



Road to Rio



Essex County Council



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Introduction

Active Essex is the County Sports partnership for Essex hosted by Essex County Council. It utilises resources from Sport England, Essex County Council, Southend and Thurrock Local Authorities to co-ordinate sport and physical activity opportunities across Greater Essex. Working closely with a wide range of partners drawn from the public, private and voluntary sectors it aims to encourage more people to become more active and lead healthier lifestyles.

Our Strategic Plan was launched in October 2012 and outlines how we aim to achieve our vision to create a more physically active and sporting environment for all people in Greater Essex, enabling everyone to participate in the activity of their choice at their chosen level between now and 2017.

Our Priority Aims are to:

- ✔ Deliver a London 2012 Games Legacy
- ✔ Increase Participation in Sport and Physical Activity
- ✔ Encourage Healthy and Active Lifestyles
- ✔ Develop Sporting Pathways
- ✔ Encourage Lifelong Learning and Skills Development
- ✔ Building Networks and Partnerships for Sport
- ✔ Promote and showcase new and emerging sports
- ✔ Inclusivity throughout all of the above

Some of our major programmes are:



School Games – over the 2013-14 School Games Calendar 3 major festivals have been held with over 18 sports providing competition for over 5,000 young athletes, supported by 200 Young Leaders and 30 Volunteers.



Sportivate – A programme centred around providing 6-8 weeks of coaching aimed at engaging ‘less sporty’ 11-25 year olds. In the past year 3,727 young people have been retained from 227 projects



Satellite clubs – we are working with Governing bodies of sport, clubs and schools to establish a link between each of the 108 secondary schools and colleges across Essex and a community club. This has the aim of developing pathways from schools participation to local club and community sports



Road to Rio - cross curricular support pack

After the outstanding success of the 2012 London Olympic Games, we are now looking ahead with excitement to the 2016 Olympic and Paralympic Games in Rio. This cross curricular support pack aims to utilise the inspiration of the games to engage schools and young people in all areas of school life.

The Olympic Movement has inspired generations of children and young people to achieve no matter what they are inspired by. In fact, the goal of the Olympic Movement is “to contribute to building a peaceful and better world by educating youth through sport”.

It takes more than being an exceptional sportsman

or woman to become part of the Olympics or Paralympics. This is why both games come with a set of core values which encompass what these competitions are all about proving that sport even at this level, is not just about your ability.

The Olympic Values of excellence, friendship and respect sit alongside those of the Paralympics namely – determination, courage, equality and inspiration providing a fantastic tool for teaching and learning.

By bringing these Values and ideals into Schools we can encompass a county wide approach to the promotion of physical activity amongst children and young people.





How to use this resource pack

This pack provides you with our county sporting offer, examples of practical activities and games, as well as cross curricular ideas that can be used to support a Games related festival or sporting event theme. Links to other existing resources and support materials have also been given.

The activities and ideas in this pack are not meant to be prescriptive but are designed to be flexible so as to build in to current planning or develop further as required. They can be adapted for use with small groups, classes or in whole school settings and relate to Physical Curriculum National Curriculum objectives which aim to ensure that all pupils;

- ✔ Develop competence to excel in a range of physical activities.
- ✔ Are physically active for sustained periods of time.
- ✔ Engage in competitive sports and activities.
- ✔ Lead healthy, active lives

As we know, the School Games events and activities provide a host of opportunities for children and young people across the county to be involved with Sport, Physical Activity and Leadership. Our intention is that this booklet will inspire ideas for learning by creating links to other curriculum areas and key skills, extending the School Games offer to engage those who may not otherwise be involved.

“The London Games in 2012 inspired schools and young people from across the county to take part in physical activity. In addition it provided motivation throughout the curriculum, engaging young people across all subjects and school life by utilising ideas drawn for the Olympic Games. This booklet looks to renew that inspiration focussing on the Rio 2016 Olympic Games.”

Gary Sullivan OBE, Chair of Active Essex

“Having attended many School Games Events in Essex I have been privileged to witness the enthusiasm and success of schools and individuals in many different sports. It is essential that we introduce opportunities for physical activity to children at a young age to promote active and healthy lifestyles into adulthood. This resource illustrates many different ways that sport and physical activity, alongside the positive values they promote can be filtered into the different curriculum subjects and everyday life.”

Councillor Ray Gooding, Cabinet Member with responsibility for Education and Life-long Learning

Primary Sport Premium

Olympic and Paralympic focussed activities can also be utilised to support the delivery of initiatives and programmes aimed at adding value to Primary PE & Sport premium delivery. Such projects could impact upon improving or increasing;

- ✔ the engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles
- ✔ the profile of PE and sport being raised across the school as a tool for whole school improvement
- ✔ increased confidence, knowledge and skills of all staff in teaching PE and sport
- ✔ broader experience of a range of sports and activities offered to all pupils
- ✔ increased participation in competitive sport



For further support and guidance on the effective use of Primary Sport Premium Funding please visit:

<http://www.activeessex.org/Opportunities/schools/sport-premium-for-primary-schools/>

Active Essex Schools Infographic this can be edited to display all of your schools information

<http://www.activeessex.org/download.php>



School Games Mascot

2014 saw the launch of our 'Design a Mascot' competition at our Summer Games. The panel chose their favourite design which incorporated all 6 of the school games values. There were lots of fantastic ideas including that of Alina Varghese, a Year 4 pupil at St Teresa's Catholic Primary School. Alina's design was chosen and Spirit the Peacock was created!

Spirit regularly attends School Games Festivals and is available to all School Sport Partnerships for major local School Games events, competitions or school visits.



If you wish to arrange a visit from 'Spirit' please contact
Emily.Wingate@activeessex.org

Meet the Rio Mascots for 2016, Vinicius and Tom.

It's beautiful to be
named after the
poet of Bossa Nova.
Inspirational! You
can call me
Vinicius



I've earned the name
of the musical maes-
tro who sang all about
the charms of Brazil.
It's my pleasure to
meet you,
I'm **Tom**



ACTIVITY

Discuss the design and relevance of the Rio Mascots
Investigate their namesakes
Design your own school games mascot
What would you name them and why?



Spirit of the Games

The 'Spirit of the Games' or School Games values, focus on personal excellence through competition.

The six values of belief, determination, honesty, passion, respect and teamwork were developed by young people to identify what the experience of school sport should be built around. These values have been successfully

applied by schools to develop a range of behaviours, qualities and inter-personal skills with students, based on sporting experiences, scenarios and attitudes.



Honesty

With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.



Self-belief

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each others' success. Be a good friend and a positive team player in school, sport and life.



Passion

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.



Respect

Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.



Determination

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

<http://www.yourschoolgames.com/logged-in-content/spirit-of-the-games>

Please visit the above link for the full presentation (ready to use slides based on the above).



ACTIVITY

Pupils to write their own definitions of each of the values

What do they mean to them?

Do they (pupils as individuals) demonstrate the above values when they are taking part in sport or physical activity?

Further Questioning could include:

Would you add anything else? Do you feel there is anything that is missing?

What could this mean for officials, coaches?

How would this apply to other aspects of life?

Think of and discuss an example of each of the above

Design a poster based around promoting the spirit of the games



CASE STUDY

Kings Road Primary School

In 2012 Kings Road Primary in Chelmsford displayed the Olympic and Paralympic values around their school. Each pupil had a card with the values on it. Teachers were asked to identify when a pupil had displayed one of the values by their behaviour. If a pupil showed all of the behaviours and gained a stamp for each, they were asked to visit the Headteachers office. There they were asked about their behaviour, congratulated and invited to take a (sport related) item from the Lucky Dip box. As a result of the project an improvement in pupil behaviour was noticed.



School Games Oaths

Traditionally an **oath** is either a **statement** of **fact** or a **promise** with wording relating to something considered **sacred**.

The taking of an oath, is making a solemn **vow**.

Below are the Oaths made within the opening ceremony of the Essex School Games:

The athlete

In the name of all the competitors I promise that we shall take part in these School Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without cheating, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.

The judge/official

In the name of all the judges and officials, I promise that we shall officiate in these School Games with complete impartiality, respecting and abiding by the rules which govern them in the true spirit of sportsmanship.

Coach/Teacher

In the name of all the coaches, teachers and parents, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and fair play is fully adhered to and upheld in accordance with the fundamental principles of the games.



ACTIVITY

English/ICT/History

Why do you think they are important?

Could you write one for the supporters/spectators?

Can you think of any other examples of when Oaths are used?

Why not include your own Oaths as part of your Olympic assembly, sports day or School Sport pledge?





CASE STUDY

Teddy'lympics

KS1 Project

The Chelmsford School Sports Partnership were successful in achieving an Active Essex Education Small Grant, for their 'Teddy'lympics' Early Years projects. The project was a huge success and as a result was repeated in November 2015.

We would like to share the details of this project so that you may replicate within your own SSPs, with your school clusters, a host school working with other local early years settings or purely within your own school.

Project details

Teddy'lympics is a community based competition/ festival for Yr1 children, school teachers, parents and family. The pilot project in year one involved 10 invited schools each bringing 10 - 12 children, Total of 118 children attended.

Aim

The aim was to engage children in appropriate athletic type competitive activities and engage their families too. Promoting enjoyment of an engagement in sport and physical activity from an early age.

Every school brought their Team teddy - dressed in their school colours. There was an opening ceremony with every child given a teddy face mask and all parents and spectators were involved in an opening procession.

20 leaders from Great Baddow Btec academy were trained and they delivered the 6 indoor athletic events and officiated.

After each event, as recognition of their hard work and for completing an activity, the children got to do an art/cross curricular activity with their teddy mask - these ranged from writing an adjective on the teddy mask, to sum up their feelings of the event , to putting on a sticker on the mask, using a stamp to add a symbol, writing their name, hole punching etc.

The scores were recorded electronically and at the end of the event - the highest girl and boy scorers were given certificates and the winning school won Teddy Lympics (a bear with a special t shirt and medal)

Continued...

Time

4 Sessions over 2 event days. Events were held in 2 hour time slots

Venue

Melbourne Park Sports Centre, Chelmsford

Follow up – The Athletics centre staff were involved in the delivery and planning of the event, so that children and parents would also have an exit route into the athletics club afterwards.

To apply for your KS1 School Sport and Physical Activity Award please visit:

<http://www.activeessex.org/schools/KS1Mark/>





External activities – Road to Rio offer Sporting Focus

Aim

- ✔ To showcase new and existing sports in line with School Games Calendar
- ✔ To encourage participation in each sport
- ✔ To introduce a County wide sport and activity focus for within curriculum time
- ✔ Aimed at Primary, Secondary and Special Schools
- ✔ To promote Olympic & Paralympic Sports
- ✔ To encourage 'Supporter to Reporter' activities

Activity Plan

Be part of something big! Following the outline timetable above, we are inviting all schools across the County to participate in that months sporting focus.

We would like you to choose a day each month to focus on the allocated sport as shown. Don't worry if you can't do them all, just try to work through as many as possible. This focus could be not just PE lessons but also classroom based activities and lunchtime or afterschool clubs.

We would love to capture what you have been up to and how many children you have involved in your activities so let us know in a brief email what you have planned prior to your chosen date, or send photos, mini films and information after the event and your school could appear on our website and social media feeds.

Timetable/key dates

Month	Sport
January	Boccia
February	Basketball
March	Hockey
April	Tag Rugby
May	Athletics
June	Mountain biking
July	Triathlon



PRIZES

There are prizes available for the most creative activities, number of children involved/most events complete and also for the most innovative feedback.

Visit: <http://www.activeessex.org/schools/school-games/> For all school games information, competition calendar and event rule packs

Additional Ideas

- Why not arrange a link/contact a local sports specific club in your area to support your activities/establish further links for your school and your pupils
- Arrange a form of sports specific family activity to encourage parental/carers participation
- Involve your young leaders in supporting activities across the school



Baton Relay

Aim - KS1/KS2

- ✔ To create a simultaneous, county wide activity to promote the Olympic, Paralympic and School Games values in the run up to Rio 2016
- ✔ To provide an opportunity for primary schools to perform or display their music, dance or arts based work as part of their own 'opening ceremony special assembly'



Activity Plan

Throughout the month of June we would like schools to host their own Olympic Values assembly. Ideally this assembly will include a musical and/or dance piece your pupils have created alongside a flag procession with your own Olympic Torch creation.

This can all be completed within your school on a date of your choice in June. If the school informs Active Essex of this date we will ensure that a baton will be delivered to your school.

We would like you to allow your pupils to walk/run the distance to your partner school as part of your school day or extra-curricular clubs. We will then record how many pupils were involved and the total mileage covered, providing a 'baton travelled' total at the end of the month for the whole County.

The Baton could be moved (virtually) between schools according to the plan provided for your School Sports Partnership. Or the distance could be achieved at a festival type event within a partnership or locality. Don't forget, that you can request a visit from Spirit the Peacock for this type of event.



PRIZES

Remember to send us your video uploads of your music and dance performances by 20 May 2016. The best entries will receive a visit from our Active Essex mascot Spirit the Peacock and will become finalists in the county competition with the opportunity to perform at the Summer Games Events on Thursday 20 June 2016.

Resources link

Values Assembly Power point <http://www.yourschoolgames.com/logged-in-content/spirit-of-the-games>

Baton route information including mileage will be released to each School Sport Partnership.

Look out for Golden Mile opportunities for Essex schools coming soon!

Design & Technology



ACTIVITY

English/ICT/History

Discuss and produce your own Artists Brief with details included under the headings listed opposite.

Either create your 'prototype' with craft materials or draw your designs to meet your own artist brief.

Introduce your 'School Torch' to your own Olympic assembly as part of your opening ceremony.

Artists Brief – Active Essex – Jan 2016
'Promotional Torch'

Objectives and Goals

Based on the success of the Olympic Torch Relay and the Paralympic Lantern 2012, we would like to promote, raise interest in and increase participation in and around our County School Games activities, events and competition through various means. This will include roadshows and a baton relay visiting schools across the county.

We wish to commission a legacy item that will become a trademark/iconic feature of the School Games and Active Essex events, particularly in the run up to Rio 2016.

- Budget and Schedule
- Target Audience
- Available Materials/Needed Materials
- Overall Style/Look
- Torch/Baton Relay

This will be linked in 2016 to 'Road show'

Additional Activities

- Design own sporting equipment, kit for an Olympic sport;
- investigate design of sporting equipment and how this meets needs;
- design and evaluate (purpose) of sporting equipment, for example, sports shoe, design sportswear for the future.





Power House Games & Paralympic Roadshow

Aim

KS3 Offer

- ✔ To raise awareness and celebrate the achievements of Paralympic Athletes and the Paralympic Games
- ✔ To discuss and understand barriers faced by individuals with disabilities or special needs
- ✔ To encourage positive attitudes and an inclusive approach to Sport and physical activity
- ✔ To link mainstream and special schools within their School Sports Partnerships for collaborative working
- ✔ To provide leadership opportunities between schools
- ✔ To provide high quality, accessible sporting experiences to young people across the County
- ✔ To raise participation, standards and aspirations
- ✔ To provide access to high quality delivery, support and role models
- ✔ To encourage exit routes into sustainable school and community activities
- ✔ To promote Healthy Lifestyle choices

Activity Plan

Active Essex alongside partner funding, have commissioned Power 2 Inspire c/o John Willis, to prepare and facilitate the delivery of the Essex Power House Games & Schools Inclusion Roadshow.

Power House Games will link every SEND School in the county with a partner school. Power2Inspire will then host a sporting challenge event which includes pupils from both settings competing against and supporting each other to succeed.

The Schools Inclusion Roadshow will be delivered to mainstream secondary schools in order to raise awareness of Paralympic sport and the achievements and adversity faced by people with disabilities. We will work with your school to arrange delivery of these events and activities between March – June 2016. The Roadshow assemblies will be fully resourced and delivered by the power2Inspire Team.

To book an assembly for your school please contact: dawn.catley@activeessex.org

In order to activate the Powerhouse Games events, Active Essex will be approaching every Special School and their local mainstream school to organise a unique afternoon sporting challenge event for and between groups of students from each school.

Timetable/Key dates

On-going from March – June 16

Resources link

In addition to the assembly resource, please also visit the link below for extension lesson plans.

<http://www.bbc.co.uk/worldclass/18652818>

Additional Ideas

- ✓ ‘Anybody-Anything: John’s Road to Rio Challenge’ is an exciting challenge from the Power2Inspire team which will see John Willis try various Paralympic and Olympic sports over the course of 2015-16 in the lead up to the Rio Games. In January John attended our Level 3 Boccia Competition and also the 2016 Winter Games Festival held in Harlow where he participated in Basketball and Table Tennis.

<http://www.itv.com/news/anglia/2016-01-19/cambridgeshire-man-to-try-every-olympic-and-paralympic-sport-despite-having-no-arms-and-legs/>

If you would like more information about these activities please visit: <http://power2inspire.org.uk/> Or <http://www.activeessex.org/>

- ✓ If you are a mainstream school with an impairment unit or have children who would benefit from partnering with another mainstream school to host a Powerhouse Games event we may be able support this. Please contact me at dawn.catley@activeessex.org with your details along with that of your partner school.





Active Kids Paralympic Challenge

This aims to inspire schools and young people to learn more and participate in Paralympic sports in the lead up to Rio 2016.

It is free to all schools who just need to register. They will then be able to access online resources for teachers and young leaders, sports equipment, Active Kids vouchers plus the chance to win a school trip to the Paralympic Games in Rio.

Summer 2016 will see the world's best athletes competing at the Paralympic Games in Rio. The Active Kids Paralympic Challenge will inspire schools and young people to learn more about Paralympic sports, try them out, and provide exclusive high profile prizes for taking part including a trip to the Paralympic Games in Rio.

Taking part is simple. All you need to do is **register your school** and you will receive a FREE Active Kids Paralympic Challenge equipment pack which you can then use to take on the challenges that will be issued in the months leading up to Rio 2016. The Active Kids Paralympics Challenge is split into three phases:

- ☞ **Motivate**
- ☞ **Activate**
- ☞ **Celebrate**

Sainsbury's



Active Kids

Paralympic Challenge 2016



Challenge young people to travel the distance to Rio by downloading **Get Set's Road to Rio app**. Within the app choose the Paralympic Challenge sports and log your activity and you can win special badges and amazing prizes.

All schools registered to take part will also receive 100 Sainsbury's Active Kids vouchers, which can be exchanged for sports and cooking equipment to be used in your school.

https://activekidsparalympicchallenge.co.uk/?dm_i=2MH2,I5MZ,343ZDN,16H7A,1





POETRY COMPETITION

To support and include the development of literacy, we would like to encourage schools to run a poetry competition based on any aspect of school sport, physical activity and the School Games. Children can explore their thoughts and feelings alongside all that they may have heard and seen at school games events.

These will be collated and published and also displayed at the Summer Games and Special Games Events 2016.

Please find below two examples as a starter

**Basketball's my favourite sport.
I dribble up and down the court.
The ball goes bouncing off my toes
and beans the teacher on the nose.**

**He stumbles back and grabs his nose
and hits the wall and down he goes.
The other players stop and stare.
They've never heard the teacher swear.**

**With no one playing anymore
I grab the ball. I shoot. I score.
I love this game! It's so much fun.
The teacher cried, but, hey--we won!**

Anon

**Each school
is invited to
send in their
winning entry by
27 May 2016**

Email: Emily.Wingate@activeessex.org

**Sports inspire us to compete.
Winning over losing, is much more sweet.**

**We do it because we love the game
Life without sport would not be the same**

**Plenty of water we must constantly drink
As we push our bodies to their very brink
We sacrifice everything for our team
Because a championship is our dream
Anitapoems.com**



Media

Aim

In the run up to Rio 2016 and beyond we would like to encourage children to engage in the media side of sport and physical activity and understand the role it plays in our society today.

- ✔ **Involve those outside of your school teams by inviting them to write short match reports**
- ✔ **Introduce a half-termly Sports Newspaper to further promote PE and School Sport to others**
- ✔ **Help inspire those motivated by sport to improve their literacy by writing about their own experiences**

Media Team 2016

We have an opportunity for a Secondary School to form our media team for the Summer Games

2016. This would involve up to 6 students participating in a day of pre-event media training delivered at their school, joining us on 30 June at Basildon Sporting Village and a post event editing workshop, also delivered at your school site.

(Limited dates available) If you are interested and would like to apply for this opportunity please contact: Dawn.Catley@ActiveEssex.org

Timetable/Key dates

Videos & sports promotion articles received prior to 16 June 2016 may be featured in our Essex Summer Games opening ceremony.

Resources link

<https://www.makewav.es/s2rforsuccess>



Feature Sports

Is your school doing something active you need to shout about in Curriculum time, lunchtime or after school?

Is there an inspirational individual or team that should be celebrated?

What is extra special about your Sports Day 2016?

Send us an article (in less that 200 words) or create a mini-film up to 1minute long with your presentation/story and action highlights.



Send your finished pieces to us at:
Emily.Wingate@activesessex.org

Mini Films - PE and School Sport/After school activities/sports days and events/ Individual success and achievement story



ICT links

Please find below websites related to the Olympic movement, information, updates and teaching resources:

Official website of the Olympic Movement

www.olympic.org/

The official website of the International Olympic Committee and the Olympic Movement, the education section provides a wealth of current and historical information about the Games.

Official website of the Paralympic Movement

www.paralympic.org

The official website of the International Paralympic Committee. www.paralympic.org.uk is the official site of the British Paralympic Association.

Queen Elizabeth Olympic Park

<http://queenelizabetholympicpark.co.uk/our-story/get-involved/education-and-young-people>

teAchnology - Online teacher resource

http://www.teach-nology.com/teachers/lesson_plans/physical_ed/olympic/

This website provides teacher resources on line – search ‘Olympics’.

ICT Activities

There are many different ways of involving ICT activities in your projects and learning. Here are just a few suggestions:

- ✔ Research favourite sport, sporting hero, country involved in the Games using the internet;
- ✔ investigate the views and opinions of others using emails and letters related to their thoughts on the Games;
- ✔ label and classify sporting equipment;
- ✔ give and follow instructions related to how to play a game or sport;
- ✔ use of ICT to support and develop the Olympic theme and other curriculum areas (see curriculum area links) – word processing skills of news reports, flyers, programmes, use of ICT packages – databases, spreadsheets, presenting information;
- ✔ research sporting event media – videos, DVDs, CDs.



Physical Activity & Healthy, Active lifestyle – related to Science and SMSC

Olympic and motivational assemblies and subject starters:

http://news.bbc.co.uk/sport1/hi/olympic_games/world_olympic_dreams/9405838.stm

- ✔ Questions and activities related to the PE National Curriculum strand of Knowledge and Understanding of Fitness and Health – linked to healthy active lifestyles, lifestyle choices and dietary requirements. What happens to my body when I exercise? What is a balanced diet?
- ✔ Measure or monitor bodily changes before, during and after exercise with and without the use of ICT, for example. I was hotter after PE, I felt really tired after I went swimming, I felt thirsty after football, my pulse rate increased after exercise.
- ✔ Recognise what it means to be healthy and that regular exercise contributes to this.
- ✔ Health and Safety related to sporting activities – what are the risks and how can we manage these risks?
- ✔ Develop understanding of positive personal skills important for involvement in sport, on own, with a partner and in small sided games – cooperation, communication, negotiation, turn taking, determination, decision making, leadership.
- ✔ Understand rules and why we need rules in PE and sport.
- ✔ Fair Play ‘circle time activities’ – what is fair, unfair, making decisions.
- ✔ What makes a successful sporting team or hero and what are their personal attributes?
- ✔ Cooperation – investigate sports where cooperation and team work is needed. What key roles do individuals take on?
- ✔ Own personal target setting for PE, activity and sport.
- ✔ Research role models.
- ✔ Problem solving – how can I measure what is the bounciest ball?
- ✔ Describe and investigate the movement of sporting equipment, a series of movements they make, for example in a PE or dance activity or make a series of movements matching a description given by another child.
- ✔ Investigate and test the properties, uses of sports equipment – grouping, vocabulary
- ✔ Investigate forces in sporting activities – push, pull, stop, changes involved.



Additional Resources:

<http://www.doingsmsc.org.uk/>

Literacy links

- ✔ Read, write and explore words related to PE, activity or sport;
- ✔ extend vocabulary from reading, and shared experiences such as sports days, and make collections of words, dictionaries or glossaries linked to a topic such as the Games or sporting event;
- ✔ research media representation of different sports and athletes, e.g. media bias, using newspaper reports, sports programmes, advertisements;
- ✔ descriptive writing, adjectives - in the style of a reporter and related to a sport, sporting event or sporting hero;
- ✔ persuasive writing or present a view in writing, such as in the form of a letter, report or script - why a particular sport is my favourite, why I support a particular Country in the Olympic Games or Paralympic Games;
- ✔ design an advertisement such as a poster or radio jingle on paper or screen related to the Games or a sporting event;
- ✔ writing in a particular style – such as reports, programmes, flyers;
- ✔ create your own word searches and games related to the names of sporting heroes or sports involved in the Olympic Games or Paralympic Games;
- ✔ ‘Hot seating’, role play and interviewing - as a sporting hero, to commentate on a sporting event, people or peers involved in a sporting event;

Numeracy links

- ✔ Number bonds – if x amount of players are on a grid or pitch, e.g. 10 / 20 children, how many children will be on this side of the halfway line if x amount of children are on the other side / half of the pitch?
- ✔ Problem solving, calculation strategies, for example, adding, subtracting – in target aiming games, using PE equipment such as skittles, find total scores, team scores, what targets do I need to land in to make x total?
- ✔ Calculating scores in own game, with a partner and small sided games – how many times can I move a ball around my body or bat a ball backwards and forwards with my partner?
- ✔ Use mathematical language and vocabulary, such as more, less, greater, smaller, to compare two numbers or quantities – point scoring in partner games or small sided games.
- ✔ Use mathematical language to describe position, such as over, under, middle, next to, opposite, forwards, backwards, roll, slide, turn - when participating in physical education or physical activity .
- ✔ Measure – with and without the use of equipment to measure distance of throws, jumps, sprint time, heart rate, bounciest ball.
- ✔ Calculate the perimeter and area of simple shapes – grids used for own, with a partner or small sided games.
- ✔ Use of ICT equipment to monitor and evaluate performance in PE and sport - digital movie maker, digital camera, pedometer, heart rate monitor, stop watch.
- ✔ Understand and use money – totals to pay to buy sporting equipment.
- ✔ Solve a problem by organising and interpreting numerical data in lists, tables and graphs - analysis of league tables, data related to past festivals.
- ✔ Problem solving - time: If it takes x minutes to run 100 metres, how long will it take to run x metres at the same speed? Concept of time: How many jumps can I do in x minutes?
- ✔ Statistics on success and failure of players, for example, high 5's example scoring sheets.





Foundation Subject links and Modern Foreign Languages

Art

- ✔ Draw, paint yourself undertaking favourite sport;
- ✔ look at sport related prints – paint, draw own interpretation;
- ✔ investigate how sporting movement is conveyed in different kinds of art, such as photography, illustrations, cartoons, paintings, prints, and experiment with different methods and techniques to show movement on own artwork;
- ✔ observational drawings of sporting equipment;
- ✔ investigate how paintings, prints, photographs and other images that include figures communicate ideas about relationships in sport;
- ✔ collage of sporting materials, for example, shuttle cocks / vest material.

Geography

- ✔ Research and investigate the countries involved in both the Olympic Games and Paralympic Games ;
- ✔ research sports facts related to countries involved in the Games, for example, which country has won the most gold medals, where do the best swimmers come from?



- ✔ research and identify sporting facilities in own local area;
- ✔ changes in land use, for example, when a new facility is built, when training camps are set up.

History

- ✔ What can we learn about recent history from studying the life of a famous sporting hero?
- ✔ compare sporting equipment from the past and present, for example, balls, sports shoe;
- ✔ to commemorate an event in history and relate it to the present;

- investigate and compare the development of own favourite through period of time, for example, 1908 & 1948 Games;
- research the origins of the games - Greece topic link;
- research any game cancellations, for example, World War 1 and World War 2.

Modern Foreign Languages (MFL)

- Recognise and say names for parts of the body used in sport in chosen language, for example, French;
- recognise and use correct vocabulary for sports - play team games/guessing games to practise;
- respond to questions about favourite sports;
- name countries and towns related to the Games, for example through past and future host nations and describe geographical locations;
- learn the names of common articles of sporting clothing, revise adjectives of team colours and common adjectives related to sport;
- understand and know how to use money and euros – role play related to going to a sporting event;

- use items of food and drink and money in dialogues – related to going to a sporting event, holding a sports day, healthy diet;
- talk about what they do in PE and sport and express activity likes and dislikes.

Religious Education

- Investigate the implications of religious obligations on sport, for example, clothing, diet and training.





Volunteering and Young Leaders

Volunteers play an essential role in Sport and Physical Activity across the county within both school and community settings.

Young leaders or sporting champions are also an important resource to enable your school to promote and run a wide variety of Sports and Activities within your school day.



CASE STUDY

Play Leaders – Takeley Primary

This is a scheme that encourages the older children to organise games for our youngest children. All our Year 6 pupils take part on a rota basis, each year 6 being on duty for one day a week. The play leaders on duty are easily recognised as they wear hi-vis vests however so many of the year 6s enjoy playing with the little ones that they carry out their duties even though it isn't their day!

The scheme is run by Mrs Vanessa Maisey our senior Midday Assistant, the preparation

begins in year 5 when the year 5 children receive training and then gradually take over from the year 6 in the last part of the year. The play leaders play an important part in ensuring that our youngest children are able to enjoy active and happy playtimes. Also if there are any worries or upsets then the young children know that the play leaders are there to help, many a glove has been found or a missing friend located!



School Games Word Search

T	N	K	W	N	K	U	D	K	L	G	J	B	I	G	C	J	I
N	T	O	R	F	O	S	R	E	E	T	N	U	L	O	V	Y	S
N	E	G	L	O	H	I	S	N	Z	F	F	Z	N	F	U	N	E
A	Q	T	A	H	W	O	T	E	S	V	T	Z	D	Y	E	T	U
S	B	H	B	T	T	M	N	A	M	W	T	I	W	G	Y	O	L
F	S	R	K	A	C	A	A	E	N	A	I	U	R	Q	D	V	A
N	C	Y	P	Y	L	E	N	E	S	I	G	M	Y	I	D	R	V
T	I	Q	I	I	W	L	P	A	T	T	M	L	M	E	P	C	N
G	T	E	Z	V	T	V	H	S	P	U	Y	R	O	I	U	S	K
N	E	S	L	A	D	E	M	Y	E	E	B	M	E	O	N	X	M

- | | | |
|--|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Athletics | <input type="checkbox"/> Medals | <input type="checkbox"/> Selfbelief |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Netball | <input type="checkbox"/> Spirit |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Officials | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Panathlon | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Passion | <input type="checkbox"/> Values |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Respect | <input type="checkbox"/> Volunteers |
| <input type="checkbox"/> Mascot | <input type="checkbox"/> Schoolgames | |

DANCE RIO



**Keep Dance Alive
and join our exciting
programme for 2016**

- KDA is a dance legacy inspired by the 2012 Opening & Closing Olympic Ceremonies
- Mass choreographed performances at high profile sporting events
- Fully inclusive programme for schools and community groups

**Empower, Engage, Excite
& Perform!**

From just £250 per group

**Further information available
at [www.activeessex.org/
schools/dance/](http://www.activeessex.org/schools/dance/)**

**For your full
booking pack
please contact**

Gemma Wright

gemma@dancenetworkassociation.org.uk

07490374717





Promotion of Lunchtime Activities

In order to add value to the school games & special school games experience we have introduced our market place of lunchtime and come and try activities as an opportunity for children to see and experience a new sport or activity. The offer includes non-competitive skills and sports activity tasters. Look out for them at your events in 2016!

Visit the links below to view the success' at our 2015 School Games & Special School Games Events.

Summer School Games Link –

<https://vimeo.com/135988632>

Special School Games Link –

<https://vimeo.com/135263756>

2016 Event Dates

Summer Games – Thursday 30th June

Special School Games – Wednesday 22nd June





Olympic Sports

- ✓ Archery
- ✓ Artistic Gymnastics
- ✓ Athletics
- ✓ Badminton
- ✓ Basketball
- ✓ Beach Volleyball
- ✓ BMX Cycling
- ✓ Boxing
- ✓ Canoe Slalom
- ✓ Canoe Sprint
- ✓ Diving
- ✓ Equestrian Dressage
- ✓ Equestrian Eventing
- ✓ Equestrian Jumping
- ✓ Fencing
- ✓ Football
- ✓ Freestyle Wrestling
- ✓ Golf
- ✓ Greco-Roman Wrestling
- ✓ Handball
- ✓ Hockey
- ✓ Judo
- ✓ Marathon Swimming
- ✓ Modern Pentathlon
- ✓ Mountain Bike
- ✓ Rhythmic Gymnastics
- ✓ Road Cycling
- ✓ Rowing
- ✓ Rugby
- ✓ Sailing
- ✓ Shooting
- ✓ Swimming
- ✓ Synchronised Swimming
- ✓ Table Tennis
- ✓ Taekwondo
- ✓ Tennis
- ✓ Track Cycling
- ✓ Trampoline Gymnastics
- ✓ Triathlon
- ✓ Volleyball
- ✓ Water Polo
- ✓ Weightlifting



Paralympic sports

- ✓ Archery
- ✓ Athletics
- ✓ Boccia
- ✓ Canoe
- ✓ Equestrian
- ✓ Football 5-a-side
- ✓ Football 7-a-side
- ✓ Goalball
- ✓ Judo
- ✓ Powerlifting
- ✓ Road Cycling
- ✓ Rowing
- ✓ Sailing
- ✓ Shooting
- ✓ Sitting Volleyball
- ✓ Swimming
- ✓ Table Tennis
- ✓ Track Cycling
- ✓ Triathlon
- ✓ Wheelchair Basketball
- ✓ Wheelchair Fencing
- ✓ Wheelchair Rugby
- ✓ Wheelchair Tennis

Please be advised that all practical activities related to or contained within this booklet should be delivered in accordance with the Physical Education section of the Health and Safety at Work Code of Practice No. 25 (Primary) and the Health and Safety at Work Code of Practice No. 11.1 (Adults other than Teachers).

This information is issued by

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