**Key Stage 3 and 4 Netball Competition**

**Year 7 Girls**

**Year 8 Girls**

**Year 9 Girls**

**Year 10 Girls**

**Year 11 Girls**

**Inter-School Competition**

**Recruitment**

* The winning team will comprise of 7 Girls each SGO area of the 10 SGO areas will provide a team that will progress to a Virtual Final on Friday April 23rd

**Eligibility**

* Girls in Year 7
* Girls in Year 8
* Girls in Year 9
* Girls in Year 10
* Girls in Year 11

**Team Requirements**

* Each counting school team should consist of 7 girls
* Each child will score individually and the teams will be created from the spreadsheet results by the SGO
* Schools can input a whole class and year bubble to create their own intra school and personal challenges.
* Please enter all children per age category enabling schools to enter the equivalent of an A/ B and C teams and beyond

**Competition Format**

* Read all the event instructions, watch the video
* The challenges can be performed indoor or outdoor – you will need a wall for one of the activities.
* When : during lessons or breaks or clubs
* **The highest scoring school team in each District will go through to a virtual County Final on April 23rd**

**The Challenge format**

* Schools may enter all children in Years 7 to 11 as an intra school personal challenge.

**The Events and Rules**

Participants will take part in all 7 challenges and score as many points as they can.

It is recommended that the children approach the challenges in 3s with each taking on the role of coach, recorder and participant.

The recording sheet enable 3 attempts per child to be imputed and the sheet will select the best score

**Recording**

* Use the excel spreadsheet produced for schools to record scores from all of the pupils in a year group. Checking all the scores entered will give each pupil an overall total. No other methods of results submission will be accepted.
* You will need to in input identifiable names (GDPR SGO s should not receive results sheets with full names
* Most cells on the spreadsheet are locked. They have formulas that will work out the total points gained from each of the entries from the five events.
* Complete the results sheet fully and email it back to your SGO.

**The Event**

Take part in all 7 challenges.

Work in groups of three for each challenge.

Play, Coach and Officiate

Challenge 1: Goal Shooter Challenge

* You can shoot from 3 different distance.
* The further the distance the more points scored.
* **How many points can you score out of 10 shots?**
* 1 meter- 1 point
* 2 meters- 3 points
* 3 meters- 5 points

Challenge 2: GA Challenge : Speed Shot

* In one minute score as many points as possible.
* Start at least 2m away from a wall.
* Every time you receive the ball from the wall, you must pivot before sending it back to the wall.
* **Every pivot = 1 point.**
* Collect your own ball.

Challenge 3: WA Challenge: Wall throw

* You have 1 minute to complete as many successful passes against the wall as possible.
* You will need to sprint forwards, pick the ball up, chest pass it against the wall and catch it, put the ball down and sprint backwards back to the spot then repeat as many times as you can in one minute.

Challenge 4: Centre challenge: Pass and Move

* Pass and move with the ball against the wall.
* You must make 3 passes then change direction.
* 3 passes is equal to 1 set.
* How many sets can you complete in 1 minute?

Challenge 5: Wing Defence

* Complete the circuit below
* Ball Taps x5
* 2 hand throw up and catch x5
* Around the waist x 5
* Figure x 8 round the legs x 5
* Squat – rotate – catch x 5
* How many times you can you complete the circuit in 2 minutes

Challenge 6: Goal Defence Challenge: Agility Keepy Ups

* Set out 3 cones, 3m apart in a triangle shape.
* Place a fourth cone in the middle of the triangle.
* You must start at the centre cone and hit the balloon in the air.
* Whist the balloon is in the air you must run around a cone and back to the centre before the balloon hits the ground.
* How many keep ups can you do in a row in 1 minute?

Challenge 7 : Goal Keeper Challenge : Vertical Jump

* Stand with your back to the wall and reach up as high as you can with 2 hands. Mark the wall with chalk.
* Stand sideways on to the wall with the chalk in the hand nearest the wall
* Jump as high as you can and mark the wall with the chalk.
* Measure the difference between your two chalk marks.
* Your score will be in cm’s

**County Final Progression**

**District Challenge Format (Virtual)**

Schools may submit all their scoresheets of results from all pupils in Years 7 to 11

Girls as an intra school personal challenge to their SGO purely for information.

**County Final 1- Team Format (Virtual)**

**Recruitment**

* The winning team from each inter-school competition will qualify for the County final.
* In total there should be a maximum of 10 schools competing representing each of their SGO Areas.

**Team Requirements**

Teams to be made up of 7 girls

**Reward**

Winners, runners up and third place will receive medals