



The School Games

The mission of the School Games is "keeping competitive sport at the heart of schools and providing more young people with the opportunity to compete and achieve their personal best". There are hundreds and thousands of competitions delivered throughout the country every year. At Southridge our children are very lucky to take part in regular inter-school and intra-school competitions. They also run a 'Mile a Day', have active 'fit for life' multi-sport lunchtime extra-curricular activities. These are co-ordinated by our Year 4 Sport Leaders / SSOC's (School Sport Organising Crew).

The vision of the School Games is that "by 2020 the School Games will be continuing to make a clear and meaningful difference to the lives of even more children and young people". To be able to achieve this we need to consider our competition provision and the young people that we are trying to engage. Our children take part in their minimum 2 hours of P.E. activity per week, additional fitness challenges and also have access to a wide range of extra-curricular sport activities.

We follow the five principles of high quality competition that enhance our school core values when organising and selecting young people to take part in competitions.

This results in ***SMILES***.

- **Safe** - participants feel physically and emotionally safe
- **Maximum Participation** - participants are fully involved all of the time, i.e. not hanging around
- **Inclusive** - all participants can take part; activities are designed to suit and develop their abilities
- **Learning** - participants develop personal, social, creative, thinking and/or physical skills
- **Enjoyment** - activities recognise individuals' personal needs and interests
- **Success** - participants feel they are making progress and getting satisfaction