and young people with SEND are offered these opportunities. We ask that if there are any specific adjustments needed you inform us of this in plenty of time prior to the event.

## ENTRY DETAILS

Via your local School Games Organiser.

## DANCE



SANDS CENTRE

### TEAMS AND PARTICIPANTS

Year 6 – Year 7

8 children per SGO area

### FORMAT

Participants will be provided with an introduction to dance and the opportunity to collaborate with others to create a dance routine in a fun and supportive environment.

After the Opening Ceremony at the Sheepmount Stadium, children will walk to the Sands Centre to take part in the dance festival in the dance studios. Schools can choose to use their own transport to drive to the Sands Centre if they would prefer.

## DODGEBALL



BITTS PARK  
TENNIS COURTS

### TEAMS AND PARTICIPANTS

Years 7 and 8 = 2 x teams of 8 children

16 children per SGO area

### FORMAT

All teams taking part will play an equal number of matches. Each match will consist of timed games. There will be no knockout rounds.

Referees will be local high school young leaders that have completed the British Dodgeball referee and leadership workshop.

This event has been designed to ensure all children taking part are given an equal opportunity to play and 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.

## GAMES

 SHEEPMOUNT

### TEAMS AND PARTICIPANTS

Year 5 – Year 8

12 children per SGO area

### FORMAT

Children and young people will take part in a variety of games activities and skills. In the morning there will be 6 skills stations in a carousel combining a mixture of hand-eye/foot-eye coordination activities related to a range of sports. In the afternoon there will be mini cricket matches where pupils will play against each other.

## TRANSITION - ORIENTEERING/NERF

 SHEEPMOUNT

### TEAMS AND PARTICIPANTS

15 Year 6 children and 15 Year 7 children

30 children per SGO area

(from those who have attended Transition Festivals in March)

### FORMAT

This event aims to build upon the Transition Festivals taking place in March to offer further support to pupils. The Orienteering and Nerf Activities are designed especially for Year 6 and 7 students to celebrate friendship, teamwork, and active fun during the transition to secondary school. As a team, pupils will plot and follow maps to navigate through various exciting Orienteering challenges. Using soft foam darts, pupils will dodge, dive, and aim their way through a series of fun-filled Nerf games that build confidence and connections. It's all about getting moving, trying something new, and having a brilliant time together.

# APPENDIX A

## 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.

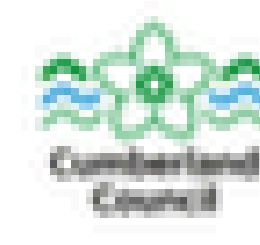
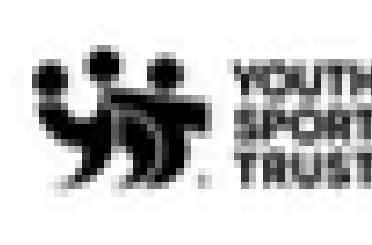
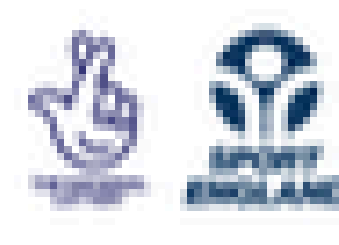
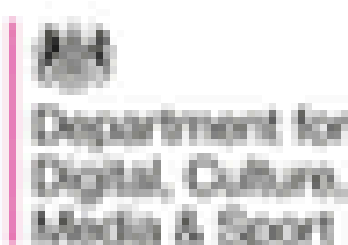
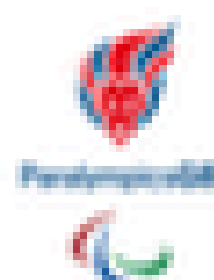
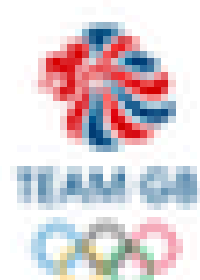
During an event any genuine complaints or concerns should be directed to a member of the event management team. If you need to report any issues after the event please call 01228 226885 or e-mail [feedback@activecumbria.org](mailto:feedback@activecumbria.org).

It's everyone's responsibility to keep sport safe. [#safeinsport](https://www.activecumbria.org/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](https://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.



# APPENDIX B

## FAIR PLAY CHARTER

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

**Players:** enjoy participating, 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, always use positive language, respect officials and the decisions they make, discourage rough play and cheating, enjoy the event regardless of the result.

