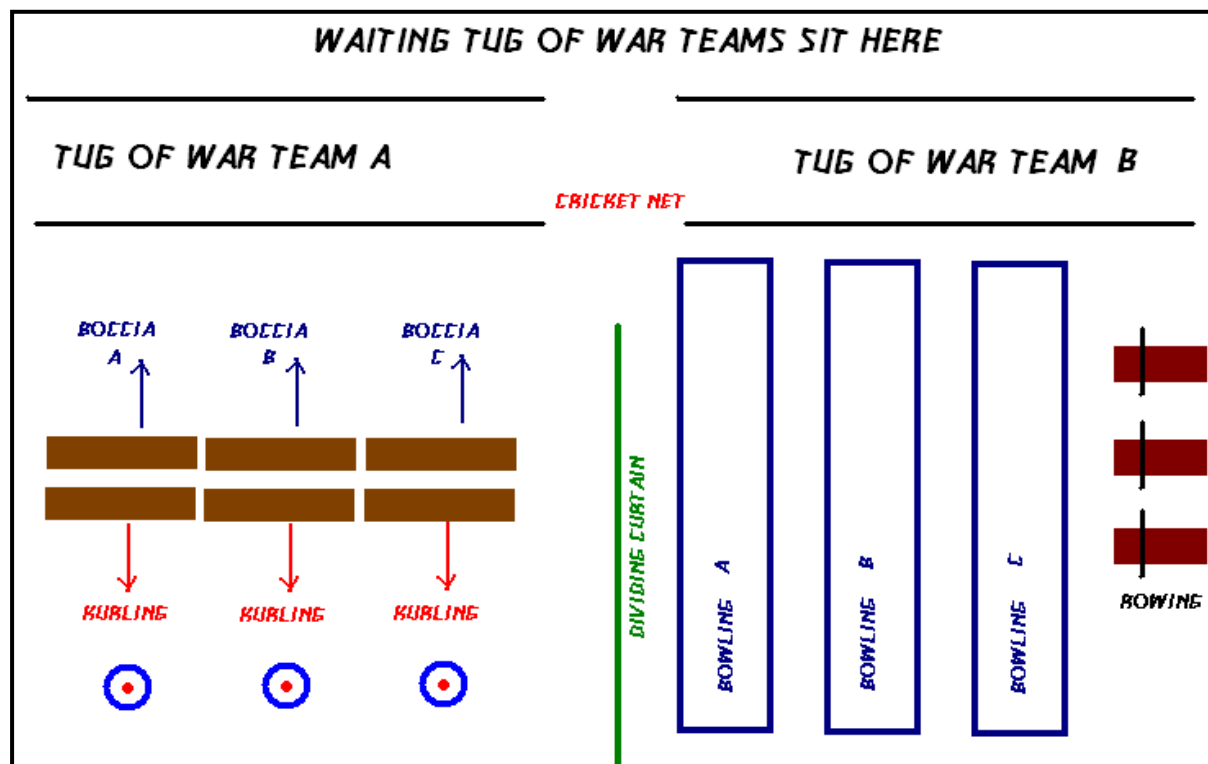


Paralympic Activities.

3.45 PM start.

(Approx end 5.00)

- Please can staff let Pete Gwynn know of their arrival.
 - Please can staff get their teams to sit in the allocated areas for their activity as shown on the diagram below.
 - PG will give a brief outline of the event.
 - Please remember to bring Olympic Flags.
 - Staff may be needed to help score on certain events.
-
- Space is likely to be limited so please apologise to parents but there will not be room for them to spectate.



Y1&2 Boccia

Lead Teacher:

Squad Size: 4 (Mixed)

Equipment Needed: 4 balls per team



Sports Leader Instructions:

- Number your team 1 to 4.
- Each player will have a ball each.
- Toss a coin to decide which team throws the Jack.
- The Number 1 player that rolls the jack and throws the first ball.
- All players must be SEATED on the bench when throwing.
- This is followed by the other team's number 1 player.
- This is followed by the first team's number 2, etc...
- This continues until all players have thrown.

- **The winning team gets a point for each of their balls that is closer to the jack than the other team's.**

- **Players may not pick up their ball until the coaches say they can.**
- **The coaches must give the result to the referee who will tell them where the next match will be and who they are playing.**
- **Each match has 3 ends (so each player will throw three balls in total per match)**



Rules

- The aim of the game is to get closer to the jack than your opponent
- The jack ball is white and is thrown first
- One side has four red balls and the other has four blue balls.
- Each player must send one of the 4 balls when playing.
- The team must decide between them in which order the players send the balls, and how many balls each player of the team will send.
- The balls are leather containing plastic granules so they don't bounce but will still roll
- The side whose ball is not closest to the jack throws until they get a ball closest *or* until they run out of balls
- Once all the balls have been thrown one side receives points for every ball they have closer to the jack than their opponents closest ball

Teams will get 4 points for winning , 2 points for a draw and 1 point for a loss.

The competition will be run as a round robin event with every team playing each other.

Write in the number of points gained by your team after their matches

- **4 points for winning**
- **2 points for a draw**
- **1 point for a loss**

Y3/4 New Age Kurling (“Fours” version):

Lead Teacher:

Squad Size: 4 (Mixed)

Equipment Needed: 4 stones per team
(either blue or red)
1 x Floor Target



Sports Leader Instructions:

- Number your team 1 to 4.
- Each player will have a “stone” each.
- Toss a coin to decide which team throws first.
- The Number 1 player rolls the first stone towards the target.
- All players must be SEATED on the bench or kneeling behind the line when throwing.
- This is followed by the other team’s number 1 player.
- This is followed by the first team’s number 2, etc...
- This continues until all players have thrown.

- **The winning team gets a point for each of their stones that is on the target and closest to the centre than the other teams’. Only stones on the target can score a point.**

- **Players may not pick up their stone until the coaches say they can.**
- **The coaches must give the result to the referee who will tell where the next match will be and who they are playing.**
- **Each match has 3 ends (so each player will throw three stones in total per match)**



Rules

- The competition will be run as a round robin event, with each team playing the others.
- The game must be played by 4 players of any gender on both teams and can be played in the following format.
- A toss of a coin, head or tails, the winner of the toss will select the colour of the Kurling stones they would like to use and also select if they are to go first or second in delivery.
- Each team member will get 1 Kurling stone. All Kurling stones have to be delivered to complete and end.
- All disputes must be taken to the umpire; the umpire's decision is final.

- Each match comprises of 3 ends. The winner of more points is the victor.

- Stones will only count if they have finished on the target.
- A point is scored for each stone a team has which is closest to the centre of the target. If a team has two stones closest, they get 2 points, etc...

Write in the number of points gained by your team after their matches

- **4 points for winning**
- **2 points for a draw**
- **1 point for a loss**



Y5 Indoor Bowls

Lead Teacher:

Squad Size: 4 (Mixed)

Equipment Needed: 4 woods per team
(either blue or red)



Sports Leader Instructions:

- Number your team 1 to 4.
- Each player will have a “wood” each.
- The coach / referee will place the jack what is deemed a suitable distance away.
- Toss a coin to decide which team throws first.
- The Number 1 player rolls the first wood towards the target.
- All players must be standing or kneeling behind the line when throwing.
- Remember that the woods are weighted on one side so they will roll in a curve – coaches should instruct players which way the wood will curve.
- This is followed by the other team’s number 1 player.
- This is followed by the first team’s number 2, etc...
- This continues until all players have thrown.
- A wood that goes off the rink is disqualified from that game and cannot earn a point.

- **The winning team gets a point for each of their woods that is closest to the jack than the other teams’.**

- **Players may not pick up their wood until the coaches say they can.**
- **The coaches must give the result to the referee who will tell where the next match will be and who they are playing.**
- **Each match has 3 ends (so each player will throw three woods in total per match)**

Rules

- The competition will be run as a round robin event, with each team playing the others.
- The game must be played by 4 players of any gender on both teams and can be played in the following format.
- A toss of a coin, head or tails, the winner of the toss will select the colour of the woods they would like to use and will bowl first.
- Each team member will get 1 wood. All woods have to be delivered to complete and end.
- All disputes must be taken to the umpire; the umpire's decision is final.

- Each match comprises of 3 ends. The winner of more points is the victor.

- Woods will only count if they have finished on the rink.
- A point is scored for each wood a team has which is closest to the jack. If a team has two woods closest, they get 2 points, etc...

Write in the number of points gained by your team after their matches

- **4 points for winning**
- **2 points for a draw**
- **1 point for a loss**

Year 6 Indoor (Concept 2) Rowing Regatta



Lead Teacher:

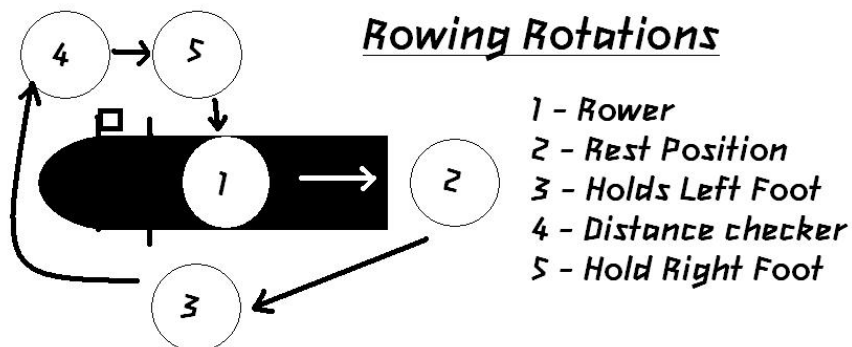
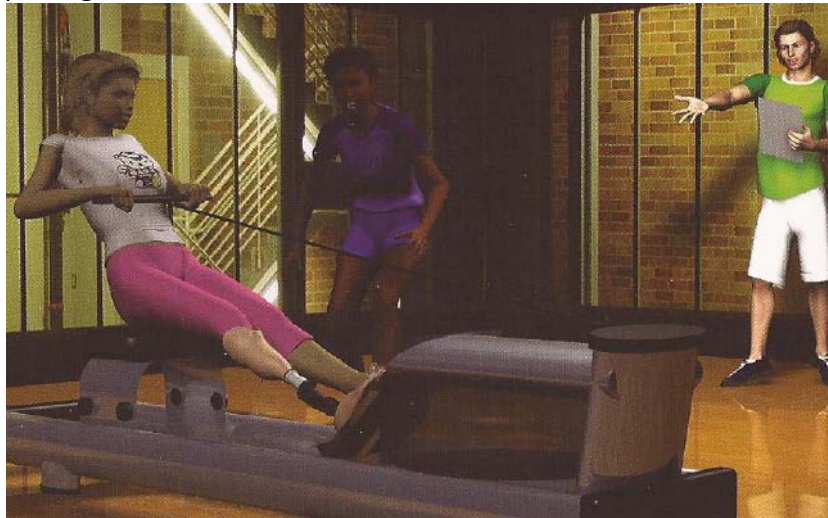
Team Size: 5

Equipment Needed: Concept 2 Rower x 4, clipboards, whiteboard showing order of team rotations.

Teams are required to row a specified distance of 2012 metres as quickly as possible. After a specific distance has been rowed by each team member, they will all rotate around one position.

Therefore, each team member takes at least one turn at each position (role) for their team until the entire distance has been covered.

The team completing the distance fastest is the winner.



Year 3 - 6 Tug Of War Competition:

Lead Teacher: Bill Molloy

Squad Size: 8 (Mixed)

Equipment Needed: Cones, Junior rope



Teams will be made up of 8 players (4 boys / 4 girls).

1 boy and 1 girl from each year (Year 3 – 6)

These may be substituted after each completed pull.

Each team will pull against the others.

It will be a best of 3 pulls that wins.

Teams will get 1 point for each pull that they win and a bonus point for winning the match.

(Maximum of 3 points per match)

Teams will be required to “take the strain” at which point they must pull back but keep the “flag” over the central point.

Once a team pulls the flag over their line they win the end.

Teams change ends after each completed pull.

Teams not participating in match must sit with their team behind the Spectating line.

It will be a best of 3 pulls that wins.

Teams will get 1 point for each pull that they win and a bonus point for winning the match.

(Maximum of 3 points per match)