**Football (Secondary)**

**Inter-School Competition**

**Recruitment**

* The winning teams (a mixed gender team of three per school in each year group in a school) from each district inter-school competition will qualify for the Virtual County final.

**Eligibility**

* Year 7 mixed gender
* Year 8 mixed gender
* Year 9 mixed gender

**Team Requirements**

* Each counting school team should consist of 3 (mixed gender)
* Each school can have an unlimited number of entries, but the top 3 pupil’s scores will be used to create a team score for their school.
* Teachers to form teams once results have been collated.
* A print off sheet is available for each class.
* If you are participating in these challenges from home, you may need to ask a family member or someone that you live with to help record your results.

**Competition Format**

* Read all the event instructions, use the print off results sheet and only scores submitted on the main results spreadsheet provided.
* When in the school day: in PE lessons or outside of lessons.
* This activity is ideal for engaging key worker children on school sites or at home as an individual athlete (teacher to create mixed gender teams).
* Each participant completes all three challenges and records their score.
* The three scores are then added together to give each individual their total score.
* The individuals with the three highest scores in each school qualify for the virtual County final.

**The Challenge Format**

* Schools may enter all pupils in Years 7 to 9 as an intra school personal challenge.

**The Events and Rules**

**Game 1 – Toe Taps**

To set this game up you just need 1 football.

·        Player performs as many toe taps on a football as they can in 30 seconds. This is where a player puts the sole of their foot on top of the ball, alternatively swapping feet as quickly as they can. The number of times they can touch the ball in 30 seconds will be their score.

* Results to be collected by or sent to the class teacher to then be inputted onto the scoresheet.

[https://8604005-my.sharepoint.com/:v:/g/personal/trowell\_staffordshireuniversityacademy\_org\_uk/Ebj8xXkUAflGv-jbs1VHAMkBn0t4d4UPnc\_IDnZA\_Hn6hA?e=5jXOl7](https://8604005-my.sharepoint.com/%3Av%3A/g/personal/trowell_staffordshireuniversityacademy_org_uk/Ebj8xXkUAflGv-jbs1VHAMkBn0t4d4UPnc_IDnZA_Hn6hA?e=5jXOl7)

**Game 2 – Keepy Uppies**

* Players have three go’s at doing as many keepy uppies as they can. This is trying to keep the ball in the air using any body parts except their hands. Every touch of the ball without the ball touching the ground scores 1 point. Add all three attempts together.
* Results to be collected by or sent to the class teacher to then be inputted onto the scoresheet.

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**Game 3 – Dribble Slalom**

To set this game up place 2 cones 10 metres apart and put 4 cones in the middle of the 10 metres, each 1 metre apart.

* Players dribble the 10 metres slaloming in and out of the cones. Each time they get through the cones and to the other end they score 2 points. Players have 1 minute to score as many points as they can.
* You may need to ask a family member or someone you live with to help officiate.
* Results to be collected by or sent to the class teacher to then be inputted onto the scoresheet.

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**Game 4 – Step overs**

To set this game up you will require 1 football.

* Players perform as many step-overs over the football as they can in 1 minute using both feet.
* You may need to ask a family member or someone you live with to help officiate.
* Results to be collected by or sent to the class teacher to then be inputted onto the scoresheet.

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**Game 5 – Control and Shoot**

To set up this game you need a football and to create a 3 metre by 3 metre square and a 2 metre wide goal 8 metres from the square. You also need someone to help.

* Player stands in the box and assistant rolls the player the ball from 4 metres away. Player has to control the ball and keep the ball in the box and then score in the goal. Player scores 5 points if they can control the ball in the box and 5 points if they score in the goal. Players have 5 attempts so top score would be 50 points.
* You may need to ask a family member or someone you live with to help officiate and/or deliver the ball.
* Results to be collected by or sent to the class teacher to then be inputted onto the scoresheet.

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**Recording Scores**

* If you are participating in these challenges from home, you may need to ask a family member or someone that you live with to help record your results.
* Once you have added up your results please return them to your school’s P.E coordinator to determine the top 3 scores in your school. P.E Coordinators should then send results to SGO by **Friday 28th May 2021**.
* Trophy for winning school + Gold, Silver and Bronze medals to teams from top 3 schools across the county in each competition.
* Gold, Silver and Bronze medal to top 3 individuals across the whole of the competition.

**Leadership Opportunity**

If participating in school, we recommend that children perform the 3 challenges in a circuit during their P.E lessons and are therefore in charge of recording their own and other people in their bubble’s results fairly and accurately. All children taking part therefore also act as sports leaders as well.

**GOOD LUCK!**