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| **Sport** | **Year Group** | **Inspire / Develop / Excel** | **Squad Size, Gender Split**  *(Min:Max)* | **Level 2b**  **Local Round** | **Level 2**  **SL Area Final** | **Level 3**  **County Final** |
| Commonwealth Games Legacy Festival | KS2 | Develop | Mixed groups of 10 | 21st September 3.45pm – 5.30pm @Lutterworth College |  |  |
| Danone Cup  Football | Yr 5/6 | Excel | 9:12 | **Mixed:** 3rd & 5th October 3.45-5.30pm  Finals night 26th October 3.45-5.30pm  **Girls:** 10th October3.45-5.30pm  **SS:** 12th October 3.45-5.30pm  **ALL @Lutterworth College** |  | **Mixed:** 19th November,  9 – 1pm  **Girls:** 12th November  9-1pm  **SS:** 24th Nov, 3-6pm  @ Judgemeadow CC |
| Football League |  | Excel |  | Ongoing throughout the year to be arranged at suitable times for students |  |  |
| Girls Football Festival | Yr 3/4 | Develop |  | 10th May 2023 3.45-5.30pm @Lutterworth College |  |  |
| Table Tennis | U11 | Excel | Squad size: 4  Gender: Separate Boys & Girls | 20th September 3.45-5.30pm @Lutterworth HS | 11th October, 4 – 6pm  @ Leicester Grammar School | 17th November  **Girls:** 9.30 – 12.00pm  **Boys:** 12.30 – 15.00pm  @ Knighton Park Table Tennis Club |
| Parallel Sports Hall Athletics | KS2 | Develop | N/A |  |  | 20th January @ Aylestone Leisure Centre, 9.30 – 2.30 |
| Basketball | Yr 5/6 | Excel | 8:10  Mixed | 25th January 3.45-5.30pm @Lutterworth College | 14th February, 3.45-5.30pm  @ Robert Smyth - TBC | 16th March, 12.30-3pm  @ Leicester Riders Arena |
| Dance Festival | KS2 | Develop |  | 4th May 3.45-5.30pm @Lutterworth College |  |  |
| Year 5/6 Dodgeball | Yr 5/6 | Excel | 6:10  *3:3 Gender Split* | 15th February 3.45-5.30pm @Lutterworth College | 8th March, 3.45-5.30pm  @ South Wigston High School | 29th March, 4-6pm  @ South Wigston High School |
| Kwik Cricket | Yr 5/6 | Excel | 10  *Girls and Mixed Separate Comps* |  | **OW&B:** 23rdh May @ Countesthorpe Cricket Club  **HK&L:** 25th May @ Harborough Cricket Club | TBC |
| Tennis Festival | Yr 3/4 | Develop | 4  *Mixed 2:2* | 15th May 3.45-5.30pm @Lutterworth HS |  |  |
| Tennis Competition | Yr 5/6 | Excel | 4  *Mixed 2:2* | 17th May 3.45-5.30pm @Lutterworth HS | 8th June, 3.45 -5.30pm  @ Leicester Grammar School | TBC |
| Golf | 3/4, 5/6 | Develop | Teams of 10  *Mixed 5:5* |  | 15th June , 2-6pm  @ Leicester Golf Centre |  |
| Athletics | KS2 | Excel | N/A |  | **Small Schools** – 22nd May @Saffron Lane, 9.30-12.30    **Harb** – 12th June @ Corby Triangle , 4-7pm  **Blaby –** 13th June, 9-4pm @ Saffron Lane  **O&W** – 14th June, 2.30 – 6pm  **@** Saffron Lane | TBC |
| Year 6 Transition Festival | Yr 6 | Develop |  | 7th June 3.45-5.30pm @Lutterworth College |  |  |
| Multi Skills Festival | KS1 | Develop |  | 18th January 3.45-5.30pm @Lutterworth College |  |  |

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| **The Quad Cup - Virtual Competitions 2022/23** | |
| **Competition** | **Dates** |
| Virtual 5k Challenge | 5th September – 14th October |
| Football Challenge | 24th October – 16th December |
| Move it March | 1st – 31st March |
| Virtual Tennis Challenge | 17th April – 26th May |
| Virtual Cricket Challenge | 5th June – 7th July |