



# 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 four 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

- **Kurling 'Game Day' (To start November)**

Sport specific activities

- **Swimming and Table Top 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 30) 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](mailto: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 needed, please contact [tony@panathlon.com](mailto:tony@panathlon.com) as the entry process and event deadlines will vary from county to county.



# Multi-Skills Overview:

## Special 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
Murray Movement	Into the Tower	Noughts & Crosses	Into the Tower
Precision Bean Bag	Kurling Knockout	Traffic Lights	Traffic Lights
Funfair	Direct Hit	Boccia Blast	Direct Hit
Parachute Popped	Harlem Hoops	Flip it	Flip It

## 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, **identified in the above menu box.** (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). Explain the new activity and incorporate breaks if required.

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



# Pre Season: Balance & Agility

Activities can be adapted by the school to meet your individual needs. PD & LD students with balance difficulties can use support from an adult and walk.

### Murray Movement (full example)

**Equipment:** Bean bag (ball, or rolled up socks), tennis racket (or badminton), cones.

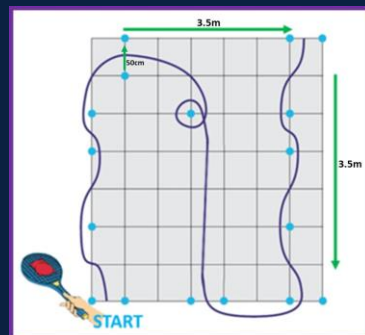
**Set-up:** Cones are set out 50cm apart (measure from end of cone) with chalk or floor markings showing the direction. The approx. size will be 3.5 x 3.5m

**Aim:** Team members take it in turns to each complete a slalom course around the cones, with the bean bag balanced on a tennis racket. Activity can be varied using a football or hockey stick to dribble.

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

**Adaptations:** VI players can follow a leader. 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 pushed on a wider course (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 racket through the course if required.

[Murray Movement Video Example at the end of this document.](#)



## Preview of activities: Balance & Agility

### Precision Bean Bag

**Aim:** Each competitor stands, unless in a wheelchair, behind the throw line (50cm from the edge of the mat) and takes it in turn to throw their bean bag towards the scoring zones.

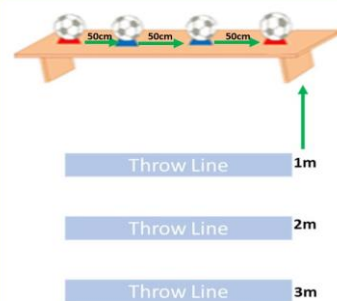
**Equipment:** Bean bags (or equivalent), numbered beanbag mat (or taped floor boxes, hoops or parachute- ensure these are taped to avoid slip hazards)



### 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.

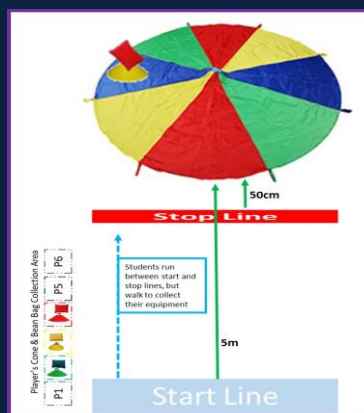
**Equipment:** Bean bag (or smallball, rolled up socks), bench (or gym mat), 4 cones, balls.



### Parachute Popped

**Aim:** As a continuous relay, competitors run to the Parachute and run back (alternatively collecting their bean bag from the mat, and then carrying it back)

**Equipment:** Stopwatch, parachute, 1 x cone and 1 x bean bag per competitor, two tables to support the parachute. Tape to mark lines.





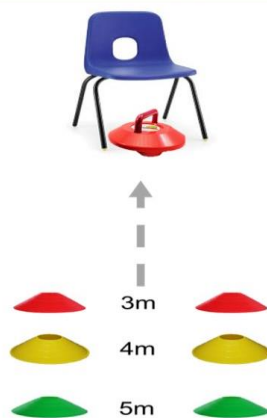


## Preview of Activities: Target

### Into the Tower

**Aim:** To enable the 'stone' to stop underneath the tower (chair).

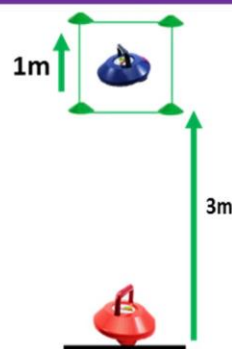
**Equipment:** Kurling stone (bean bags or toy car can also work), 6 x cones, chair



### Kurling Knock Out

**Aim:** Competitor pushes their 'red stone', aiming to knock the 'blue stone' out of the square.

**Equipment:** Kurling stone (bean bags, toy car or small ball can also work).



### Direct Hit

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

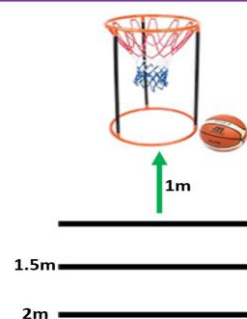
**Equipment:** 1 ball per child (bean bag), set of stumps (skittles/cardboard tubes or equivalent) 1 x cone



### Harlem Hoops

**Aim:** To score a point from the three throw lines.

**Equipment:** Mini Basketballs per child (small football/volleyball), basket (hoop/washing basket/ box)



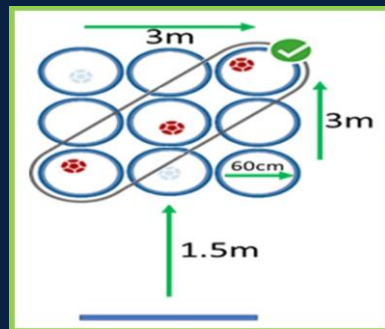


# Preview of Activities: Throws

## 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),

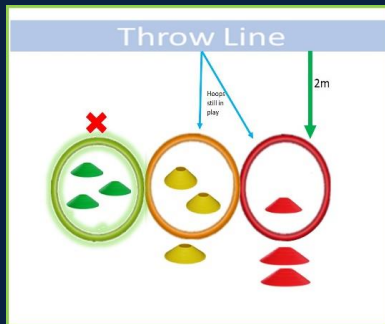


Courtesy of Boccia England

## Traffic Lights

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

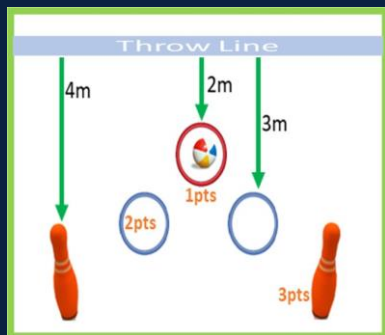
**Equipment:** Boccia ball one per child (small ball or bean bag/ rolled up socks)



## Boccia Blast

**Aim:** All competitors stand along a line, in a line with their Boccia balls in front of them. Competitors take it in turns to throw a boccia ball or equivalent at the targets to score.

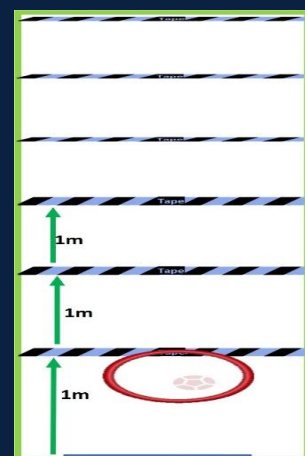
**Equipment:** Boccia ball one per child (or small ball/bean bag/ rolled up socks), 3 x Hoops (towel or tape/cones target area), Beach Ball (or lightweight ball)



## 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 child (or small ball/bean bag/ rolled up socks), 2 x medium hoops (one to be cleaned or 1 per child)



Courtesy of Boccia England



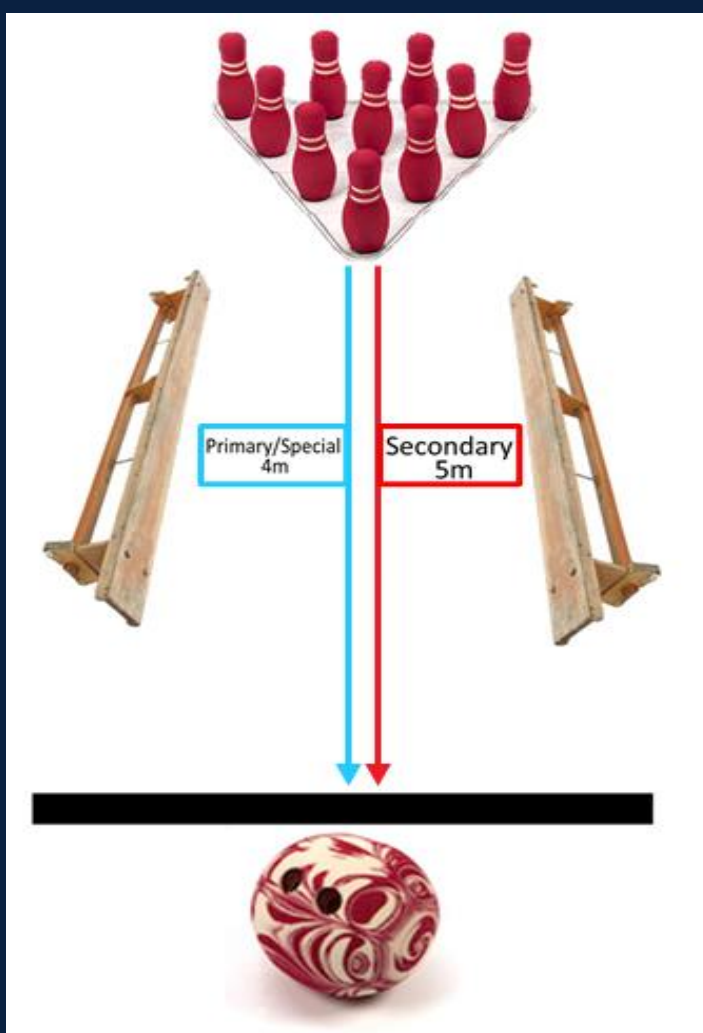
## Preview: Ten Pin Bowling

### 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 child 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.





## New Age Kurling Overview

### Into the Tower (full example)

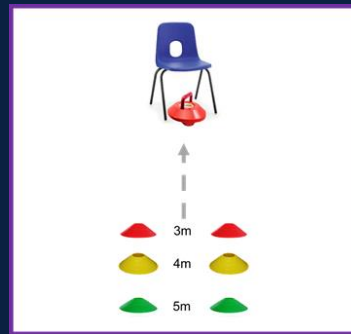
**Equipment:** Kurling stone (bean bags or toy car can also work), cones, chair or table. (Shuffleboard mat would also provide a scoring zone instead of a table/chair)

**Set-up:** 3 distances marked out with cones, 3m = Red, 4m = Yellow, 5m = Green

**Aim:** To enable the 'stone' to stop underneath the tower (Table/Chair). Starting at the nearest cone, competitors push the stone (Using your hand, foot or a pusher). Each competitor has three attempts then joins the back of the queue. If successful, move back to the Yellow cone and then the Green. Competitors repeat the challenge as a relay until the final whistle.

**Scoring:** Red Cone = 5pts. Yellow Cone = 7pts. Green Cone = 10pts. Record all scores for team/bubble total.

**Adaptations: Visually Impaired:** Bells can be draped on the legs of the chair to create an audio cue when the stone passes through it. **HI:** Visual cue can be given to start the activity as well as audio. For example, say 'go' and lower an arm. **Physically Disabled:** Ramps can be used to propel stones (Long card or a bench can work) **PD & LD** students with arm restricted movement can have support from an adult to push the "stone".



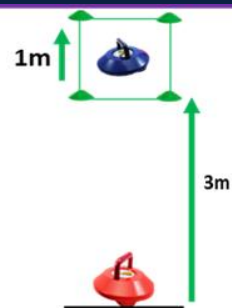
## Preview of activities: Kurling

### Knock Out

**Equipment:** Kurling Stone (bean bags or toy car can also work).

**Aim:** Competitor pushes their 'red stone', aiming to knock the 'blue stone' out of the square.

Competitors take it in turns and repeat the challenge until the time is up.



### Spinning Wheel

**Equipment:** Kurling stone (spinning top, large coin), stopwatch.

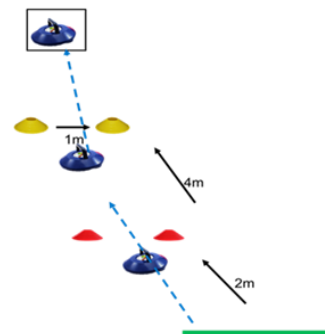
**Aim:** Spin the wheel 'Kurling stone' as long as possible. Time each go. Students repeat the challenge to try improve their time, until the whistle end activity.



### Krazy Kurling

**Equipment:** Kurling Stone (bean bags or toy car can also work), cones, paper

**Aim:** Competitors should push their stones as many times from the start line (Similar to golf) through both gates and stop on the paper/target. Stones should stop before next push is allowed. Competitors take it in turns until the final whistle.



### River Crossing

**Equipment:** Kurling Stone (Boccia balls or toy car can also work), cones, benches.

**Aim:** To push their stone through the channel **without** hitting the sides. Competitors take it in turns until the final whistle.







# Panathlon Discovery

Virtual Games Programme

Send your entry form to [entries@panathlon.com](mailto: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.

For further information if required, please contact [tony@panathlon.com](mailto:tony@panathlon.com) as the entry process and competition finish deadlines may vary from county to county.

Balance & Agility, Murray Movement example activity – (<https://youtu.be/GRjq11aQ4t0>)

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

[www.Panathlon.com](http://www.Panathlon.com)

