

BIRMINGHAM SCHOOL GAMES 2020-21



KING EDWARD
SCHOOL SPORTS
PARTNERSHIP



FOOTBALL

Log on to: www.sgochallenge.com

- Register using your email address.
- Enter your unique code which your SGO will share with you via your school.
- Find the Football Challenge!



Start Date: 2nd November 2020

End Date: 11th December 2020

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SECONDARY FOOTBALL

How do we take part?

KS3 pupils can complete one or both of the challenges, working in pairs to support each other:

- Target practice
- Keep-ups with a twist

How do we register our results?

Staff will need to go to www.sgochallenge.com

- register your school by using the code : ASTON. You will need to use the password Teacher2020 to register. Once you have done this, simply enter the results on the website. There is no limit on the number of children that can take part!

HOW DO I COMPLETE THE CHALLENGES?



TYPE OF EVENT

Virtual

EQUIPMENT

Cones, football, goal or target.

ADAPTATIONS

Pupils can use an alternative ball and a variety of different targets to suit their needs.

LEADERSHIP

Can your young people:

- Count for their partner?
- Time a partner?
- Record the score for their partner?
- Support their partner if required?



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SECONDARY FOOTBALL

Target Practice

The aim of this challenge is to encourage participation in football, whilst trying to achieve a personal best.

1. Find or make yourself a suitable target. This can be a target on a wall (outside), or you can get creative and tie a cone to small goal, similar to that in the video.
2. Stand 5m away from your target.
3. Aim and shoot!
4. You have 1 minute to try and hit the cones as many times as you can.

S.T.E.P Principle

S- Space

T- Task

E- Equipment

P- People

Variation

Create a larger target

Stand closer to the target

Change the type and size of the ball.

Ask a friend or teacher to help you, by being a guide

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SECONDARY FOOTBALL

Keep Ups with a Twist

The aim of this challenge is to encourage participation in football, whilst trying to achieve a personal best.

1. Find a space on the floor with a football or suitable ball.
2. Bring your knees half way up to your chest
3. You are going to try and hit the ball from one foot to the other without dropping it. This can be tricky at first, but keep trying!
4. How many can you do without dropping the ball?

S.T.E.P Principle Variation

S- Space

Create a larger space

Stand up if this is easier. Use you hands to pass the ball from one hand to the other.

T- Task

Working in pairs, pass the ball from one person to the other (either sat down or stood up)

E- Equipment

Change the type and size of the ball.

P- People

Ask a friend or teacher to help you, by being a support, or by working in pairs.

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