

Active Schools Games @ the Hub
Wednesday 3rd June 2020
Initial Event Information

Dear Teacher

I hope you are looking forward to our Games @ the Hub event which is taking place on Wednesday 3rd June at Forrester/St Augustine's High School. This is a celebration of the work Active Schools does across the city and your school is going to be a part of it. Active Schools will bring their key partners together to create a unique participative and competitive event in 13 different sports, and dance for P6 pupils' city wide.

We are delighted that 75 primary schools and 5 special schools have entered this year and we would like to thank you for your support.

Please see below further information on the sports that your school has been allocated. Please start to choose the pupils who will take part and we will be back in touch at the beginning of March with further information about the event.

Buses

Please book buses as soon as possible and use public transport where possible. The timings of the event are as follows:

9am Registration
10am Opening
10.15am Leave the field by sport
10.30 Sports start
130 Closing ceremony and prize giving
215 schools depart

The Active Schools team look forward to welcoming you to our pinnacle event of the year.

Regards



Jude Salmon
Active Schools Manager



<https://www.joininedinburgh.org/sports/active-schools/>



@ActiveSchoolsED

Format of sports

(Click on the sports that you have been allocated to find out the format for the day)

[**Athletics**](#)

[**Basketball**](#)

[**Cricket**](#)

[**Dance**](#)

[**Football**](#)

[**Hockey**](#)

[**Kin-ball**](#)

[**Lacrosse**](#)

[**Netball**](#)

[**Orienteering**](#)

[**Rugby**](#)

[**Swimming**](#)

[**Ultimate Frisbee**](#)

[**Volleyball**](#)

Athletics

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Athletics offers pupils the opportunity to demonstrate different skills and talents, often hidden. Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Athletics Format of the day

There will be 2 elements to the Athletics Competition: 6 Activity Stations and a Team Relay. Each school will take part in all the events.

Activity Stations

The 6 activity stations are as follows (please note, at the start of the first rotation there will be a warm-up):

1. Sprint

Pupils will take part in timed sprints – the faster you run, the more points you get!

2. Throwing

The throwing will take the form of a target Javelin event – scoring points for accuracy.

3. Agility Course

Pupils will be timed to complete an agility course as quickly as they can.

4. Plyometric

A speed bounce competition will take place at the Plyometric station.

5. Jumping

Pupils will take part in a standing long jump relay – the team that jumps the furthest gets the most points!

6. Relay practice

This will be an opportunity to practise baton changes for the relay race.

Relays

The final event will be a relay challenge. All children will be watching the relays before being called up for their race.

Basketball

Team makeup

Your school's team should be made up of 12 pupils (mixed teams with a minimum of 4 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Basketball Format of the day

Teams will play in 2 leagues of 6 teams and will play round robin format, then play-offs determined by games won and points scored.

Rules;

- ✓ Teams will play 10mins games, 2 halves of 5mins.
- ✓ Each team comprises of 12 players (6 boys and 6 girls).
- ✓ Players will play 4 v 4 on court (2 boys and 2 girls) with 2 subs being used in each half. First 'four' plays in 1st half with substitutions made half way through, 2nd 'four' plays in 2nd half with substitutions made as 1st half. No pupil can play in both halves.
- ✓ There must be 2 girls and 2 boys on court at all times.
- ✓ All players must play in each game. Players should be rotated as starters/subs in games to ensure equal court time.
- ✓ Games will commence with a jump ball but following this, any further held ball situation will be determined by the possession arrow.
- ✓ Travels, double dribbles and out of bounds violations are penalised with sideline possession to the non-offending team.
- ✓ No free throws awarded for fouls on player in act of shooting

*foul & basket good = 2 points plus end line possession

*foul & shot missed = 1 point plus end line possession

- ✓ Side line or end line possession for all other fouls
- ✓ No maximum number of fouls per player but repeat offenders will be substituted out of game.
- ✓ No time outs. 1 min between halves.
- ✓ Team up by 10 points – must play 1/2 court defence.
- ✓ In the event of a draw, score will stand.
- ✓ Points 3 = win, 2 = draw, 1 = loss.
- ✓ All participants shall respect the referees' decisions during the games.

- ✓ The Competition Organiser's decision is final.

Cricket

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Cricket Format of the day

The day will start with an explanation of the rules and a chance to practice. Finals and play offs will follow group games. 5 points awarded for a win. If teams finish on equal points the number of runs scored will determine who finishes above who. If teams still can't be separated a throw off will take place.

Rules for a throw off - Each team nominates 3 players to throw 3 ball at a set of stumps 20 meters away. after each team has thrown 9 balls the team with the highest score wins. If teams can't be separated it will go to sudden death.

Caterpillar Cricket

Batting – to score as many runs as possible by hitting the ball into gaps, calling “Yes!” to run and running fast as a team back to the safe zone. The team with the highest score at the end wins.

Fielding – To prevent the batters scoring by stopping the ball, passing the ball to two different fielders and then getting it back to the coach as fast as possible.

Organisation - Two teams of ten will compete against each other. After deciding which team bats first, the fielding team will spread out in the field and the batters will move to the safe zone (“Pavilion”). Once all batters have had a turn, the teams will switch sides.

Game Rules - In turn, a batter receives up to three deliveries bowled underarm by the coach. The batsman can choose to run on the first or second delivery, however if they haven't yet run they must do so on the final delivery. Once a batter has run their turn is over and the next batter will go. When the batter decides to run they should shout “Yes!” loudly to the rest of the batting team to let them know to run. When running, the entire batting team will run once around the marked cones and back to the safe zone together, in a line like a big caterpillar. The number of runs scored on a turn is equal to the number of people that get around the cones and back to the safe zone before the coach gets the ball.

Batters are not allowed to run on a particular delivery if they are “out” however they will get to face all three deliveries. Batters can be out if they are bowled, caught, or hit the wicket with the bat. The batter must lead the caterpillar whilst holding onto the bat.

(nb. No bowling will be done by participants in order to speed up the matches)

Dance

Team makeup

Your school's team should be made up of 10 pupils (boys and girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Dance Format of the day

Pupils will be split into 2 groups. Groups will initially work together to learn the set routine developed by 'Live it Dance'. Individual groups will then be asked to practise the routine before coming back together for a rehearsal before performing the routine to everyone at the end of the event.

Clothing

Dance groups are requested to wear black where possible. Everyone will be given a t shirt on the day. Please note that you will be outside for the duration of the day, performing on the field in front of the school.

Practise and Performance:

The vision is to have more than 500 dancers perform a predetermined routine together at the end of the event. You will not be given the dance prior to the event. It will be introduced, practised and performed on the day.

Football

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Football Format of the day

- ✓ 10 mins per game, following fixture list provided (each school has been given their fixtures also).
- ✓ 5 min turnaround between matches.
- ✓ Volunteers to record scores and report to coordinator after all group matches finished.
- ✓ Tallying of points and goal difference will determine who finishes where in the final standings matches. School should have combined total from both their teams.

4v4 RULES

- ✓ Strictly 4v4 – teams can use substitutions any time they wish to allow players to rest.
- ✓ Scoring team retreats to half way after a goal.
- ✓ No goalkeepers.
- ✓ Score – Conceding team can dribble back into play straight away, risk v reward or wait for opponent to drop to halfway.
- ✓ Ball out of Play (side-line or end-line) – Dribble or Kick in from where ball went out. Opponent gives 3m space
- ✓ Foul / Handball – Dribble or kick in from place of incident. Opponent gives 3m space

Hockey

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Hockey Format of the day

Hockey Skills

The day will start with a skills session. Teams will rotate around 6 stations, (10 minutes at each station), which will focus on basic hockey skills.

Competition Format

Games will be played over 4 pitches. 8 teams will be playing at once with only 4 teams off at a time.

Each team will play 5 games, lasting 10 minutes each.

Equipment

Children are to be advised to bring and wear gum shields and shin pads if they have them (any type will do, ie rugby mouth-guard or football shin pads).

Kin-ball

Team makeup

Your school's team should be made up of 10 pupils (mixed teams of boys and girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Kinball Format of the day

The first half of the morning will involve skill-based games to learn the sport.

Then the competition will involve 3 courts where teams will play with different balls. Kinball is played with 3 teams of up to 7 players.

The game begins with one team serving the ball. To serve the ball, three players hold the ball up while the fourth player yells "ominikin" and the colour of another team and then hits the ball. The team called must catch the ball before it touches the floor. If the catch is successful, the receiving team serves.

Points will be awarded for each game to determine a final winner.

There are a couple of video links below for you to become familiar with the sport.

https://www.youtube.com/watch?v=T_eQyr8N9b0

<https://www.youtube.com/watch?v=pgxVZ6RHs4o>

Lacrosse

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Lacrosse Format of the day

Participation Format:

There will be a Lacrosse Skills circuit at the start of the day where teams go round 8 stations, they can score points at each station and collect points at the end for prizes!

Competition Format:

Schools split into 2 groups and do a round robin. At the end of all fixtures, there will be a 1st to 4th and then 1st v 1st, 2nd v 2nd, etc and at the end there will be a 1st to 8th with the winner presented the trophy.

In School Lacrosse Delivery

As your school has been selected to attend the Active Schools Games @ the Hub your Active Schools Coordinator will work with you prior to the event to support the delivery of a one-off Lacrosse session within the school to ensure pupils will have an awareness of the sport prior to attending.

Netball

Team makeup

Your school's team should be made up of 8 pupils (boys and girls, with a maximum of 3 boys and only 2 boys on court).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc. The event is aimed at those pupils who are new to the sport of netball and will be based on fun5z format, please see below for more information on fun5z.

Netball Format of the day

Morning Activity Session: Pupils will rotate around 6 skill stations, learning the fundamentals of netball. Skills sessions are 12 minutes each, with 2 minutes to allow for rotation. Pupils will be split into groups of 16 for the morning session.

Court 1 – passing(1) and shooting(2)

Court 2 – footwork(3) and defence(4)

Court 3 – Positioning(5) and getting free(6), (including 'not over a third' and centre pass to be caught in centre third)

Afternoon Activity Session (Competition): Round robin 4 teams per pool, (schools will be allocated a court on the day), with the winning team being the team with the highest points at the end.

- ✓ Each team plays 3 group matches (schedule will be drawn for the day) - 3 points for win 2 for draw and 1 for loss. If teams are level on points, goals scored then goal difference will be used.
- ✓ Games will be 10 minutes with 4 minutes allocated for switch over and positioning on court.
- ✓ Winning team will be team with highest points scored.

Breaks and lunch to be taken when not playing.

FUN 5Z

COURT	Badminton Court
TEAM	Maximum of 8 players with only 5 on the court at any one time – made up of both boys and girls, only 3 boys max per team, please note only 2 boys can be on the court at any one time and they must start in different thirds.
GOAL POSTS	Starting height 8ft
BALL	Size 4/5 netball
DURATION	Straight 10 minute games, with rolling subs

The full game of netball is one of many rules and Netball Scotland recognises when players are starting out, there should be a gradual introduction of the rules. To allow a more continuous game Fun 5z will

adopt the following measures:

DURING THE GAME

START of PLAY	The ball must be caught in the centre third
OVER a THIRD	The ball must not be thrown over a complete third without being touched by a player in that third
MINIMUM SHUFFLE	When starting out players must be encouraged to remain on the spot where they catch the ball, with the minimum of shuffle and not gain any ground, as their skill progresses, encouragement of the footwork rule should be sought (players must not reground their landing foot)
4 SECONDS RELEASE	Up to 4 seconds to release the ball
POSITIONAL BOUNDARIES	Players should be encouraged to use the full area their position allows.
ONE on ONE MARKING	Players are only allowed to mark their opponent.
GUARDING OPPONENTS	Players must be 4ft away from their opponent, however, 1 jump is allowed to intercept pass or shot – the ball cannot be in opponents hands, taken or knocked out of the opposing teams hands
CONTACT	Players must not touch or bump an opponent with their body or the ball

Orienteering

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls). There should be an adult with each group of 10 pupils.

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Orienteering Format of the day

Morning Activities:

A variety of introductory activities to teach orienteering. Pupils will rotate round activities in groups. These may include:

- ☑ Musical-O (practise setting map)
- ☑ Cone Exercises (following basic route round cones whilst keeping map set)
- ☑ Map colours/symbols Corners Game
- ☑ Map symbols relay
- ☑ Matching map symbols and control descriptions game
- ☑ Map jigsaw relays
- ☑ Maze
- ☑ Simple star exercises in the field (Visit a single control and return)

Afternoon: Orienteering courses around the grounds of Cammo. This would provide a competition element, with points awarded depending on result and then totalled for each school.

Clothing

Pupils should wear trainers/shoes they can run in (no wellies!) but should be aware they may get muddy/wet. Clothing suitable for running and being outdoors all day – but we would generally recommend long trousers/leggings/full leg cover.

Supervision

In the morning sessions the activities will take place in groups within the grassy fields and teachers will be able to oversee children at all times. In the afternoon, whilst out on the courses the children will not be in sight of the teacher. The Cammo Estate is well bounded and volunteers will be placed at strategic positions in case help is required by anyone.

Dogs

It is a popular area for dog walkers and children should be aware of this.

Rugby

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Rugby Format of the day

Area: Rugby pitch

The Rugby tournament will involve 3 Groups of 6 schools.

Each game will be 6 minutes long, with a 2-minute break

The teams will be 7 a-side with 3 subs and a minimum of 2 girls on field per team at any time

Each school will play 5 games before lunch and 1 after to determine final standings

Final Games will be 10-minute games.

Photos with Edinburgh Rugby and Rugby on Road Activities on side for non-playing teams

Swimming

Team makeup

Your school's team should be made up of 8 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Swimming Format of the day

The swim competition will start with a warm up.

There will be Team Relay races with 9 races with 3 heats and 3 finals therefore there will be 12 races in total.

Points will be allocated as follows

- 1st place = 1 point
- 2nd place = 2 points

The lowest total points will win overall trophy

There will be 3 events -Freestyle, Breastroke and Back stroke.

The event will finish with Water Polo and Fun session with floats

Ultimate Frisbee

Team makeup

Your school's team should be made up of 10 pupils (mixed teams with a minimum of 3 girls).

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Ultimate Frisbee Format of the day

The first half of the morning will involve skill-based games to learn the sport. Edinburgh University team will be joining us to deliver the games.

Teams will then be divided into two groups of 6 teams. We will have 6 games running at the same time. Fixtures of 5 mins with all teams moving around clockwise after each match. Points will be awarded for each game to determine a final winner.

Volleyball

Team makeup

Your school's team should be made up of 10 pupils team split into Team A and Team B to represent their school. Teams can be any combination of gender and ability. During the competition, points will be earned for your school as opposed to your team

Teams can be made up of a range of abilities, which may not just include the best-known performers. Schools might like to think about selecting those who have worked hard over the year, or behaved well, etc.

Volleyball Format of the day

Introduction and Warm Up & Refereeing demonstration

Competition Format: Matches will be 4v4. Children will participate in round robin pools before lunch break then teams will be re-pooled based on results for their afternoon pools. Players will referee each other. There will be a scoring system to identify an overall winning school

There will be a Volleyball Showcase at lunchtime.

Participants should wear:

Shorts & t-shirt under tracksuit bottoms & top or sweatshirt with trainers which tie. A Games@the Hub tshirt will be provided on the day

Participants should bring:

Water bottle(s) to last the day, a healthy packed lunch (There will be opportunity to snack when your team is not playing or refereeing), waterproof jacket, hat, sunglasses & sunscreen (just in case!)