



Falkirk Schools Sports League

#FALKIRKSSL

@FALKIRKSPORT

Welcome!

Thank you for registering for our Falkirk Schools Sports League, we are delighted that your school will be taking part!

Inside this booklet is a detailed overview of the Sports League, each of the challenges and the scoring processes in place. In addition to this booklet we will provide a handy wall chart, one for each age group. This can be used to track attempts made at each challenge and record your best scores, which can then be submitted to your Active Schools Coordinator.

We will provide you with hard copies of the the wall chart over the coming days, these will be an ideal resource to store your challenge attempts and scores centrally, making it easy to submit your best scores.

We have also teamed up with a range of local sports clubs and organisations to record video demonstrations of each of the challenges being carried out and how to set these up. Videos have been uploaded to our YouTube channel and the link to these can be found within this booklet.

From April – June we will be profiling the Falkirk Schools Sports League on our Twitter page @FalkirkSport. We would love it if you could capture any photos or videos of your school taking on the challenges and share them with us by tagging in @FalkirkSport and using #FalkirkSSL.

Now that you have received all the information needed, please feel free to commence the challenges!! You can take them on in any order you wish and with as many or as few classes across your school, as you see fit. Please ensure all your challenges have been attempted and best scores recorded and shared with you Active Schools Coordinator by Wednesday 23rd of June.

On completion of the Sports League, prizes will be awarded for: winners of each individual event and overall 1st, 2nd and 3rd placed schools in each of the small, medium and large school categories.

Thank you for joining in the fun with our Falkirk Schools Sports League and please contact your Active Schools Coordinator if you have any questions or need any further support.

Challenge information

Follow this link for all challenge videos:

<https://www.falkirkcommunitytrust.org/sport/active-schools/falkirk-schools-sports-league/>

Challenges

- Activities covered are football, athletics, basketball and cross country
- Age groups for challenges are P1-3, P4-5 and P6-7, with cross country being for P5-7 only
- You can complete the challenges in any order you want
- You can have as many attempts as you want at each challenge before submitting your best overall score
- Challenges can be undertaken by whole classes, after school clubs, school teams or specific pupils

Please refer to the Challenge Details sheet for full info on each challenge!

Football

There are three challenges for each age group covering the following skills; passing, dribbling and shooting.

Athletics

There are four challenges covering key run, jump and throw skills.

Basketball

There are three challenges for each age group covering the following skills; passing, dribbling and shooting.

Cross Country

Races are to be completed over a 1km course.

Scoring system

Scoring System

- All results should be submitted to your Active Schools Coordinator, we have provided a results sheet for you to record your best results
- Points are awarded for each individual challenge and are worked out as follows; if there are 20 schools competing the winner of the 'Dribbling' challenge for P1-P3 will receive 20points, 2nd place 19, 3rd 18 and so on. This is repeated for the 'Passing' and 'Shooting' challenges and all three results will be added together to give us a P1-3 leader board for this activity
- The P1-P3 school who wins in the above example will receive 20points for their school (20 is only the example if 20 schools were in the league, this number would change depending on how many schools are in your league) 2nd place 19 points, 3rd place 18 points and so on down to 1 point.
- The above scoring system is the same for P4-P5 and P6-P7, all age group final standings will be added together to give overall school winners in each sport and in the overall league itself.

Submitting your scores

- Your best scores should be submitted no later than Wednesday the 23rd of June.
- If multiple classes are taking part, it is only the top overall score that should be submitted in each age category

Social Media Engagement

We would love for you to post your challenge attempts on your school's twitter account. This is to showcase your school's participation in the Sports League and to encourage others to get involved.

How to engage with Social Media:

- Take pictures and videos of your pupils completing the challenges
- Tag @FalkirkSport and use the hashtag #FalkirkSSL in your Twitter post
- Tag your Active Schools Coordinator in your Twitter post

Useful tags to increase social media engagement. Use these tags below when posting your sports specific posts. For example, use the football tags when uploading your football challenges.

Football

@ScottishFA

@ScotlandNT

@EURO2020

@falkirkfcf

Basketball

@basketballscot

@Furyballl

Athletics

@scotathletics

@falkirkvics

@team_scotland

@BritAthletics

Competition

We will be running a weekly twitter competition, where we will select the two best school posts each week to receive £25 worth of vouchers from a local sports supplier. To be in the running to win one of the weekly prizes you must post your effort before 12noon each Friday, tagging @FalkirkSport and using the #FalkirkSSL. Weekly prizes will be accumulated throughout the duration of the Sports League, with vouchers for the total amounts won awarded on completion.