

# SPORTS FROM AROUND THE WORLD (Lacrosse, Cornhole & Table Tennis)

## KEY RULES

**Game Basics:** Sports from Around the World promote cultural awareness, teamwork, coordination, and tactical thinking. Lacrosse, Cornhole, and Table Tennis develop a wide range of skills including striking, throwing, catching, aiming, footwork, balance, communication, and strategy. All three sports are inclusive, adaptable, and encourage fair play, leadership, and positive competition.

**Lacrosse:** Lacrosse is a fast-paced invasion game that originated with Indigenous peoples of North America. Players use a stick with a netted head to catch, carry, pass, and shoot a ball towards a goal. Teams work together to move the ball through space while defenders attempt to intercept or block attacks safely. School lacrosse focuses on non-contact or limited-contact rules to ensure safety. Lacrosse develops hand-eye coordination, agility, teamwork, decision-making, and spatial awareness.

**Cornhole:** Cornhole is a target throwing game where players aim to throw beanbags onto a raised board with a hole at one end. Players score points by landing the beanbag on the board or through the hole. The game emphasises accuracy, controlled throwing, balance, and strategy. It can be played individually or in teams and is easily adapted for different ages and abilities. Cornhole develops focus, precision, turn-taking, and tactical awareness in a calm, inclusive environment.

**Table Tennis:** Table Tennis is a fast reaction net game played by hitting a lightweight ball over a low net using a bat. Players aim to place the ball accurately while controlling speed, spin, and direction. Rallies require quick footwork, sharp reactions, and good hand-eye coordination. The sport can be played as singles or doubles and is highly inclusive and adaptable for school settings. Table Tennis develops reaction time, balance, coordination, concentration, and tactical shot selection.

**Fair Play and Respect:** All global sports promote respect, honesty, teamwork, and cultural appreciation. Players follow agreed rules, respect decisions, and encourage one another regardless of outcome. Lacrosse promotes teamwork and discipline, Cornhole encourages patience and turn-taking, and Table Tennis develops sporting etiquette and self-control. The focus is on learning, enjoyment, and collective success rather than winning alone.

**Safety and Support:** Activities are delivered with a clear focus on safety, confidence, and inclusion. Lacrosse is taught using soft equipment and modified non-contact rules in school settings. In Cornhole and Table Tennis, equipment and distances are adapted for age and ability. Clear signals, safe spacing, warm-ups, and supervised play ensure pupils feel secure and always supported.

## NATIONAL GOVERNING BODY (NGB)

**Lacrosse England:** The national governing body responsible for the development and promotion of Lacrosse across England in schools and clubs.

**Table Tennis England:** The national governing body for Table Tennis in England, supporting school participation and competition pathways.

**UK Cornhole Association (UKCA):** The governing body for Cornhole in the UK, promoting participation, competition, and community play.

## USEFUL LINKS

**Lacrosse England:** [lacrosseengland.co.uk](http://lacrosseengland.co.uk)

**Table Tennis England:** [tabletennisengland.co.uk](http://tabletennisengland.co.uk)

**UK Cornhole Association:** [ukcornhole.com](http://ukcornhole.com)

**Your School Games:** [yourschoolgames.com](http://yourschoolgames.com)

**Association for Physical Education (AfPE):** [afpe.org.uk](http://afpe.org.uk)