

# NATIONAL SCHOOL SPORT WEEK 2021

## SECONDARY BOOKLET 'ALTERNATIVE SPORT WEEK'

The Black Country SGOs have prepared a directory of a variety of *different* sports for your Core PE lessons during National School Sport Week (starts Mon 21<sup>st</sup> June 2021)

They are suitable for both KS3 & 4 and for PE specialists to deliver.

You may have to adapt the sports according to your Covid Risk Assessments.

Have fun & enjoy.

Tweet your involvement on Twitter:  
@bcbeactive #NSSW2021



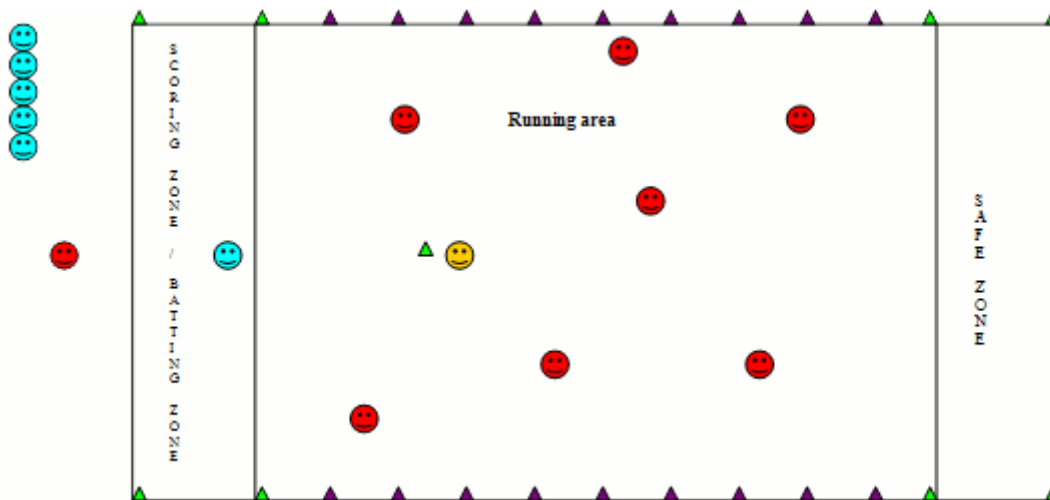
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## Danish Long Ball A Guide to Playing



### What is Danish Long Ball?

Danish longball, which is also called Swedish longball, is a bat and ball game developed in Denmark.

Danish longball is like a combination of baseball and cricket. Each team alternately takes turns in batting and fielding. In some games, a rule from dodgeball is incorporated, where the player can be considered “out” if he or she is hit with the ball.

See video link below....

<https://www.youtube.com/watch?v=hNP2kBfEQxs>

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## How to set up Danish Long Ball

### Aim:

The aim of the game is to 'bat' the ball and run to the safe zone and back to the scoring zone to score a point. Batters are allowed to 'bat the ball anywhere forward of the batting zone but must run inside the boundary markers.

### Start of game:

All batters must line up away from the field of play. The ball is bowled under arm to the batter who then must make contact.

### Rules of the game:

#### Batting

Batters must attempt to hit the ball in a forward direction. Any unintentional hits backward are deemed legal. Once they have taken their turn they have 2 options. They can either run straight away to the 'safe zone' or remain in the 'batting zone' and run when an opportunity arises. Whilst waiting in these zones they cannot get out. There is no limit to the number of players allowed in each zone.

#### Fielding

Once the ball has been hit the fielders have to retrieve the ball. Once in the hands they are not allowed to move with the ball. They are allowed to throw the ball to a team-mate in order to get a batter out who is the running area. To get a batter out a fielder may throw the ball at the individuals who are in the running zone. It must hit them below the waist. A fielder is allowed to move to catch a ball. If a ball is caught in flight then all the players in the team are out and innings ends.

### Scoring:

To score a point a batter has to enter the safe zone and return to the scoring zone – this can be completed at any time. Fielders are not allowed to obstruct the running batters in any way. This will result in 1 run being awarded. Once 3 players are struck with the ball then the innings ends.



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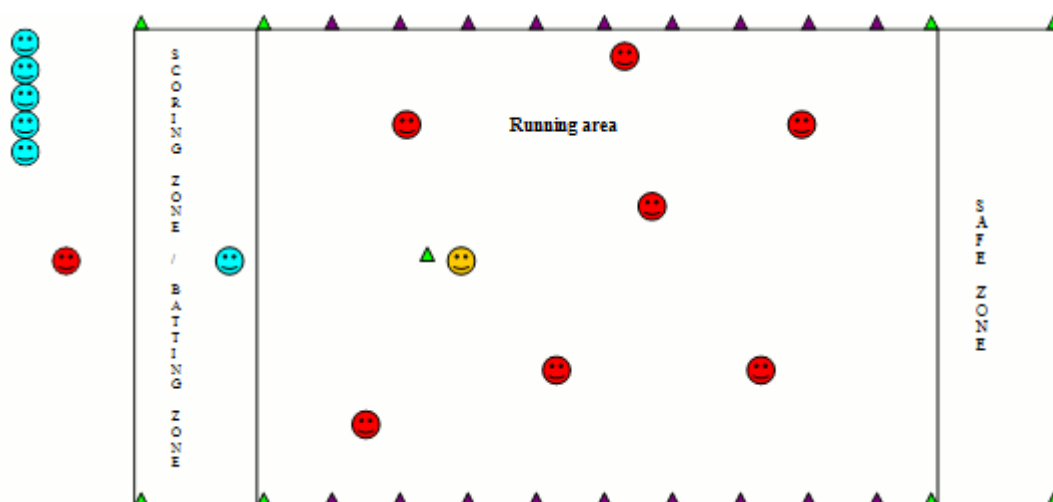
There is no limit to the number of innings as games will be timed.

## A player is out if:

- the hit is caught by one of the fielding team
- the ball does not touch the ground in the marked area
- one of the fielders hits a runner with the ball.
- a player runs outside the side lines of the square.

**Equipment** - a tennis ball or a football, bat or tennis racket and cones.

**Set Up** - use this as a basic guide



**Warm Up Ideas** - use any rounders/cricket warm up drills focusing catching/throwing/batting stance etc

**Tactics/Strategies** - same for cricket/rounders...e.g. Change fielders position for LH players, spin on bowling, close fielding etc

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## REFRAMING COMPETITION – Different Ways to Approach Competition



Use the following ideas to bring a different dimension to any game or skills session

### POWER PLAY

When the music plays you  
double points scored



### CAUGHT OUT ALL OUT

Striking & Fielding  
If a player is caught out  
whole team is out



### ADD A PLAYER

If a team is losing by 3/4 points or  
goals that team can have an extra player



### ADAPT THE SCORING SYSTEM

1. Gain extra points for getting people out
2. Extra points for demonstrating specified skill
3. Leaders/officials award extra points for demonstrating identified school games value or values



4. Award points using spirit scoring – see sheet below

## SPIRIT SCORING

### Spirit of the Games

The Spirit of the Games values of honesty, determination, teamwork, self belief, passion and respect were developed by young people to identify what the experience of school sport should be built around. The values focus on personal excellence through competition.

<h4>HONESTY</h4> <p>Honesty with others and with yourself. Having the courage to do the right thing and admit you know it right, but the best person with not the best cheat.</p>	<h4>DETERMINATION</h4> <p>Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back.</p>	<h4>TEAMWORK</h4> <p>Treating everyone equally, supporting each other and working together to achieve all your very best work. Celebrate each other's successes and be a positive team player.</p>
<h4>SELF BELIEF</h4> <p>You're not to become too arrogant. Have the self belief and confidence to succeed and reach your personal best.</p>	<h4>PASSION</h4> <p>Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.</p>	<h4>RESPECT</h4> <p>Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.</p>



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## The Haka



### What is the Haka?

It is a passionate, traditional dance famous around the world. It is performed by a group of male and/or females in Maori culture to represent pride, strength and unity. There are several varieties of the Haka.

### Equipment needed

A large space suitable for dance  
Projector screen

### Starter Task/Discussion

Watch the following video with the class and discuss the emotions you would feel as part of the New Zealand team and as part of the opposing team.

<https://www.youtube.com/watch?v=wOuycLaJ-s>

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## Session Ideas

1. Students to learn the Haka using the following video for reference:

<https://www.youtube.com/watch?v=p5cHEID5cf8>

2. Students to create their own Haka of 26 beats. Resource below can be used as reference for and students can also create their own moves suitable for sport themed dance.





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## Kabaddi



## Guide to Playing Kabaddi

### What is Kabaddi?

Kabaddi is a popular contact sport in Southern Asia that first originated in Ancient India. It is played across the country and is the official game in the states of Punjab, Tamil Nadu, Bihar, Telangana and Maharashtra. Outside of India it is a popular activity in Iran, is the national game of Bangladesh and is also one of the national sports of Nepal where it is taught in all state schools. Kabaddi is also popular in other parts of the world where there are Indian and Pakistani communities such as in the United Kingdom where the sport is governed by the England Kabaddi Federation UK.

There are many regional variations of the game of Kabaddi in India, including Sanjeevani, Gaminee, Punjabi and Amar versions, all of which have slightly different interpretations of the game and its rules. There are also other games very similar to Kabaddi in both India and other countries that may not be pure Kabaddi, they are very closely related. These include

the game of Hadudu that is played in Bangladesh, the Maldives' Baibalaa and Maharashtra's Hututu.

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The governing body for Kabaddi is the [International Kabaddi Federation](#) and consists of over 30 national associations and oversees the game and its rules across the world.

<https://www.youtube.com/watch?v=av1mr3UpdZk>

## Object of the Game

The overall object of the game is to simply score more points than the opposition team within the allotted time. To do this, each team must attempt to score points by both attacking and defending. When attacking, the offensive team sends across a raider into the opposition's half who must touch one or more members of the opposition to score a point. When defending, the objective is to capture the raider by wrestling them to the ground or simply by preventing them returning to their own half by the time their breath is up.

## How do you score?

Scoring in Kabaddi is relatively simple. Teams score one point for each opponent that they put out of the game. Putting an opponent out (and thus scoring a point) is done in different ways. When attacking, this is done by the raider touching opposition members, putting them out. When defending, it is done by preventing the raider returning to their own half.

Bonus points are also available in Kabaddi. The raider can earn an extra point by successfully touching the bonus line in the opposition's half. Three bonus points are available to a team when all of their opponents are declared out and a point is also available if any part of an opposing team member's body goes outside of the boundary.

Winning the Game - At the end of the match, the team with the most points is declared the winner. If at the end of the game both teams have the same amount of points, then the game is deemed to be a draw.



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## Players & Equipment

Kabaddi is played by two teams that both consist of twelve players each. However, only seven players per team are allowed on the field of play at any one time. The Kabaddi playing surface measures 13m x 10m and is separated into two halves by a white line, one team occupying each half. It can be played on a wide range of surfaces from a dedicated clay court to spare ground where a playing surface has been chalked out.

Unlike so many other popular sports and games, Kabaddi is a game that genuinely needs no special equipment, clothing or accessories, ensuring it is a game that is open to everyone.

## Rules of Kabaddi

- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.
- There are six officials looking after each Kabaddi match. The officials comprise of a referee, a scorer, two assistant scorers and two umpires.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.
- To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'.



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- Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defence play.
- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them. Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.

## WARM-UP EXERCISES



**Play the Game** - you may need to modify the rules to suit your students. Have Fun!

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## Panna Football Game Variations

### Panna one vs one (1 vs 1):

Performed in round pitch of 6m diameter and games are of 3 minutes. Opponents in the field play one versus one. The ball is thrown by a referee and game can be won either on points (who scores more goals) or making a panna (through your opponent's legs) to the opponent player.

### Panna two vs two players (2 vs 2):

Oval pitch of 6m x 9m and games of 4 minutes. The ball is thrown by a referee. A correct panna in 2vs2 variation is to play the ball intentionally between the legs of your opponent and to control the ball again (get the ball back). This can be done by either of the team mates.



### The set up

The game is normally played in a cage or a circle dome. But this can be adapted with benches and any goals or just cones.





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## StoolBall Guide to Playing



### What is Stoolball?

Stoolball is ideal for schools – a striking and fielding team sport adaptable to almost any environment, quick to set up and pack away, easy to learn yet teaching plenty of important skills.

### How to set up Stool Ball

Set the wickets 16 paces apart (13 for juniors). Mark a line to bowl from, 10 paces (8 for juniors) away from the batsman's wicket.

Batting: hit the ball and aim to score as many runs as you can. Run down the left side, and touch the wicket when you get to the other end to score a run. If you hit the ball to the edge of the playing area, you score 4 runs. If it didn't touch the ground on the way, you score 6 runs.

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Bowling: Bowl underarm only, with 8 balls per over (not counting no balls and wides).

## Rules:

A no ball is when you bowl below the line on the wicket. The batting team gets 1 run and you have to bowl another ball. The batsman **can hit** a no ball and score more runs.

A wide ball is when you bowl a ball too high or wide for the batsman to hit. The batting team gets 1 run and you have to bowl another ball. If the wicket-keeper misses the ball the batsmen can score more runs.

A batsman can be out in 3 ways:

- Caught (you can't be caught out on a no ball, but you can be run-out)
- Bowled (the ball has hit the square on the wicket)
- Run-out (the ball is thrown or placed on the front or the sides of the square before the batsman gets there).

The fielders should throw the ball into either of the wickets to try to run-out the batsman.

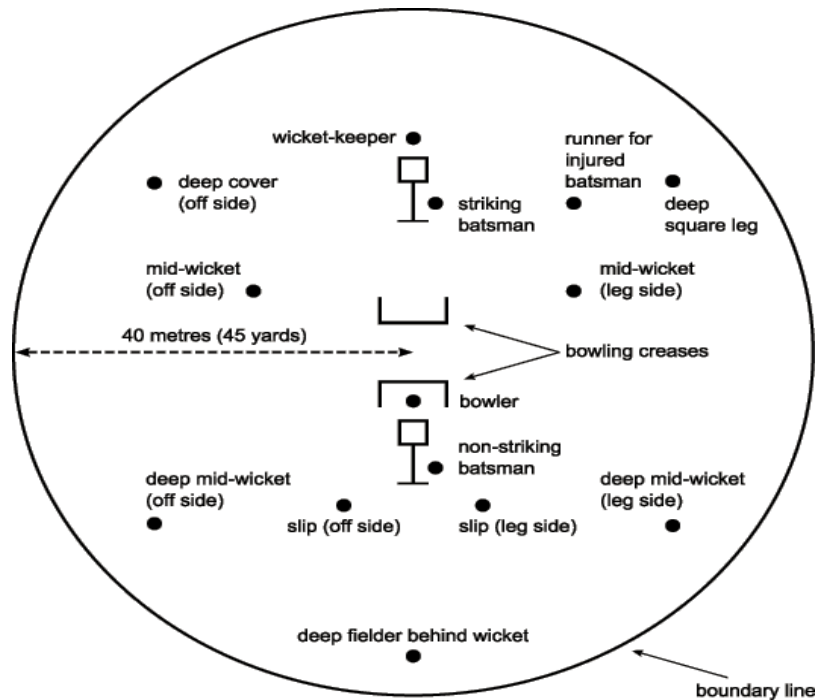
Halfway through the match, swop sides so that the fielding team gets to bat and the batting team gets to field.

Rotate fielding roles around in the team.

**Equipment** - cones (mark out the wicket), balls (can use rounders ball or tennis ball), Stoolball posts or use rounders post and stick.

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**Fielding Set Up** - use this as a basic guide!



**Warm Up Ideas** - use any rounders/cricket warm up drills focusing catching/throwing/batting stance etc

**Tactics/Strategies** - same for cricket/rounders...e.g. Change fielders position for LH players, spin on bowling, close fielding etc

## Ideas for playing....

- Divide students into batting pairs & allocate them a number.
- All other students field (rotate bowler/wicket keeper roles).
- Players come into bat in their batting pairs in number order.
- Batting pairs keep their own score.

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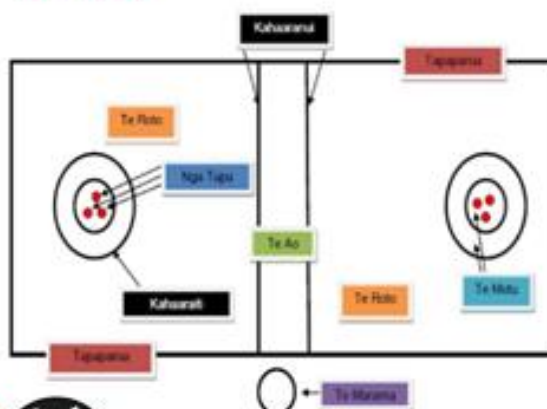


## Tapu Ae

Tapu Ae is a traditional Māori ball game. The aim of the game is to knock the opposition's tennis balls off the cones in their goal area.



Playing Area



How to play the game:

- Children play in teams of 6.
- Set up the area as shown in the diagram below.
- Children choose a position to play - they must stay in these positions and are not allowed to move out of their 'zone'.
- Start the game by throwing the Ki (foam ball) into the Te Ao (middle zone).

Children then pass the ball between their team towards their Te Motu (goal area).

- To score a point they must knock the Nga Tupu (tennis balls) from the cones using the Ki (foam ball). Each time a Nga Tupu is knocked off a cone it is placed under the cone, the players reset and the Ki is thrown into the Te Ao.





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## Equipment:

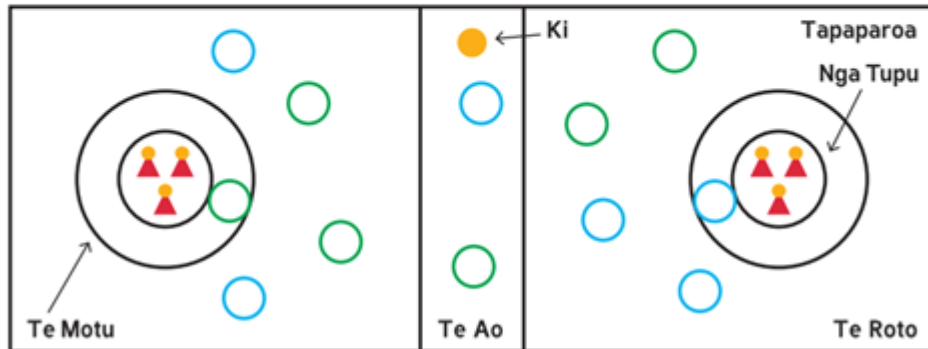
- large indoor or outdoor space • 1 football-sized foam ball;
- (size of a netball court);
- coloured bibs;
- a large stack of cones;
- 6 tennis balls;

## Variations:

Players cannot move with the ball.



How to set up the area:



## Rules:

- It is a non-contact game.
- Only one Nga Tupu may be knocked off at a time.
- If the player defending the Nga Tupu knocks one off it must be placed under the cone.
- The Ki must always pass through the Te Ao. If the Ki is thrown over this zone the ball is given to the opposition.
- If a ball passes over the Tapaparoa (the boundary line) a player from the opposition takes a throw in.





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## Tchouk Ball

### Guide to Playing



### What is Tchoukball?

Tchoukball is an exciting, continuous team game. The object of the game is to hit the ball off of the rebound surface and have it hit the ground before the other team is able to catch it.

One of the differences between this sport and other team sports is that there are no designated sides and teams can score on either rebound surface.

Another difference is that the defense cannot intercept or block the ball- they must defend by positioning themselves to catch the ball after it rebounds from the opposing team.

Simple video showing basic rules and how to set up play - watch here:

<https://www.youtube.com/watch?v=W26ewO32uY4>

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## How do you score?

### The offensive team scores a point by:

- Throwing the ball so it bounces off a rebound surface and lands on the ground outside of the forbidden zone.

### The defensive team scores a point if:

- The offensive team misses the rebound surface on a throw
- The offensive team rebounds the ball out of bounds
- The offensive team puts the ball into the forbidden zone
- The offensive team throws the ball against the rebound surface and it comes back and hits them

## 3 Rules of 3

- The main rules of Tchoukball involve the number 3...
  - ★ You can take 3 steps with the ball
  - ★ You can hold the ball for 3 seconds
  - ★ You can pass within your teammates 3 times - after 3 passes you HAVE to shoot the ball.

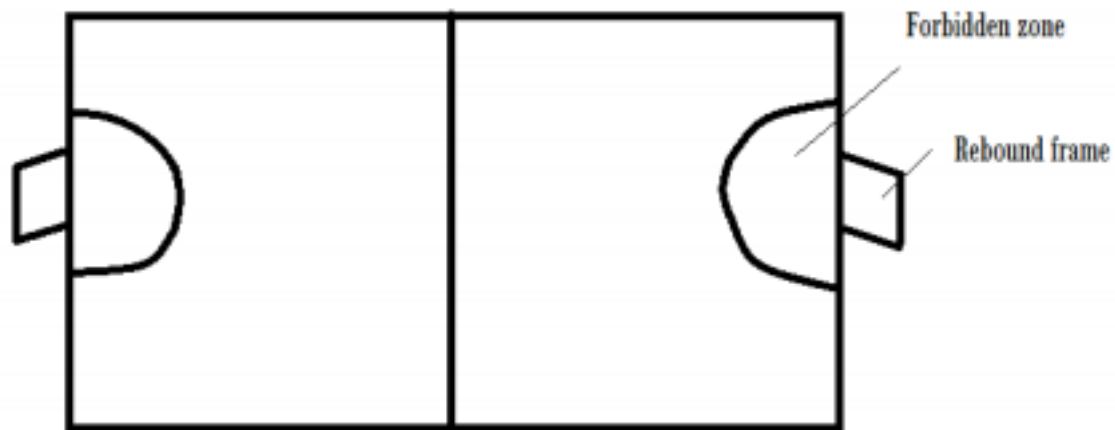
## What is a penalty?

The following are considered penalties and would result in the other team getting the ball where the foul occurred:

- Taking more than three steps with the ball
- Stepping out of bounds or into the forbidden zone while in possession of the ball
- Blocking an opponent from moving or passing the ball
- Intercepting a pass from the other team
- Dropping the ball

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- Catching a ball thrown by your team off of the rebound surface
- The ball being thrown at the frame of the rebound surface and changing direction



**Equipment** - cones, balls (can use netball, handball or basketball), rebound nets (or use a wall in sports hall of gym)

## Warm Up Ideas

Use any similar ball handling drills you may use in Handball, Basketball and Netball.

## Skills Ideas

- Get players used to maximum of 3 passes rule
- Relay rebound drill
  - Have students form two lines at each rebound surface with one ball at each end.
  - Person in line A should throw the ball at the rebound with the intent of the person in line B catching it.
  - The person who caught it then throws it against the rebound for the next person in line A

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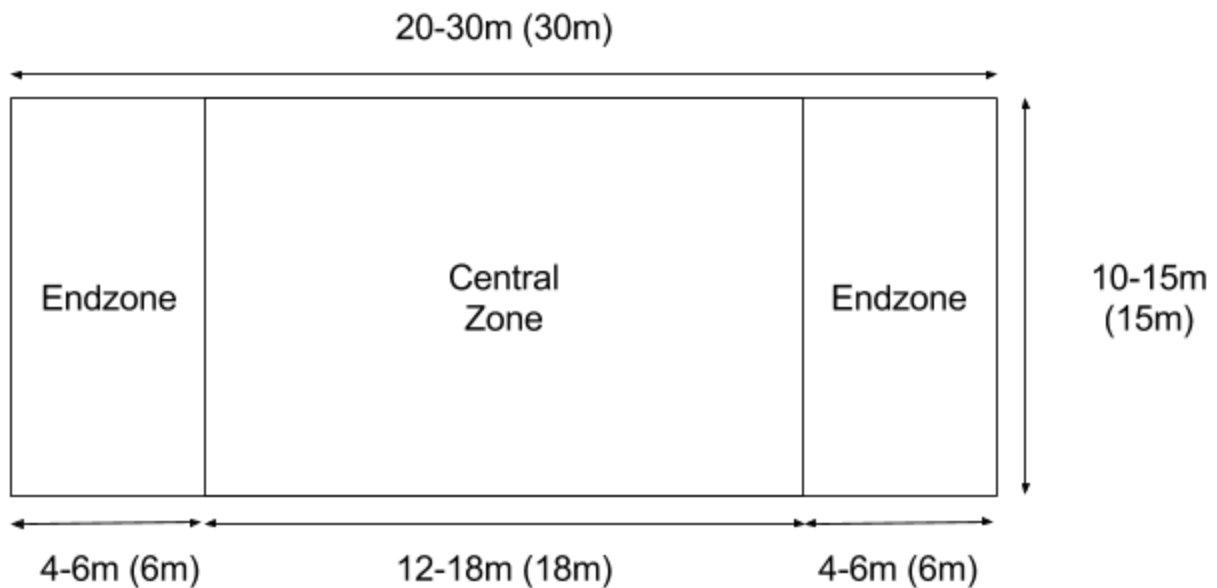
## ● Rebound Game

- One group of students plays at each rebound surface. The person with the ball throws it and everyone else tries to rebound it.
- If the ball hits the floor, then everyone aside from the thrower must do 5 jumping jacks, push-ups, or similar.
- The person who catches it (or picks it up from the floor) is now the thrower and attempts to rebound it so that it hits the floor

**Play the Game** - you may need to modify the rules to suit your students. Have Fun!

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## Ultimate Frisbee



### Game Rules:

- 4 players on the pitch at any time (2 male, 2 female).
- At the start of the game each team will flip a disc, with one player calling whether they think they will land the 'same' way up or 'different'. If correct, they can choose whether or not to play offence first, or whether they want to choose an end to start at. The other team will get to choose the other.
- Every point will start with both teams lining up on the front of opposite endzones. The team with the disc (who have just scored the previous point) will 'pull' (throw) the disc to the other team to start play. This other team will pick up the disc and play from wherever it comes to rest, or wherever it left the 'central zone'. They keep possession even if they try to catch the 'pull' but drop it.
- Points are scored by catching a throw in the endzone furthest from where the team starts. To score, all contact points must be in the endzone when the disc is caught (i.e. one foot in and one foot out is 'out').
- Substitutions can happen at any time by 'high fiving' a player of the same gender at the side of the pitch.



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- Players cannot move when in possession of the disc, only 'pivot' on one leg. If a player is identified as moving ('travelling'), they must move back to where they started, but they retain possession.
- Possession changes to the other team whenever a throw is incomplete (i.e. hits the floor, is caught/knocked to the floor by an opponent, is caught out of the pitch).
- The game is non-contact. Any contact which affects a player's ability to make a catch or throw is a 'foul'. Play resumes as is the foul had not occurred (e.g. a fouled catcher gets possession of the disc, a fouled thrower gets another throw).
- If the person committing the foul disagrees with the call, they can 'contest' it. If both players cannot agree, the disc goes back to the thrower and play restarts there.
- Only one player from the opposing team is allowed to 'force' the thrower (stand close to them). All other opponents must stay 3m away unless actively marking another player in that space.
- A marker must allow the thrower enough space to turn around on the spot.