

# PRIMARY PANATHLON

## LOOPY: BASKETBALL

### Set-up

- 3 x hoops taped to the floor at 1m, 2, 3m from the throw line.
- 1 x start cone 4 metres from the throw line.
- Two cones 1m apart to dribble through (see diagram).

### 'Dribble and shoot aiming for any hoop'

- Competitors dribble or bounce catch from a start line which is 4m in distance to the 'scoring zone' (line/box).
- Competitors must bounce the ball at least 3 times before a shot.

- They have one attempt to throw and aim for **any hoop** then collect their ball (without touching the hoops) and rejoin the end of the line.

### Scoring 'From where the ball first bounces'

- If the ball bounces in a hoop it is classed as a goal, 1m hoop = 1pt, 2m hoop = 2pt, 3m hoop = 3pts.
- This is a continuous relay until the whistle starts/stops.
- **Team:** Add every score for a team/bubble total (based on 5 mins).
- **Individual competitor:** At least five throws – add best three scores together.

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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

## ADAPTATIONS

VI- leader/helper can clap in direction of hoop.

Wheelchair users can carry the ball on their lap - but are encouraged to bounce the ball at least once before reaching the scoring zone, which can be adapted closer to hoops.

Ramps can be used to propel the ball.

## LEADERSHIP

Can your young people:

- Score their attempts?
- Time the event?
- Record the score for the team?
- Set up the equipment?



# PRIMARY PANATHLON

## DIRECT HIT

### Set-up

Place one set of stumps/skittles 3 metres from a throw line.

### Aim

#### 'Hit the stumps'

A continuous team relay that gets more difficult.' (aim at the stumps for points-take stumps away!)

1<sup>st</sup> go: The first competitor stands at the cone and rolls the ball towards the stumps, they then join the end of the queue and the next competitor takes their turn until everyone has had one attempt at the 3 stumps.

2<sup>nd</sup> go: Take one stump away leaving two. (select a designated person to remove stumps).

3<sup>rd</sup> go: Take one stump away leaving one.

The next competitor does not throw until the previous player has collected their ball and rejoined the end of the line away from the throw area.

### Scoring

1<sup>st</sup> go: 1 point if any of the 3 stumps are hit.

2<sup>nd</sup> go: 2 points if any of the 2 stumps are hit. (If unable to take away stumps-aim for outside stumps).

3<sup>rd</sup> go: 3 points if the final stump is hit. (If unable to take away stumps-aim for middle stump).

No points if the ball hits the base only rather than a stump.

**Team:** Add every score for a team/bubble total (based on 5 mins).

**Individual competitor:** At least two full rounds (3/2/1 stump) - add best three scores together (1+3+3=7).

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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

## ADAPTATIONS

VI- leader/helper can clap in direction of stump.

Bell balls can create audio cue.

Wheelchair users take their shots closer or use ramps to propel the ball.



## LEADERSHIP

Can your young people:

- Score their own performance?
- Record the team score?
- Set up the equipment?



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# PRIMARY PANATHLON

## MESSI FOOTBALL

### Set-up

- Set the correct distances in the goal area (50cm-50cm 50cm).
- The course: Start line → 50cm two cones (50cm apart) → a further 2 metres (at an angle rather than straight line) 2 cones (50cm apart) on the left and right → 4m to goal.

### Aim

'Dribble the ball and score as a continuous relay'

- From the start line dribble the ball through both sets of cones (select either right or left).
- Once through the 2nd cones, the student may shoot the ball at the goal from any distance.

### Scoring

- Small inner goal (50cm = 1 point).
- Outer goals (total 50cm either side of inner goal) = 3 points.
- **Team:** Add every score for a team/bubble total (based on 5 mins).
- **Individual competitor:** At least five goes – add best three scores together.

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

6 cones, 1 x football per competitor, 1.5m goal area with cones.

## ADAPTATIONS

Wheelchair users may hold the ball in hands and throw rather than kick or use a ramp.

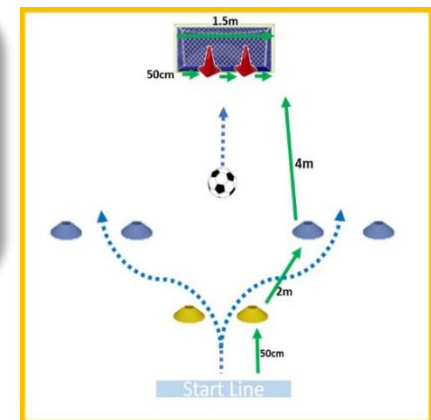
VI competitors: Leaders or guides can clap near the goal.



## LEADERSHIP

Can your young people:

- Score their own performance?
- Record their team score?
- Set up the equipment?



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# PRIMARY PANATHLON

## FLIP IT

### Set-up

- Mark out a throw line then small lines for 1m, 2m, 3m, 4m and place a hoop at the 1m line.

If hoops are not available, mark four boxes on the floor at 1m intervals (remind competitors not to run, or step into the hoop to avoid slips).

### Aim

'Each competitor takes 4 turns to aim at the hoop from behind the throw line'.

- Once a ball or equivalent lands in the hoop (it can roll out) that competitor or a designated person flips the hoop over to the next line.
- First hoop placed at 1m, 2<sup>nd</sup> flip = 2m, 3<sup>rd</sup> flip = 3m, 4<sup>th</sup> flip = 4m.

- Do not flip the hoop on a miss.
- The competitor collects their ball for their next go.
- After 4 goes the next person in the team has their go.
- Keep restarting after every 4 flips until the final whistle.

### Scoring

- Flip the hoop for every direct shot. (max 4m).
- **Team:** Add every flip together (20 team flips = 20 points) (based on 5 mins).
- **Individual competitor:** Add all the flips together (Based on three goes = 12 throws in total).

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

Boccia ball one per child (or small ball/bean bag/ rolled up socks), tape measure, 1 x medium hoop (or 2 x hoops one to be cleaned or 1 per child).

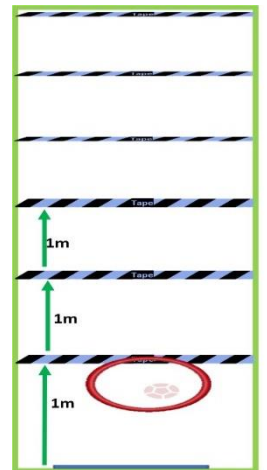
## ADAPTATIONS

Ramps can be used to propel ball onto the court (Large card folded into a V shape if no ramps available).  
VI create an audio -helpers can clap in the direction of the hoop.

## LEADERSHIP



- Can your young people:
- Add up the number of flips they do?
  - Record the team score?
  - Set up the equipment?



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# SECONDARY PANATHLON

## LOOPY: BASKETBALL

### Set-up

3 x hoops taped to the floor at 1m, 2, 3m from the throw line.

1 x start cone 5 metres from the throw line.

1 cone at 2.5 m to dribble around.

### Aim

'Dribble and shoot aiming for any hoop'

Competitors dribble or bounce catch from a start line which is 5m in distance to the 'scoring zone' (line/box).

Competitors must bounce the ball at least 5 times (2 must be around the cone) before a shot.

They have one attempt to throw and aim for **any hoop** then collect their ball (without touching the hoops) and rejoin the end of the line.

### Scoring 'From where the ball first bounces'

If the ball bounces in a hoop it is classed as a goal 1m hoop = 1pt, 2m hoop = 2pt, 3m hoop = 3pts.

This is a continuous relay until the whistle starts/stops.

**Team:** Add every score for a team/bubble total (based on 5 mins).

**Individual competitor:** At least five throws – add best three scores together.

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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

## ADAPTATIONS

VI- leader/helper can clap in direction of hoop.

Wheelchair users can carry the ball on their lap - but are encouraged to bounce the ball at least once before reaching the scoring zone, which can be adapted closer to hoops.

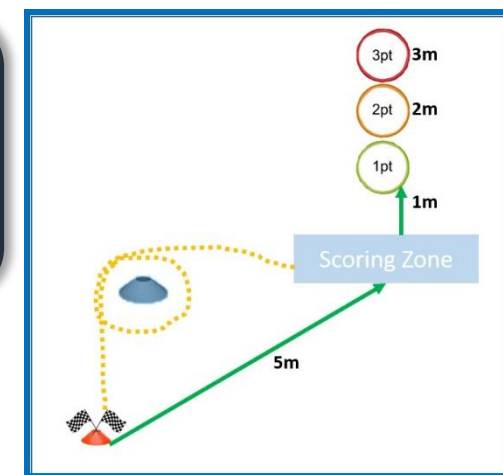
Ramps can be used to propel the ball.



## LEADERSHIP

Can your young people:

- Score their attempts?
- Time the event?
- Record the score for the team?
- Set up the equipment?



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# SECONDARY PANATHLON

## DIRECT HIT

**Set-up:** Place one set of stumps/skittles 3 metres from a throw line.

### Aim

#### 'Hit the stumps'

- A continuous team relay that gets more difficult. (aim at the stumps for points- take stumps away!)
  - 1<sup>st</sup> go: The first competitor stands at the cone and rolls the ball towards the stumps, they then join the end of the queue and the next competitor takes their turn until everyone has had one attempt at the 3 stumps.
  - 2<sup>nd</sup> go: Take one stump away leaving two. (select a designated person to remove stumps).
  - 3<sup>rd</sup> go: Take one stump away leaving one.
- The next competitor does not throw until the previous player has collected their ball and rejoined the end of the line away from the throw area.

### Scoring

- 1<sup>st</sup> go: 1 point if any of the 3 stumps are hit.
- 2<sup>nd</sup> go: 2 points if any of the 2 stumps are hit. (If unable to take away stumps-aim for outside stumps).
- 3<sup>rd</sup> go: 3 points if the final stump is hit. (If unable to take away stumps-aim for middle stump).
- No points if the ball hits the base only rather than a stump
- **Team:** Add every score for a team/bubble total (based on 5 mins).
- **Individual competitor:** At least two full rounds (3/2/1 stump) – add best three scores together (1+3+3=7).

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

1 ball per Student (bean bag), set of stumps (skittles/cardboard tubes or equivalent) 1 x cone.

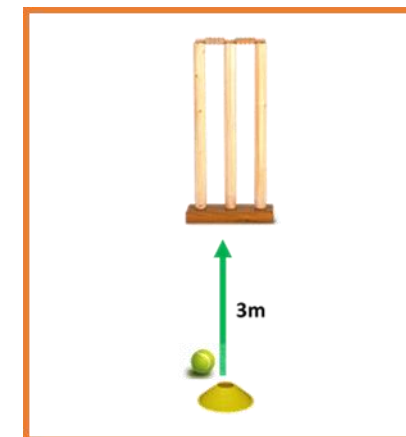
## ADAPTATIONS

VI- leader/helper can clap in direction of stump.  
Bell balls can create audio cue.  
Wheelchair users take their shots closer or use ramps to propel the ball.



## LEADERSHIP

- Can your young people:
- Score their own performance?
  - Record the team score?
  - Set up the equipment?



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# SECONDARY PANATHLON

## STICK SLALOM

### Set-up

Cones are set out 50cm (measure from end of cone) apart 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 complete a slalom course around the cones, keeping the ball in contact with the hockey stick. (Go back to the cone- if missed).

### Scoring

**Team:** Add every complete round for a team/bubble total (based on 5 mins).

**Individual competitor:** 'Time' two rounds and add together.

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

Hockey stick, ball (unihock stick, tri-golf can work) cones.

## ADAPTATIONS

Bell balls can aid VI players.

VI competitors can choose to follow a leader through the course or have a guide as assistance.

A visual cue is to be given by the leader to start the slalom as well as audio. For example, say 'go' and lower an arm.

Wheelchair users can carry a ball and can be pushed.

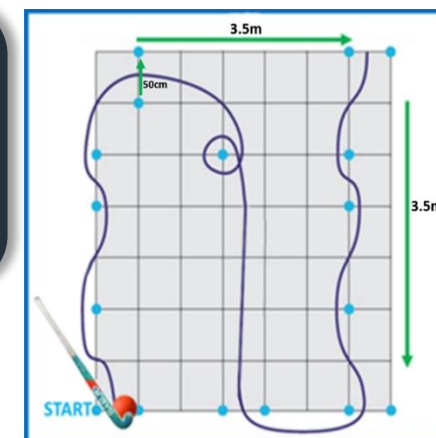
Activity can be varied using a football to dribble or tennis racket to balance a ball.



## LEADERSHIP

Can your young people:

- Count how many rounds they achieve?
- Record how many rounds the team achieves?
- Set up the equipment?



# SECONDARY PANATHLON

## ATHLETICS

### Aim

Two goes per competitor before moving to long jump.

Each competitor has 15 seconds to record as many valid bounces as possible. The competitor starts with both feet together on one side of the mat.

Both feet must touch the mat/floor on each side of the wedge/line at the same time for the bounce to count.

The bounce is not counted if the wedge/line is jumped on.

### Scoring

Start the stopwatch for 15 seconds and count the number of jumps (2 goes each).

**Team Scores:** The two highest individual jumps and two lowest individual jumps will be added together to give an overall speed bounce score.

**Individual SEN competitor:** Record the highest score.

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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

## ADAPTATIONS

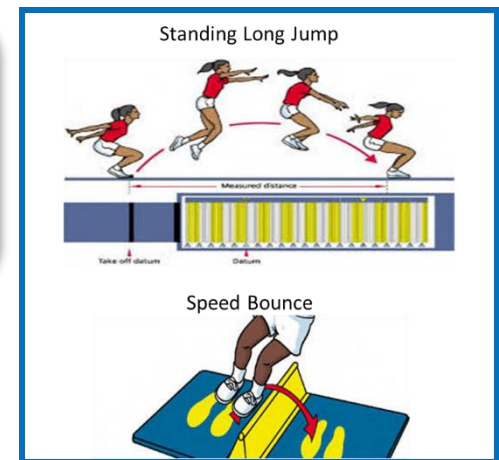
Wheelchair user -See diagram. Each movement either side will count as jump.



## LEADERSHIP

Can your young people:

- Use a stopwatch to time 15 seconds?
- Count how many bounces they achieve?
- Record how many bounces the team achieves?
- Set up the equipment?



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# SPECIAL SCHOOLS PANATHLON

## INTO THE TOWER

### Set-up

3 distances marked out with cones, 3m = Red, 4m = Yellow, 5m = Green.

### Aim

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

Starting at the nearest cone, competitors push the stone (Using their 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.

**Team:** Add every score for a team/bubble total (based on 5 mins).

**Individual SEN competitor:** Total points for stone under the tower based on 6 attempts- 2 rounds.

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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

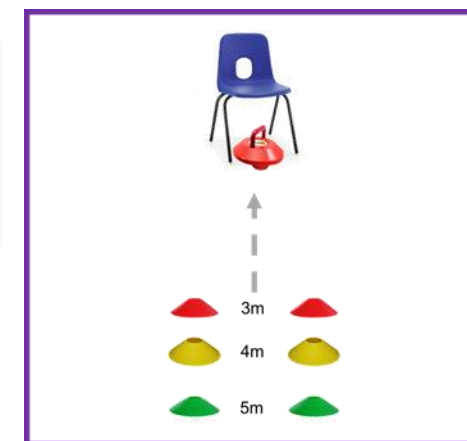
## ADAPTATIONS

Physically disabled - ramps can be used to propel stones.  
Visually Impaired: create an audio cue.



## LEADERSHIP

- Can your young people:
- Score their own performance?
  - Record the team score?
  - Set up the equipment?



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# SPECIAL SCHOOLS PANATHLON

## TRAFFIC LIGHTS

### Set-up

3 x medium size hoops (taped to the floor) are set out like traffic lights red, yellow, and green, 2m from a throw line. Behind each hoop place three cones.

### Aim

Competitors take it in turns to throw their boccia ball into a hoop or target area.

Collecting their own ball after each go.

Once a ball lands (and stays) in a hoop the competitor/helper places a cone from behind the hoop to indicate 1pt. (see diagram: 3 green cones- stop play in that colour).

Teams now have two remaining colours to aim for.

### Scoring

Once a team has reached all **three lights** on (Team must record 9 points for 3 cones) restart the game and continue play until the final whistle.

After the final whistle, add the total number of points scored. Plus, 1pt for every ball in a hoop at the end of allocated time (incomplete switch on).

Individual SEN competitor (one point for every hoop based on 6 throws).

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

Boccia ball one per student (small ball or bean bag/ rolled up socks) 9 cones (3 x red, 3 x yellow, 3 x green) 3 x medium size hoops (taped boxes for target area).

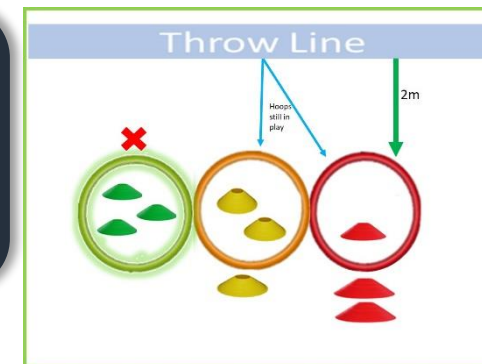
## ADAPTATIONS

Physically Disabled - ramps can be used to propel stones.  
Visually Impaired: create an audio cue.



## LEADERSHIP

- Can your young people:
- Count how many points they have scored?
  - Record the team score?
  - Set up the equipment?



# SPECIAL SCHOOLS PANATHLON

## DIRECT HIT

### Set-up

Place one set of stumps/skittles 3 metres from a throw line.

### Aim

'Hit the stumps'

A continuous team relay that gets more difficult.' (aim at the stumps for points- take stumps away!)

1<sup>st</sup> go: The first competitor stands at the cone and rolls the ball towards the stumps, they then join the end of the queue and the next competitor takes their turn **until everyone** has had one attempt at the 3 stumps.

2<sup>nd</sup> go: Take one stump away leaving two. (select a designated person to remove stumps).

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The next competitor does not throw until the previous player has collected their ball and rejoined the end of the line away from the throw area.

### Scoring

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# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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## ADAPTATIONS

VI- leader/helper can clap in direction of stump.

Bell balls can create audio cue.

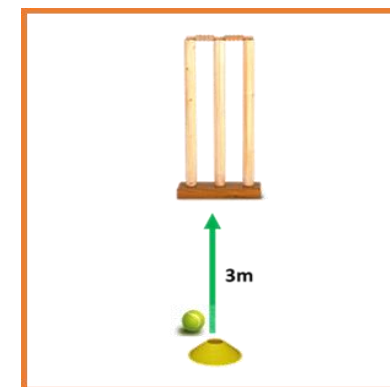
Wheelchair users take their shots closer or use ramps to propel the ball.



## LEADERSHIP

Can your young people:

- Add up their own score?
- Record their team score?
- Set up the equipment?



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# SPECIAL SCHOOLS PANATHLON

## FLIP IT

### Set-up

- Mark out a throw line then small lines for 1m, 2m, 3m, 4m and place a hoop at the 1m line.
- If hoops are not available, mark four boxes on the floor at 1m intervals (remind competitors not to run, or step into the hoop to avoid slips).

### Aim

'Each competitor takes 4 turns to aim at the hoop from behind the throw line'

- Once a ball or equivalent lands in the hoop (it can roll out) that competitor or a designated person flips the hoop over to the next line.
- First hoop placed at 1m, 2<sup>nd</sup> flip= 2m, 3<sup>rd</sup> flip =3m, 4<sup>th</sup> flip =4 m.

- Do not flip the hoop on a miss.
- The competitor collects their ball for their next go .
- After 4 goes the next person in the team has their go.
- Keep restarting after every 4 flips until the final whistle.

### Scoring

- Flip the hoop for every direct shot. (max 4m).
- **Team:** Add every flip together (20 team flips = 20 points) (based on 5 mins).
- **Individual competitor:** Add all the flips together (Based on three goes =12 throws in total).

# HOW DO I COMPLETE THE CHALLENGES?



## EQUIPMENT

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

## ADAPTATIONS

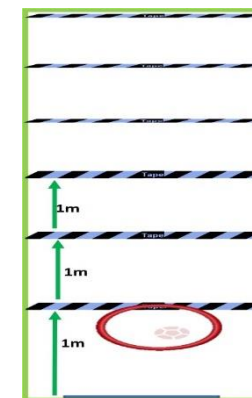
Ramps can be used to propel ball onto the court (Large card folded into a V shape if no ramps available).

VI create an audio -helpers can clap in the direction of the hoop.

## LEADERSHIP



- Can your young people:
- Add up the number of flips they do?
  - Record the team score?
  - Set up the equipment?



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