



Panathlon Discovery

Virtual Games Programme

The Panathlon Foundation made the decision in May 2020 to make the Autumn Term competitions virtual events due to the uncertainty of Covid-19, and the advice given to ensure the safety of all involved.

We have created a phased programme of activities based on the competitions that we would normally deliver for SEN children. All the activities are skill based, using school equipment and are designed for schools to discover the fair play ethos of Panathlon through simplified and varied competitions which we hope will support staff and school programmes, inspire young leaders and develop confidence and self belief in every individual.

There are currently three programmes available:

• Multi-Skills 'Pre-Season' (Available now- see previews & video clips)

Fundamental skills in **Balance & Agility, Target, and Throws** aimed to be inclusive, engaging and challenging. Activities can run over a series of weeks allowing schools to 'pick and mix' depending upon the size of groups, space, facilities available, timetables, and current school risk assessments.

• Multi-Skills 'Game Day' (Available now)

Panathlon has selected four activities from pre-season to be run as a competition. Schools can elect to run the game day over several sessions competing as SEN teams or SEN individuals.

• 10 Pin Bowling 'Game Day' (To start November)

Sport specific activity

• Racket Sports Activities - Previews available in November.

REWARDS



Pre-season (Multi-skills): Certificates. Each school that participates will need to submit their monitoring forms to their Panathlon representative. Schools will then be sent (max 50) certificates, plus pdf certificates for additional competitors.

Game Days: Medals and certificates. Schools will need to submit their SEN team or SEN individual results and monitoring forms to their Panathlon representative. Schools will then be sent certificates and medals (Max 20) plus pdf certificates for additional competitors.

Game Days: Trophies Top SEN teams in the county will be awarded trophies and team certificates.

Leaders: Schools to decide (based on current school risk assessments) Panathlon will provide merchandise as a form of recognition, on submission of monitoring forms. (Max 10)

HOW TO ENTER

- Look through the previews and decide if they are suitable for your school.
- Complete the Panathlon entry form with approximate entry numbers and send to entries@panathlon.com
- Upon receipt of your entry, Panathlon will send the following: video clips for each activity, comprehensive rules, score sheets and monitoring forms.
- For further information if required, please contact tony@panathlon.com as the entry process and competition finish deadlines may vary from county to county.



Multi-Skills Overview:

Secondary Schools Multi-Skills menu

Schools can opt to take part in all the activities from the menu below, or pick and mix!

Pre-Season Balance & Agility	Pre-Season Target	Pre- Season Throwing	Game Day Selected Activities
Stick Slalom	Loopy: Basketball	Noughts & Crosses	Loopy: Basketball
Venus Volley	Tunnel Ball	Traffic Lights	Stick Slalom
Rally Tennis	Funfair	Flip it	Direct Hit
Athletics	Direct Hit	Snooker Frame	Athletics

Structure

Pre-Season Multi-skills run on a system whereby competitors can take part in a series of activities across several weeks.

- Activities can be run by the class teacher (as per school guidelines) or with the help of additional leaders/helpers.
- Teachers will need to select their own team 'micro bubble' sizes based upon their school risk assessments.
- Each 'micro bubble/team', will move to each activity via set 'zones' in accordance with school policy.
- For pre-season: schools can select activities from the menu and decide upon their own length of time to complete the activities (Or allocate a set number of goes)
- Schools can record team/ bubble or individual scores at each activity zone, then opt to produce their own school rankings.

Game Day: Follows the Panathlon 'time-based' competition format across four activities, **as identified in the menu above.** (A school can take part in two activities one session and two another session if need be)

- Teachers will need to select their own team 'micro bubble' sizes (Preferably min 4 -max 6) based upon their school risk assessments.
- A whistle will start the activity and after the 5 minutes a whistle will stop the activity. The team will then rotate to their next activity zone. (where appropriate keeping their own equipment- or with new clean equipment). At the beginning of each rotation explain the new activity and incorporate breaks if required.

Full results and monitoring must be submitted to Panathlon to ensure competitors receive medals..



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Pre Season: Balance & Agility

Stick Slalom (full example)

Equipment: Hockey Stick (or uni-hock stick, tri-golf), **Ball**, **cones**.

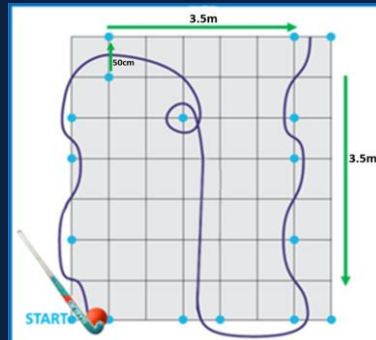
Set-up: Cones are set out 50cm apart (measure from end of cone) with chalk or floor markings showing the direction. The approx. size will be 3.5 x 3.5m

Aim: Team members take it in turns to each complete a slalom course around the cones, keeping the ball in contact with the hockey stick. Activity can be varied using a football or tennis racket.

Scoring: Add the total number of completed slaloms to give an overall team/bubble score.

Adaptations: VI players can follow a guide. HI: a visual cue can be given by the leader to start the slalom as well as audio. For example, say 'go' and lower an arm. Wheelchair users can be self-propel on a wider course or be pushed (1m at each cone) PD & LD students with balance difficulties can have support from an adult and walk through all activities. Competitors can carry an item without a stick/racket through the course if required.

[Stick Slalom Video Example at the end of this document.](#)

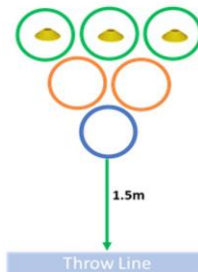


Preview of activities: Balance & Agility

Venus Volley

Aim: Using a racket, players take it in turns to propel one bean bag/ball towards the hoops to score points.

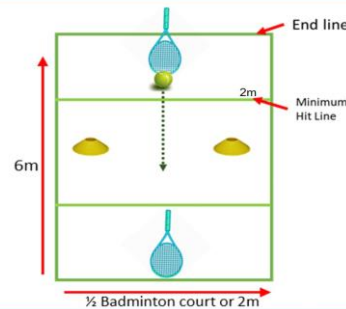
Equipment: **Bean bag** (ball or rolled up socks), **short tennis racket or equivalent**, **6 hoops**, **3 cones**.



Rally Tennis

Aim: Two competitors stand and aim to push/roll the ball in a continuous rally on a small court between two cones.

Equipment: **Ball**, **tennis racket or equivalent per student**, **tape**. (rackets to be wiped after each station has completed their go). **Stopwatch**.



Athletics

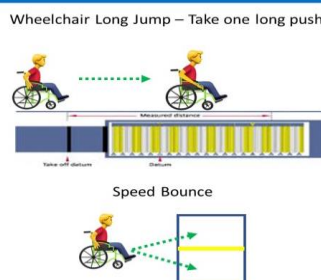
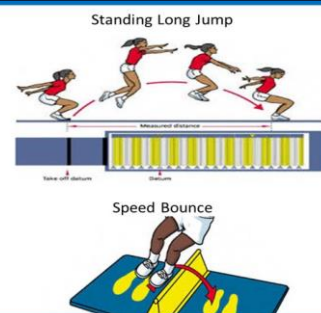
Equipment: Long jump mat/gym mats with a tape measure, speed bounce mat or line on floor

Standing Long Jump: Requires designated person to measure and record

Aim: Three jumps per competitor before moving to speed bounce
•Two footed take off from a standing position with both feet behind the take off-line

Speed Bounce: Requires designated person to time and record

Aim: Two goes per competitor before moving to long jump
•Each competitor has 15 seconds to record as many valid bounces as possible



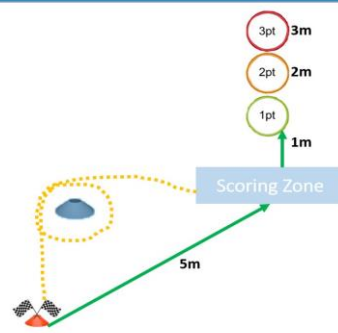


Preview of Activities: Target

Loopy: Basketball dribble and shoot

Aim: As a continuous relay, competitors dribble or bounce from the start line, which is 5m in distance, to the 'scoring zone' (line/box).

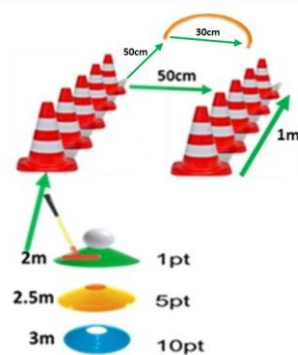
Equipment: Basketball each (or netball/football size 4), 3 x hoops (tape/cones) 3 cones



Tunnel Ball

Aim: Competitors must 'Putt' the ball down the tunnel of cones towards the semi-circle without hitting any cones. The ball must enter the semi-circle to score points.

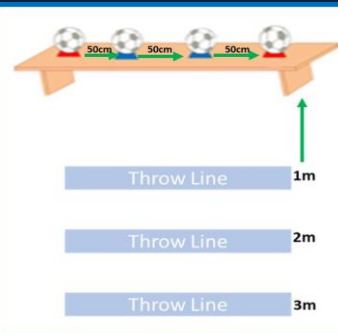
Equipment: Tri-golf putter (or cricket bat, hockey stick, tennis or badminton racket per student), 1 ball per student (small ball), cones 1 x green, 1 x yellow, 1 x blue cone, additional larger cones or rolled up towel set in 'semi-circle' collection area.



Funfair

Aim: To knock the ball off a cone in a continuous relay. Competitors take it in turns to throw their bean bag/ball from each line.

Equipment: Bean bag (or smallball, rolled up socks), bench (or gym mat), 4 cones, balls.



Direct Hit

Aim: A continuous team relay that gets more difficult. (Stumps get taken away)

Equipment: 1 ball per student (bean bag), set of stumps (skittles/cardboard tubes or equivalent) 1 x cone

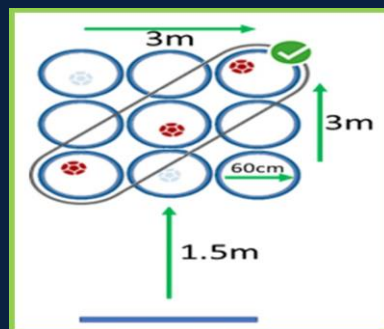


Preview of Activities: Throws

Noughts and Crosses

Aim: For competitors to get three boccia balls in a line.

Equipment: Boccia balls (or bean bags/rolled up socks/small ball), 9 hoops (or tape boxes),

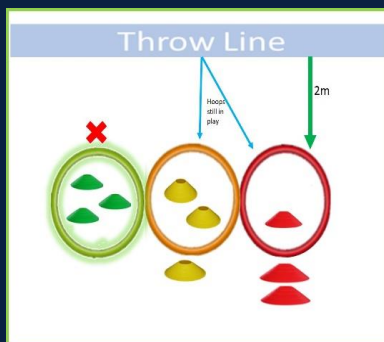


Courtesy of Boccia England

Traffic Lights

Aim: Three balls in a hoop stops play to switch on the traffic light.

Equipment: Boccia ball one per student (small ball or bean bag/ rolled up socks)

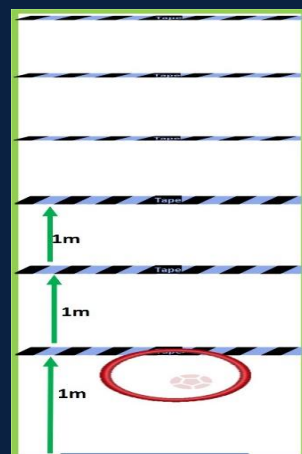


Courtesy of Boccia England

Flip it

Aim: Throw a boccia ball into the hoop. Every successful throw flips the hoop over to the next line

Equipment: Boccia ball one per student (or small ball/bean bag/ rolled up socks), 2 x medium hoops (one to be cleaned or 1 per student)



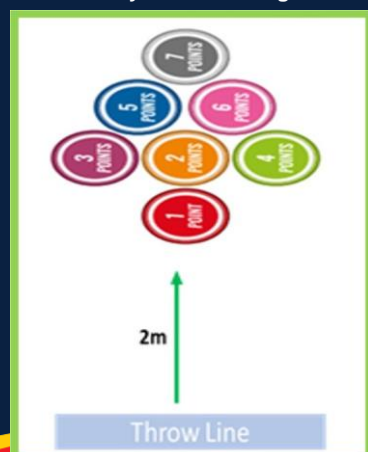
Courtesy of Boccia England

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Snooker Frame

Aim: From the 2m throw line, competitors take it in turns to throw their boccia ball into the red hoop (no 1). Bonus 2nd shot for any number if they hit the red first on each go.

Equipment: Boccia ball (or bean bag) one per student, 7 x hoops (or tape can create a target area) 7 pieces of paper with coloured numbers to be taped inside each hoop.



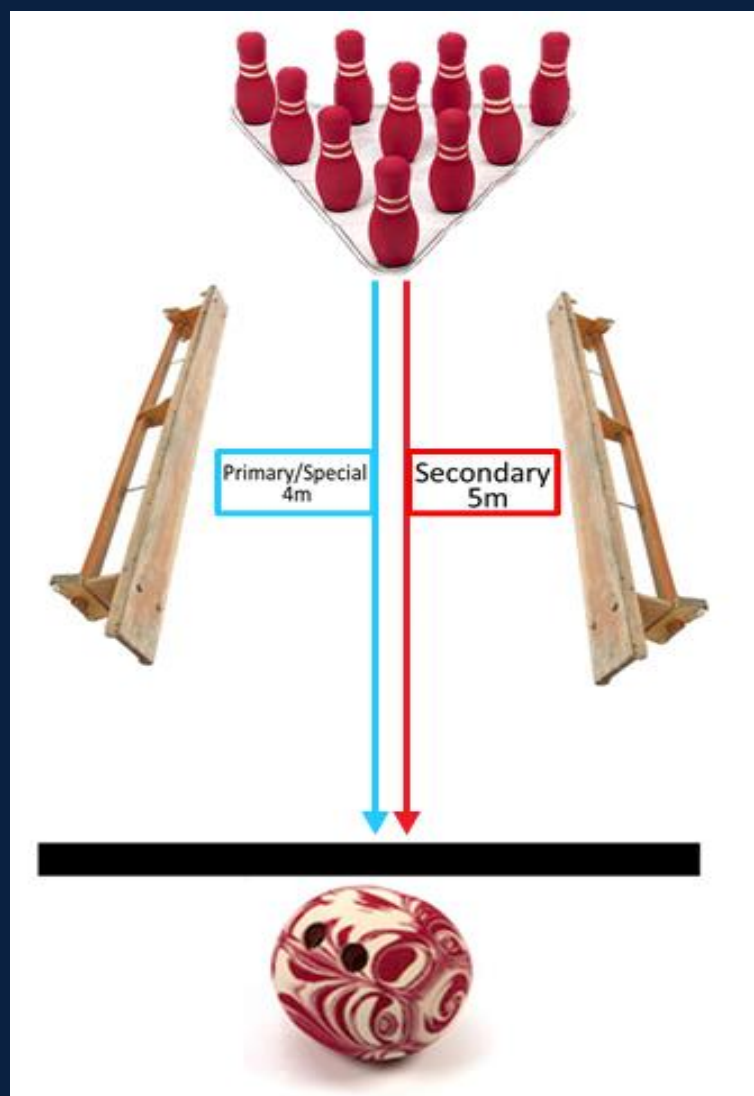
Preview: Ten Pin Bowling

Aim:

To knock down as many pins (skittles) as possible

Equipment:

- Ten Pin Skittles (plastic bottles – can be filled with sand/water to add weight)
- Bowling Ball- (Use a football ball/netball size 4 max -that the student can keep for every go)
- Benches (or a wall on one side to create alley bumpers)
- Benches on their side with the flat side facing the 'lane' (approx. 1.5 metres apart).
- The front pin/skittle for primary & special schools 4m, and secondary 5m from the bowling line.





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Send your entry form to entries@panathlon.com
to receive a full events pack containing:

Comprehensive rules, set-up for all activities, video demonstrations for each activity, score sheets and monitoring forms.

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Balance & Agility, Stick Slalom example activity – (<https://youtu.be/KzneOkN3fgk>)

**Good Luck
and we hope you enjoy
the activities!**

www.Panathlon.com

