

# HAMPSHIRE SCHOOL GAMES WEEK 2022

## Cross Curricular KS1

**Today we are focusing on Cross Curricular Activities, helping your pupils to be active while they learn.**

As part of the Hampshire School Games Week, the School Games Organisers have created a range of different activities that cut across the curriculum

We hope you enjoy taking part in some or all of the activities!

The activities involved cover the following areas:

1. Math
2. English
3. Geography & Drama
4. Creative
5. Physical Activity



# MATHS

## Active Maths Geometry Task

This task can be complete as a class or in small groups, for example with an LSA or teacher.

### You will need:

- A good length of string - long enough for everyone in the group to hold with 2 hands or Chalks - to draw on the playground
- Shape Cards below – Circle, Square, Triangle, Rectangle

### Task with string

You are going to create different shapes which could be medal shapes for the Commonwealth games in Birmingham.

Perry the mascot has a hexagon as his medal shape around his neck, we are going to try and make medals in the shape of a circle, a square, a triangle and a rectangle.

Show the group one of the shape cards. With your whole group holding on to the string can you re-create the following shapes:

Circle  
Square  
Triangle  
Rectangle

#### Year 2 Extension task

Can you make a hexagon shape like the medal Perry wears.

With another piece of string or a different colour wool can you show any lines of symmetry

### Or Task with chalk

Show the group one of the shape cards.

Using the chalk can you draw the following shapes on the playground:

Circle  
Square  
Triangle  
Rectangle

#### Year 2 Extension task

Can you chalk a hexagon shape like Perry's medal.

Using chalk can you mark on in a different colour any lines of symmetry

# Circle



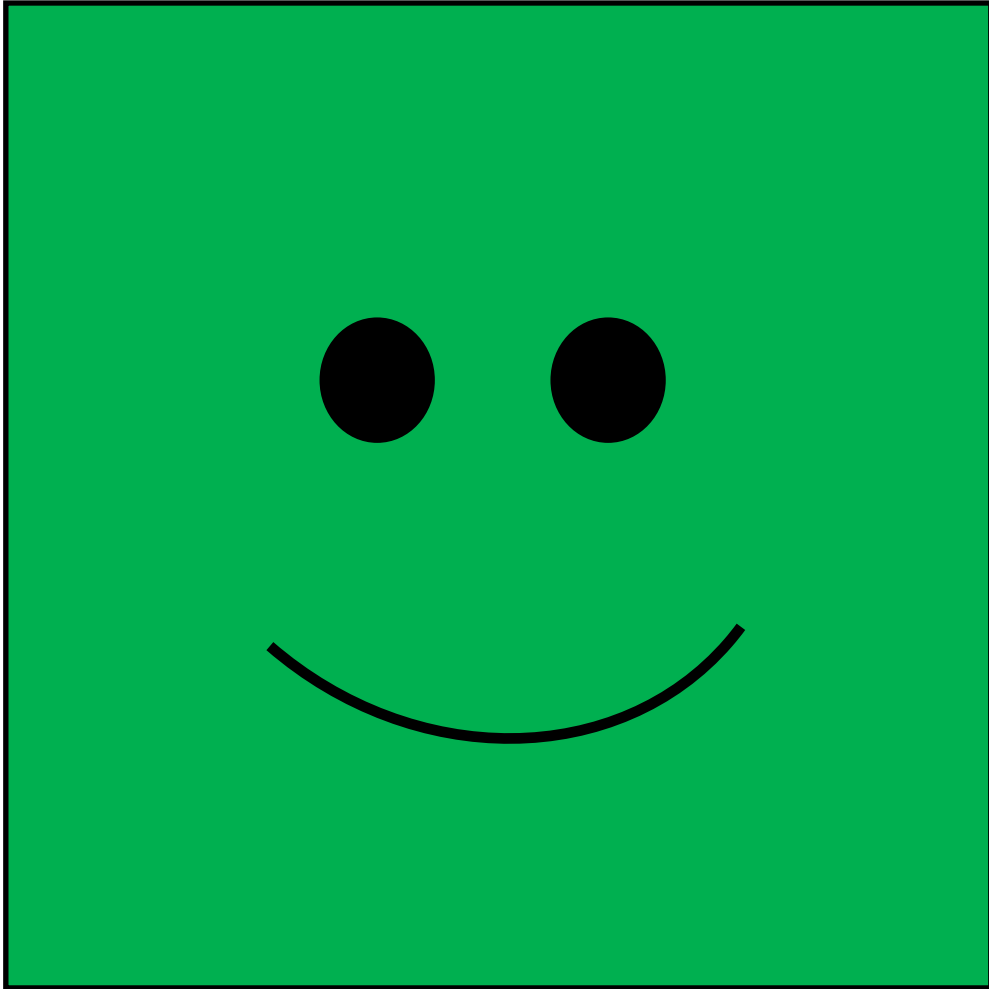
A circle's like a ball.

A circle's like a ball.

Round and round it never stops,

A circle's like a ball.

# Square



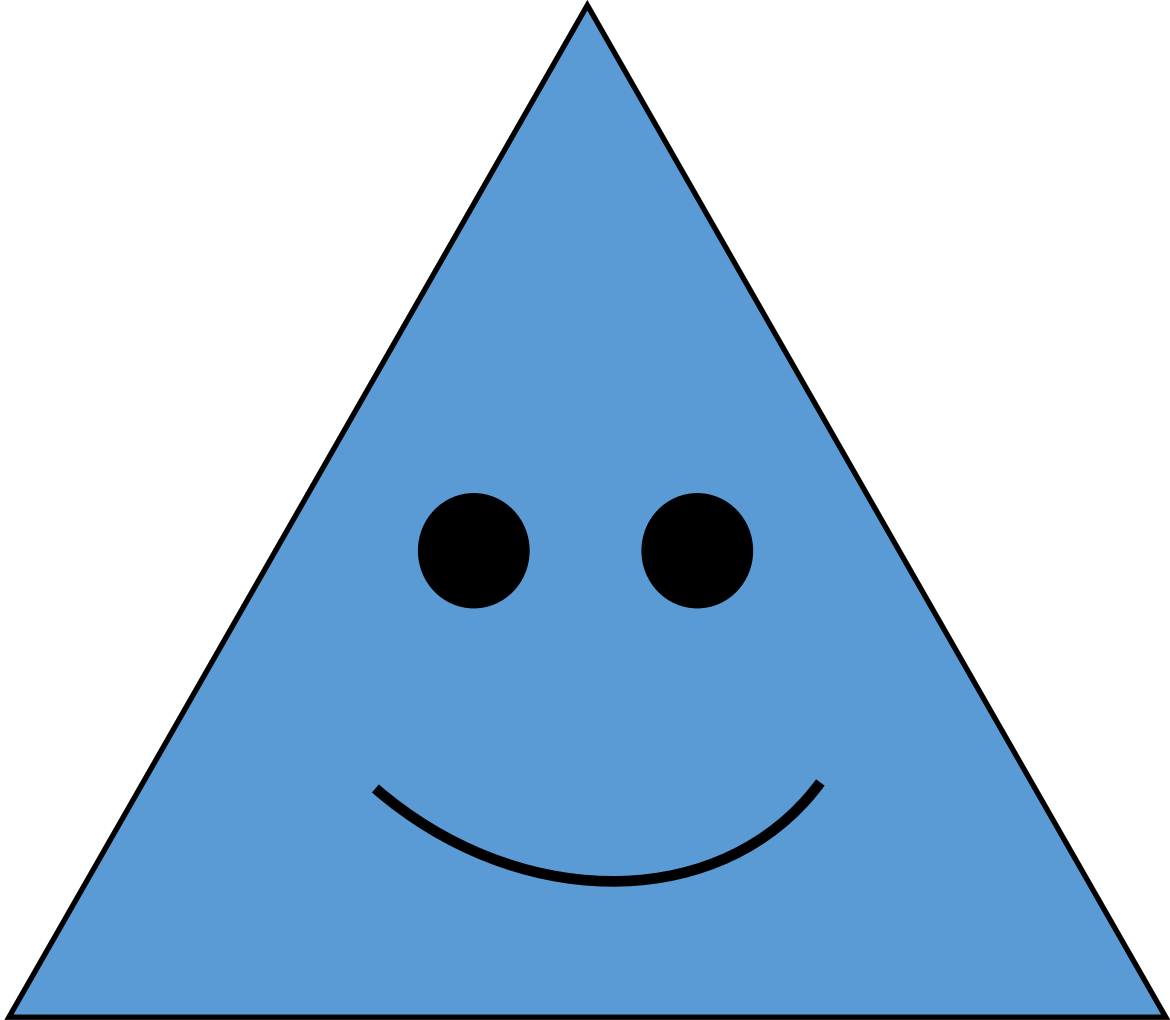
A square is like a box.

A square is like a box.

It has four sides; they're all the same

A square is like a box.

# Triangle



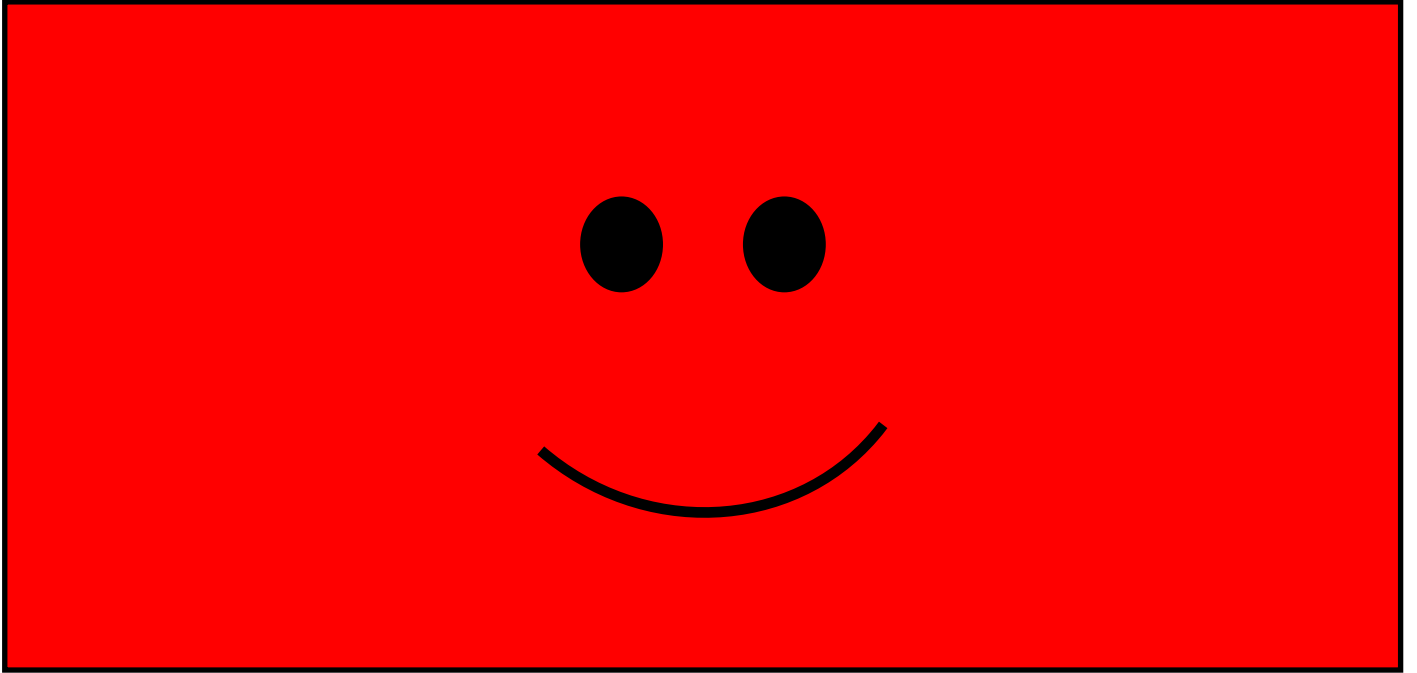
A triangle has three sides.

A triangle has three sides.

Up the mountain, down, and back,

A triangle has three sides.

# Rectangle



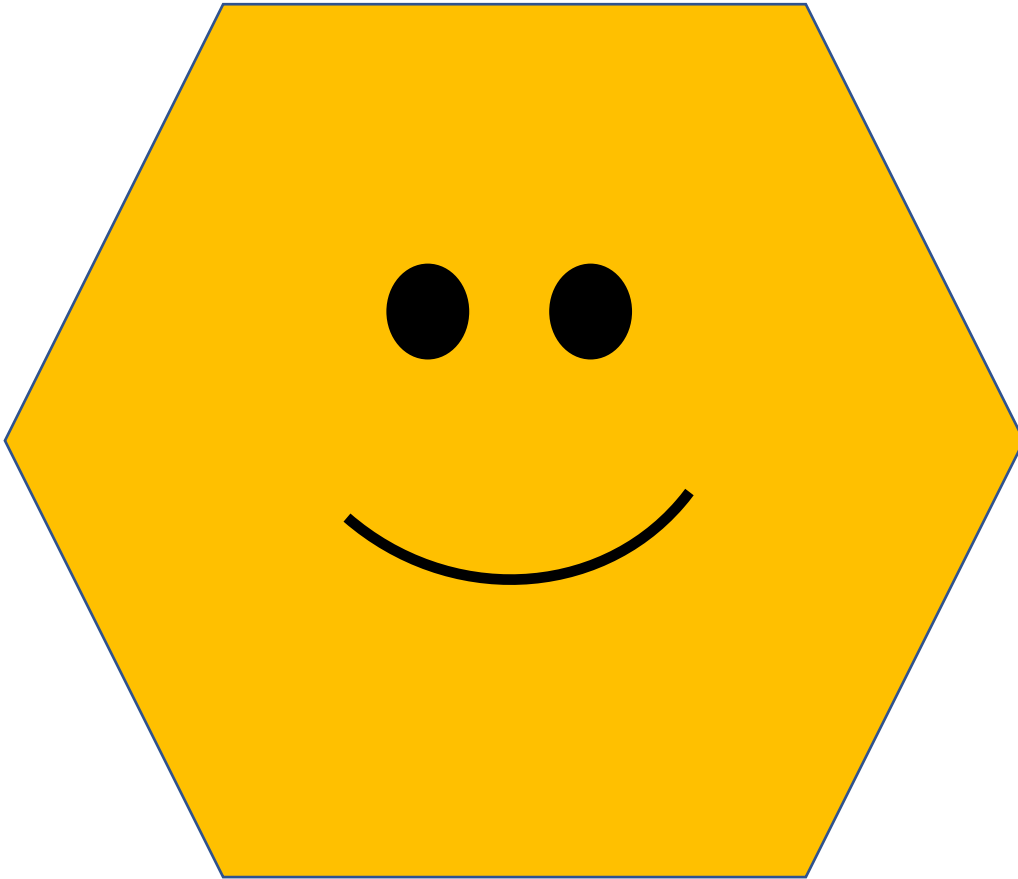
A rectangle has four sides.

A rectangle has four sides.

Two are short and two are long,

A rectangle has four sides.

# Hexagon



A hexagon has six sides.

A hexagon has six sides.

The sides are equal the angles are the same,

A hexagon has six sides.

# ENGLISH

## Come to the Games

**AIM:** To allow the pupils to explore different ways of using language to persuade by creating an Invite to the Commonwealth Games in Birmingham.

### What to Include:

Information about the Commonwealth Games, 'The Games For Everybody'.

- Date of the Games 28<sup>th</sup> July – 8<sup>th</sup> August
- Where it is happening Birmingham, UK
- Number of nations taking part 72 (expected)
- Examples of the 20 Sports being held Archery, Athletics, Bowls, Cricket, Basketball, Badminton, Boxing, Cycling, Gymnastics, Hockey, Netball, Rugby 7s, Shooting, Swimming, Squash, Table Tennis, Weight Lifting, Wrestling, Volleyball, Para Sports
- The Games Mascot – Perry the Bull

Use this link to find out lots of information about the Games and the host city to help you [birmingham2022.com](http://birmingham2022.com)

### Present your Invitation:



**REMEMBER:** Make your Invite as eye catching and easy to read as you can. Maybe you could ask another class what they think of your leaflets and display them for everyone to have a look at.



# GEOGRAPHY & DRAMA

## The Baton Relay

**AIM:** To design and create a Baton that can then be taken on a 'journey' around the Commonwealth allowing pupils to learn about the Commonwealth nations through geography (where they are in the world) and drama (cultural influences).

### PART 1: DESIGN AND CREATE A BATON THAT CAN BE PASSED FROM PERSON TO PERSON

The Baton for the last Commonwealth Games held in the Gold Coast, Australia 2018, was made of the sustainable materials of Macadamia wood (found in that part of Australia, planted by people through the ages as a source of food for future generations) Spinifex paper (an Aboriginal technology known to be tough and hard wearing) and reclaimed plastic (to symbolise reuse and sustainability).

The Baton for this Commonwealth Games has been created with 'People' in mind.

- It has the Queen's message in a special compartment that will go round the globe and then be read out at the Opening Ceremony.
- There is a 360 degree camera to capture the stories of the Batonbearers in each country it visits to build up a huge picture of life in the Commonwealth today.
- It has a heart rate sensor and LED lighting that changes with every new bearer.
- It has sensors to detect environmental conditions on its journey that will be used for future projects.
- It is made of Copper, Aluminium and Brass, metals that are more commonly touched by that majority of other metals and used a lot in Birmingham's Jewellery Quarter.
- It has a Platinum Strand to celebrate the Head of the Commonwealth, The Queen's Platinum Jubilee year.

### How To: (This could be done in pairs, groups or classes)

You can use any materials you like to create your baton. The simplest might be a rolled up piece of card/paper which can then be shaped and decorated. Or you could use a plastic bottle, cardboard kitchen paper tube, pipe, broom handle etc.

Be imaginative and creative. Think about the purpose of the Baton and how it can be held by lots of people in turn. How will yours stand out? What is its unique feature?

Tip: Design your baton on paper first then create to see if it works.



## PART 2: CREATE A RELAY EVENT

Either:

- A) A run round the school, passing the baton from person to person after a set distance or time. This could be linked in with your Daily Mile Initiative (or a way to start one).

Or

- B) Each group or class is a different Commonwealth nation or territory. Perhaps they could research things about that country. Eg flag, customs, landmarks, national dress and either dress up or hold up pictures of that nation as the Baton(s) get to them. They could do a national dance or act out the national sport.

Start with a 'Handing Over Ceremony' where someone plays the part of the Queen and starts the relay off. You could have 2 or 3 going at a time. The Baton then needs to come back to the 'Queen' at the end of the relay.

Be creative and try to involve everyone in the relay.

### The Queen's Baton Relay: International route



# CREATIVE

## Hello Perry

**AIM:** To introduce pupils to 'Perry', the mascot for The Birmingham Commonwealth Games and to encourage them to create their own version.

### What to do:

Give out the colouring sheets of Perry.

Pupils can colour in using pens, pencils, crayons.

Sheets are on the following link:

[https://resources.cwg-qbr.pulselive.com/qbr-commonwealth-games/document/2022/02/23/7e66a7ec-a825-4c10-8339-c44847d6bf47/Perry Colour In Sheets A4 All-1-.pdf](https://resources.cwg-qbr.pulselive.com/qbr-commonwealth-games/document/2022/02/23/7e66a7ec-a825-4c10-8339-c44847d6bf47/Perry%20Colour%20In%20Sheets%20A4%20All-1-.pdf)

or maybe the pupils could design / create their own Mascot.



# PHYSICAL ACTIVITY

## Mini Commonwealth Games

**AIM:** For every pupil to be able to experience a variety of physical challenges based on the Commonwealth Games sports either outside or inside or both.

The focus will be for pupils to achieve their Personal Best.

You can choose the level that your class/pupils would be best suited to doing either outside or inside or have a go at both formats. The activities are designed to be Inclusive so that all can have a go.

You could make medals to present to the top 3 participants in each event and give everyone a token for taking part.

### Outdoor Mini Commonwealth Games:

The outdoor Commonwealth Games has been designed using the carousel format, with little equipment needed. The activities the children will take part in relate to the sports that will be played at the Birmingham Commonwealth Games.




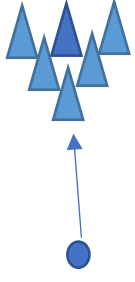

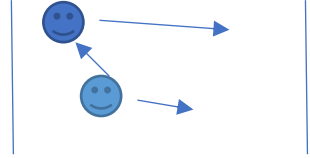




Class teacher will be in charge of the timing, so everyone will rotate at the same time. Pupils will have the time stated in each activity to complete each challenge. If you can use Sport Leaders to help, even better.

The class can be split into 3's. One having a go, one scoring and one resting.

### Indoor Commonwealth Games:


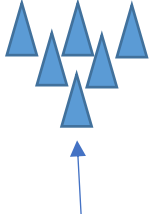

The Indoor Commonwealth Games has been designed to be done within the classroom, minimal equipment is needed. The class can be split into pairs. Same as the outdoor Commonwealth Games, the activities the children will take part in, relate to the sports being played in Birmingham in July/August. Pupils have 1 minute on each activity; one person counting, one person being active, then swap.

# OUTDOOR COMMONWEALTH GAMES

<p><b>ATHLETICS</b></p> <p>2 cones about 10m apart Stopwatch</p>	<p style="text-align: center;">SHUTTLE RUNS</p>  <p>Run between the cones. How many can you do in 30s? (Make sure you make it to each cone)</p>	<p><b>BASKETBALL</b></p> <p>4 cones set in a line about 1.5m apart</p>	<p style="text-align: center;">DRIBBLE RUNS</p>  <p>Dribble the ball in and out of the cones by bouncing it, firmly pushing down and forwards. How many cones can you get round in 30 secs?</p>
<p><b>HOCKEY</b></p> <p>Hockey stick, tennis ball, 2 cones set 2m apart. 'Penalty spot'</p>	<p style="text-align: center;">SHOOTING</p>  <p>Hit/push the ball towards the goal then run and retrieve it. (Make sure it goes over the line first!) How many goals can you score in 30s?</p>	<p><b>BOWLS</b></p> <p>6 big lemonade bottles half filled with water (lid on!) Small football</p> <p>Or use a set of skittles</p>	<p style="text-align: center;">TARGET ACCURACY</p>  <p>Roll the ball at the skittles. How many can you knock down in one roll?</p>
<p><b>NETBALL</b></p> <p>Netball post (at shortest height) or a bin stood on a chair. Small netball</p>	<p style="text-align: center;">SHOOTING</p>  <p>Try to shoot the netball into the 'hoop' from the cone. Second person collects the ball and sends it back to the shooter. How many goals can you score in 30s?</p>	<p><b>RUGBY</b></p> <p>2 lines on the ground made with cones, rope, chalk about 20m apart. Rugby ball</p>	<p style="text-align: center;">PASS AND 'TRY'</p>  <p>In pairs, the pupils see how many tries they can score by passing (sideways/backwards) to each other at least twice then touching the ball down. How many tries can you score in 1m?</p>
<p><b>CRICKET</b></p> <p>Kwik Cricket wicket or a tall bin. Soft cricket ball or tennis ball</p>	<p style="text-align: center;">BOWLING MACHINE</p>  <p>'Bowl' the ball at the wicket aiming to hit it. Wicket Keeper retrieves ball and rolls it back to bowler. You can try underarm or overarm. How many times can you hit the wicket in 1 min?</p>	<p><b>TABLE TENNIS</b></p> <p>Table tennis bat and ball. Or use a mini tennis racket and foam ball</p>	<p style="text-align: center;">BOUNCE BALL</p>  <p>Bounce the ball on the bat as many times as you can in 1 min.</p>
<p><b>TRIATHLON</b></p> <p>2 cones set about 20m apart</p>	<p style="text-align: center;">3-2-1</p>  <p>The pupil runs to the second cone, turns and hops to the first cone, turns and skips to the second cone. How many 'laps' can you do in 1 min?</p>	<p><b>VOLLEYBALL</b></p> <p>Beach ball or Balloon</p>	<p style="text-align: center;">KEEPY UPS</p>  <p>How many 'hits' can you make in your group of 3 before the ball touches the ground?</p>

# INDOOR COMMONWEALTH GAMES

This version can be done in the classroom. Just make sure you clear enough space for each activity to be done safely.

<p><b>ATHLETICS</b></p> <p><b>A clear wall that you can mark with chalk</b></p>	<p><b>HIGH JUMP</b></p> <p>From a standing position, jump as high as you can 'up' the wall. Get a friend to put a mark where your hand touches the wall. Measure from the floor to where you touch the wall. How high can you jump? Try again and see if you can beat that height.</p>	<p><b>GYMNASTICS</b></p> <p><b>Space to stand up without holding on to anything</b></p>	<p><b>BALANCE</b></p>  <p>Stand on one leg with your arms out for balance. How long can you hold this for? Can you do any other shapes?</p>
<p><b>WEIGHTLIFTING</b></p> <p><b>Hockey stick or cane</b></p>	<p><b>POWER UP</b></p> <p>Hold the stick with your hands about shoulder width apart. Start with it balanced on your shoulders. 'Press' the stick up so that your arms are straight then return to the start position. How many presses can you do in 30 s?</p>	<p><b>BOWLS</b></p> <p><b>6 small bottles part filled with water. Tennis ball</b></p>	<p><b>TARGET ACCURACY</b></p>  <p>Roll the ball at the bottles. How many bottles can you get down in 3 rolls?</p>
<p><b>NETBALL</b></p> <p><b>Scrunched up paper. Bin.</b></p>	<p><b>SHOOTING</b></p>  <p>Throw your scrunched up paper ball into the bin. How many goals can you score in 1 min?</p>	<p><b>RUGBY</b></p> <p><b>Rugby ball or other ball</b></p>	<p><b>PASS AND 'TRY'</b></p> <p>Stand back to back with a partner with your arms out straight. Pass the ball by twisting and handing over the ball then twisting the other way and receiving it. How many passes can you make in 1 min?</p>
<p><b>TRIATHLON</b></p> <p><b>Space to move on the spot Chair</b></p>	<p><b>3-2-1</b></p> <p>Lie on the chair face down and 'swim' for 20 overarm strokes. Sit on the chair and circle your legs 'bicycle style' for 20 rotations. Run on the spot lifting your knees for 10 each leg. How quickly can you complete the 3 phases?</p>	<p><b>TABLE TENNIS</b></p> <p><b>Scrunched up paper balls</b></p>	<p><b>BOUNCE BALL</b></p> <p>Using your flat hand, bounce the scrunched up paper ball up and down as many times as you can without it dropping. How many times can you do it?</p>