



## SCHOOL GAMES MARK GLOSSARY

### My Personal Best

It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'; this includes when competing against yourself and others, with a view of improving personal performances and reaching individual goals.

The opportunity to improve one's personal best should be accessible for all students in school and designed to engage as many participants as possible.

### Intra School Competition

An Intra-School competition is a sporting activity that takes place between pupils who attend the same school. For example, this can be in the form of an inter-class or house activity.

### Inter School Competition

A local Inter-School competition is a sporting activity that takes place between schools from the same area – either as a one-off fixture or as part of a league. These competitions may act as qualifiers for County Final (Level 3) or can be run as developmental competitions or festival events to meet the needs of a local area.

### Pathway Competitions

These are inter school competitions where the winners feed into the County Final. These competitions must adhere to the NGB Priority formats, and the target audience should be defined by the LOC to ensure that when participants reach the County Final they are competing against those of a similar experience/ability.

### Development Competitions

These are inter-school competitions where there is no pathway to the County Final. The purpose of these inter-school events can be established locally with the key philosophy being there is a clear and mutually agreed reason for the sport/activities inclusion in an SGOs calendar of competition and it is supporting the engagement of different Young People such as those not previously engaged in competition. NGB formats should be adhered to and consideration should be given to the delivery approach/environment e.g. round-robin, ladder or knock-out.

### Festivals

These are an inter-school occasion aimed at year 3 and 4 pupils which includes a rotation of skill based activities which challenge young people to achieve their personal best e.g. jumping, throwing, catching, skipping, racket skills, combat, adventure, target themed. This is not an NGB Format festival.

### School Games Sports Formats

National Governing Bodies of Sport (NGBs) have utilised the School Games to build and develop a series of sport formats for intra and inter-school competition. These formats aim to encourage all young people to participate and are based on supporting young people to build and extend their skills and confidence.

### School Games Day

A Games Day is more than just an annual sports day. It should encompass culture, celebration, inclusion and is a culmination of a year-round programme of regular intra-school competition.





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### Spirit of the Games

These are the School Games Values, designed by young people for young people. There are six values which are:

- Determination
- Respect
- Honesty
- Self Belief
- Passion
- Teamwork

More information can be found on [www.yourschoolgames.com/how-it-works/what-school-games](http://www.yourschoolgames.com/how-it-works/what-school-games)

### Inclusive

The School Games ethos is about ensuring we each value all individuals, giving equal access and opportunity to all and removing discrimination and other barriers to involvement in competitive school sport. To support SGOs and others in this, there are a number of competition formats available. These include specific 'Inclusive/Unified' formats where young people with and without Special Educational Needs and/or Disabilities, inclusive of intellectual needs, train and compete together alongside one another. In addition, there are also targeted competition formats available for specific cohorts of young people. All competition formats available in the School Games include a 'Think Inclusively' section which provides adapted and alternative ways of delivery based on young people's needs.

### Inclusive Health Check (IHC)

The Inclusive Health Check (IHC) is a self-review tool designed to support schools and teachers in providing inclusive opportunities, highlighting the key role schools can play in the realisation of an inclusive pathway and sustained participation for young people with special educational needs and disabilities (SEND). The self-review comprises approx 23 yes/no questions to help schools identify strengths and areas for development. Once completed a differentiated action plan and top tips for future use is generated.

### Active Schools

These are schools that integrate a variety of options, including active lesson time, to increase physical activity and reduce sitting time into the entire school day (before, during and after school). Broadly speaking an Active School will create and embed a culture of physical activity across the whole school, which includes high quality Physical Education, to encourage every pupil to take part in 60 minutes of physical activity a day (Childhood Obesity Plan, 2016 and 2018).

### Physical Activity

Physical activity is any body movement that expends energy and raises the heart rate. It includes everyday activity such as walking, as well as Physical Education, active recreation and sport.

### 30 Active Minutes

At least 30 minutes of physical activity should be delivered in school for every primary school child, every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time (Childhood Obesity Plan, 2016 and 2018).

### Inactive

Less than 30 minutes of moderate to vigorous physical activity (MVPA) a week.

