

BEE PROUD Quick Sticks Hockey Yr 3/4

Teams

All players must be in year 3 and/or year 4
A team of 6 children consisting of 3 girls and 3 boys.
All children will compete at different skills stations.

Equipment

All equipment will be provided on the day. Schools should ensure participants are wearing suitable sportswear and footwear/ Shin pads and gum shields recommended but not essential. Examples of the activity stations are attached and should be practised where possible ahead of the event.

Competition Format

Each team will rotate round 10 activity stations led by young leaders. 8 scoring events and 2 rest stations. They will keep their own team score on a score card supplied. High scores and personal best will be rewarded with both scores being counted for the overall winner.

Rules

Teams will complete 2 rounds of the activities.

Round one

6 minutes of explanation and coaching followed by 3 minutes to score as many points for their teams as possible.

Round two

3 minutes to improve on their previous score.

1. Return to the Box
2. Pass to win
3. Collect and Score
4. Slalom
5. Clock Passing Challenge
6. Cone collect Game
7. Star Dribble
8. Tunnel Ball

Fair Play

All participants are expected to demonstrate the school games values and upon doing so may receive extra recognition via School games badges and stickers.

Health and Safety

Before all matches this must be read and adhered to:
Players can't play if they are barefoot or in unsuitable footwear.

No jewellery to be worn.

All loose clothing must be tucked in and shoelaces tied.

No chewing gum or sweets.

Players should bring plenty of drinks.

All players are advised to warm up appropriately before the event.

When not taking part in an event participants must be seated by their current area.

Medical supplies that players may need should be brought with them on the day i.e. asthma inhalers.

Station Explanations

1. Return to the Box – Individual Event

Introduction

Each member of the team stands in a square, taking it in turns one player runs out to a cone and returns to the square. As soon as the ball has been stopped in the square the next person can go.

Scoring

Every time a player returns to their square and stops the ball the team receives a point.

2. Pass to Win – Pairs Challenge (see school games resource card)

Introduction

Set up 5 gates in a square area, or different colours, the children pair up and move around the area passing the ball through a gate to score a point, once the pair has scored through all of the gates they return to the start and the next pair start their turn.

Scoring

One point is scored for passing through a gate. Only one gate can be scored through at a time. A gate can only be counted once per pairs turn.

3. Collect and Score Challenge – Individual event (see Quicksticks resource card)

Introduction

Teams start in a line, the first person runs to collect a ball from a square in the opposing half of the field, once collected they dribble toward the attacking circle. Once in the circle they can shoot. Only one strike is allowed. The Shooting player collects the ball and returns the ball to the ball square.

The next player can start when previous player strikes the ball.

Scoring

One point is scored for each goal score, no points are scored for a miss.

4. Slalom – Individual Event (see quicksticks resource card)

Introduction

Six cones are placed in a vertical line a stick lengths apart. First person in the line takes the ball in and out of the 6 cones and back. When the first person crosses the line the second person can go.

Scoring

A point is scored every time a player crosses the line.

5. Clock Passing Challenge – Team Challenge

Introduction

Six coloured cones are placed in a circle two stick widths apart. Behind each cone another cone is placed to create a larger circle (10 m). You will have a small circle inside a large circle.

A player stands on a different cone. They pass the ball to someone in the circle. Once they have passed they turn and run to the cone behind them and return back to their starting cone.

Scoring

Children score a point for each successful pass, when an in accurate pass is made the score is reset to zero. The highest score becomes their personal best.

6. Cone Collect Game – Individual Event (see goal ball cone challenge resource sheet)

Introduction

In a square area cones are spread out in front of the team. Children take it in turns to pass the ball towards a cone. If the ball hits a cone then that cone is collected. Once all cones are collected the leader places the cones out again.

Scoring

One point is awarded for each cone collected within the time.

7. Star dribble – individual Event (see Quicksticks resource card)

Introduction

Five cones are used to mark out a + sign with cones 5m apart. The cones on each point could be numbered. North would be 1, west would be 2, south would be 3 and east would be 4.

Players start to the right of south cone and run to the 1st cone and then return to the centre cone then head to the 2nd cone and back to the centre and so on.

Players must visit the cones in this order, north, west, south, and east.

Scoring

A point is scored for each player that gets back to the line.

8. Tunnel Ball – Individual Event (see tunnel ball Tri golf Card)

Introduction

24 Cones are placed in front of the children to create a funnel with 12 cones on each side toward a target 10 m away. The first 4 cones are red, the next 4 are yellow and the last 4 are green.

Children have 2 turns each to push the ball down a narrowing tunnel towards the target.

Scoring

If the child pushes the ball directly to the target they score 5 points.

If they hit the green cones its 3 points.

If they hit yellow its 2

If they hit red its 1.

EVENT SCORING

Each team hands the score card (see below) to the leader on the event, the leader counts the score and completes the score card for round one.

After round one the scores are collected by the organiser (see organiser score sheet).

Round One

Ranking points are awarded for each station for the most points score.

Ranking points will reflect the amount of team competing.

8 teams competing would see a maximum ranking score of 8 for each station. With the ranking score reducing by a point for each following place. EG, 1st – 8 2nd – 7 3rd – 6 ect.

In the event of equal points on a station then the same ranking points are awarded to both teams and the team below still sees a reduction of one point,

For EG, 1st – 8, 2nd – 7, 2nd – 7, 3rd – 6

Ranking points are added together for each team and a final round one score is given.

This round one score is also given ranking points and this is the team score for round one.

Round two scoring

During round two scores are added to the team score cards and the Improved score is calculated for each station. (round 2 score –

round one score = improved score) Where the improved score is a negative figure this would be scored 0.

Ranking points are then earned as per round one for the largest improved score. And score ranking points as before. EG, 1st – 8, 2nd – 7 3rd – 6 ect.

In the event of equal points on a station then the same ranking points are awarded to both teams and the team below still sees a reduction of one point,

For EG, 1st – 8, 2nd – 7, 2nd – 7, 3rd – 6

Ranking points are added together for each team and a final round two score is given.

This round two score is also given ranking points and this is the team score for round two.

Final Score

This is calculated by added the two rounds ranking scored together.

Round one ranking + Round Two Ranking = Total Score

In the event of a draw we would look at the round two score.

Further to that we look at the round one score.



BEE PROUD Event

SCHOOL NAME:

Station	Round One Score	Round Two Score	Improved
Return to the Box			
Pass to Win			
Collect and Score			
Slalom			
Clock Passing Challenge			
Cone Collect Game			
Star Dribble			
Tunnel Ball			