



Hello!

Thanks for downloading this activity pack, which is designed to help you organise, set up and run a testing session for students/athletes. In this pack, you will find a session plan (including a warm-up), kit list, and score sheet, which can be printed or viewed on a mobile device or laptop.

We think these activities could fit into a PE lesson or training session, or you could encourage students/athletes to try them out in their own time. The sprint, standing broad jump and pick up and throw tests will help students experience some of the tests elite Olympic and Paralympic athletes might do as part of their training programmes. The skills test is just as important and is a brilliant opportunity for students to get creative and show off their individuality!

If you coach in a sports club, why not use the tests to create some fun competition between athletes and our sport ambassadors? Check out our ambassadors at [www.fromhome2thegames.com](http://www.fromhome2thegames.com).

If your students/athletes would like to submit a record of their activities and get 'from home to the games', they can do so at [www.fromhome2thegames.com](http://www.fromhome2thegames.com).

Please be aware that any applicant under the age of 16 will need their parents to submit their entry.

We hope you enjoy the session!



# ***FROM HOME TO THE GAMES***

## ***SESSION PLAN***

From Home 2 The Games is an athlete engagement and recruitment campaign designed to link participants up with opportunities to explore their potential in Olympic and Paralympic sports. To apply for the campaign, participants (or their parent or guardian if U16) will need to fill out a registration form on the campaign website ([www.fromhome2thegames.com](http://www.fromhome2thegames.com)) and then complete 3 simple tests. One of these tests is slightly different for athletes applying to the Olympic or Paralympic side of the campaign. This session plan provides an outline of how these tests could be run as part of a fun group session in a club, school, university or community setting.

To find out more about the campaign please visit [www.fromhome2thegames.com](http://www.fromhome2thegames.com)

### ***KIT LIST***

- Throw down lines, chalk or masking tape
- Tape measure (up to 3m in length)
- A longer tape measure (up to 20m)
- Stopwatch or smart phone
- 2 tennis balls (or equivalent)
- Lots of space
- A flat surface (e.g. playing field, football pitch, sports hall, track)
- A camera phone (optional)

### ***WARM UP***

15-20 minutes

#### **Get moving!**

Play a game – e.g. tag, with/without a ball.

#### **Get mobile!**

Dynamic stretching routine.

Explore different movement patterns (duck walk, crab walk, lunge walk, inch worms, bunny hops, bear crawl, mountain climbers)

#### **Get powerful!**

e.g. Bulldog, sprint across the hall/field to the other side. Anyone tagged joins the middle group. Frog jumps, 3 jumps in a row, compete to see how far you get.

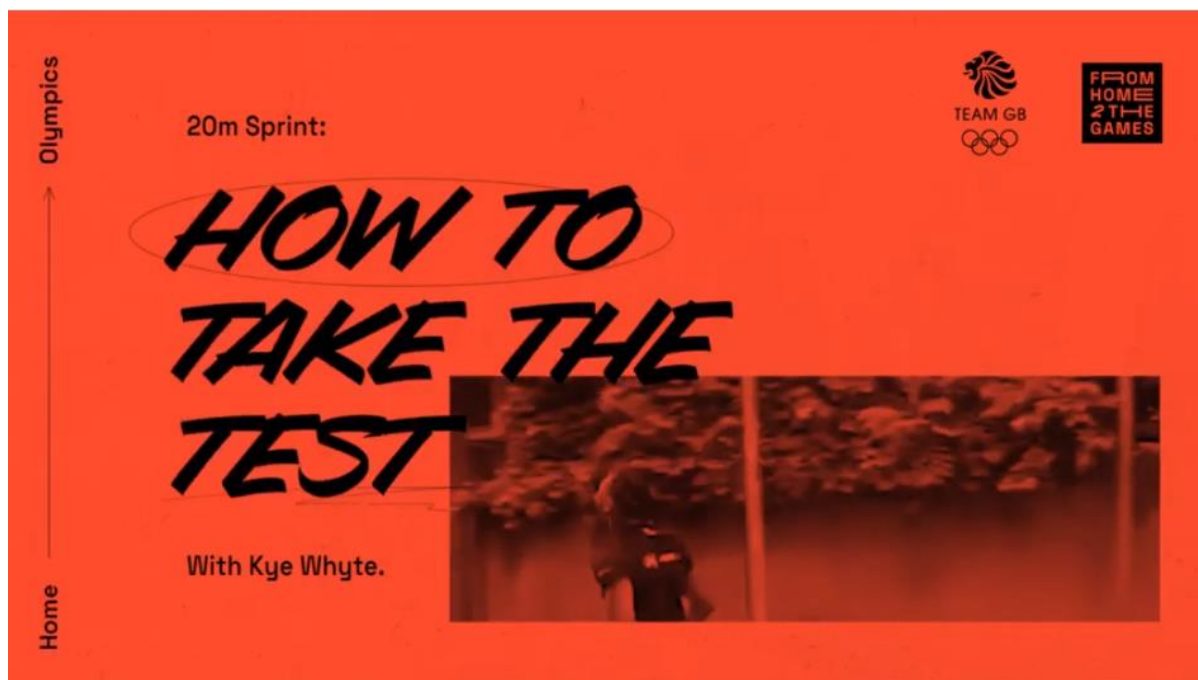
### ***MAIN SESSION***

- Split up the squad or class into groups of 3-4. Each group has a go at each test. This may need to be staggered, depending on how many groups/how much equipment you have.



- If participants wish to apply for the campaign they should also film their tests (where possible) so they can upload their videos alongside their test results to the campaign website.

## ***SPRINT OR WHEELCHAIR PUSH TEST*** *(Olympic and Paralympic)*



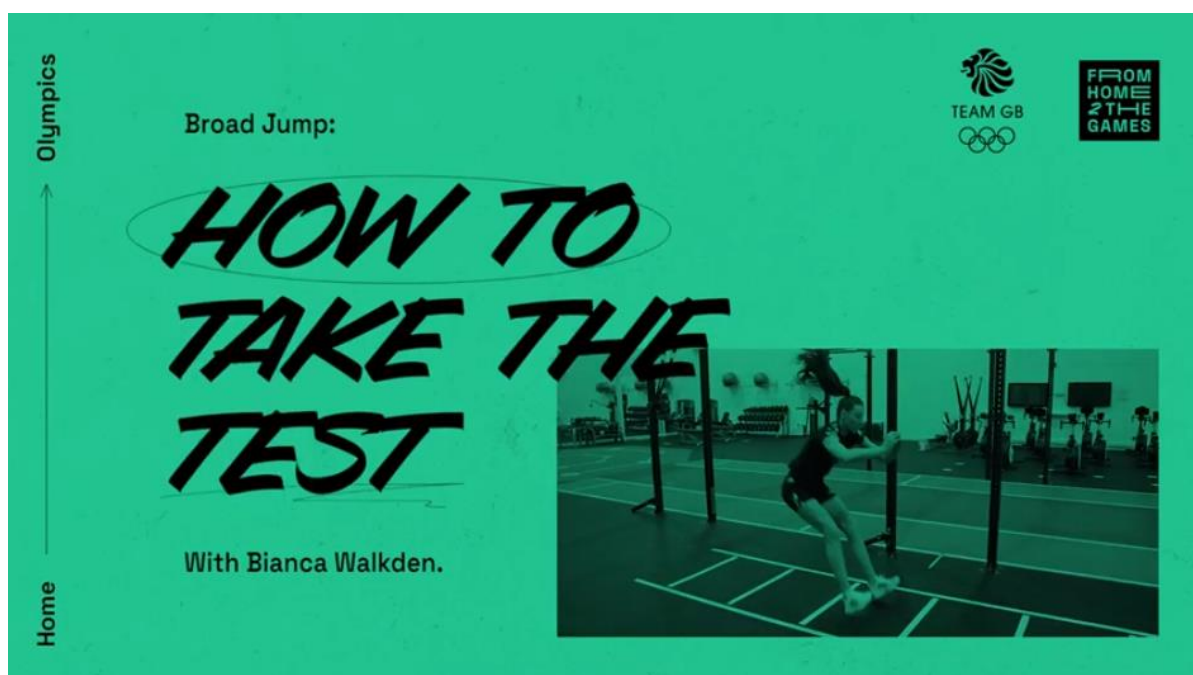
Watch Kye Whyte demo the Olympic test: <https://youtu.be/CWTYbSwqPKg>  
 Watch Kadeena Cox demo the Paralympic test: <https://youtu.be/Z9qRUYb7rzo>

### **You will need:**

- Throw down lines, chalk or masking tape
  - Tape measure (up to 20m)
  - A camera phone to record your effort (optional)
  - A stop watch or smart phone
  - Two friends, one to film, one to time!
1. In your group, measure out a 20m distance, using your chalk or tape to mark the start and finish lines.
  2. (Optional) Set up your phone or camera in a position to film your effort or get a friend to film. Make sure the whole 20m is in view.
  3. (Optional) One friend should film your effort from the side, ensuring you start filming a few seconds before start of your sprint or push and continuing for a few seconds after crossing the finish line.
  4. The friend timing should stand at the finish line, initiating your sprint or push with 'on your marks, get-set, go', they should start their stopwatch on 'go', and finish the stopwatch immediately as you cross the finish line.
  5. Record your time in seconds to 2 decimal places (e.g. 3.35 seconds)
  6. Have two to three efforts each. Record your best time.



## STANDING BROAD JUMP *(Olympic focused)*



Watch Bianca Walkden demo the Broad Jump test: <https://youtu.be/MzMbkJGQSUM>

### You will need:

- Throw down lines, chalk or masking tape
  - Tape measure (up to 3m in length)
  - A camera phone to record your effort (optional)
1. Using the throw down lines, chalk, or masking tape, mark a take-off line. Set your tape measure to the side, ready to measure your effort.
  2. (Optional) Set up your phone or camera in a position to film your effort or get a friend to film. Make sure your whole jump is in view.
  3. (Optional) Film your effort from the side, ensuring you start filming a few seconds before the start of your jump and continuing for a few seconds after you land.
  4. Start with your feet shoulder width apart behind the take-off line. Bend your knees and swing your arms to help you jump forwards as far as possible. You must land on both feet without falling forwards or backwards.
  5. Ask your friend to make a mark behind your heel (whichever one is closest to the take-off line), then measure your jump from this mark back to the take-off line.
  6. Have two to three efforts each. Record your best jump in centimetres.

## **PICK UP AND THROW TEST** (Paralympic focused)



Watch Ali Jawad demo the Pick up and throw test: <https://youtu.be/DirIF7LDa8E>

### **You will need:**

- 2 tennis balls (or equivalent)
  - Lots of space
  - (Optional) A camera phone to record your effort
  - (Optional) A friend to record your effort
1. (Optional) Set up your phone or camera in a position to film your effort or get a friend to film. Make sure your whole body and any movement is in view.
  2. (Optional) Film your effort from the side, ensuring you start filming a few seconds before the start of your movement and continuing for a few seconds after you have thrown the last ball.
  3. Place your two tennis balls on the ground in front of you
  4. Make sure you are standing up to start, or if you use a chair sitting tall.
  5. With your stronger or dominant side, bend or squat down and pick up one of the balls. Return to standing or sitting tall and throw the ball as far as you can.
  6. Repeat steps 4 and 5 on the other side (if possible)

You don't need to measure this one if you don't want to. This test is focused on demonstrating how someone moves.



## **OPEN SKILL TEST** (Olympic and Paralympic focused)



Watch Adam Peaty and Laura Muir demo the Olympic Open Skill test:

[https://youtu.be/LO\\_mm0zxPp8](https://youtu.be/LO_mm0zxPp8)

Watch Tegan Vincent Cooke demo the Paralympic Open skill test:

<https://youtu.be/r8cPKOnDYEM>

- All you need for this test is an audience, and/or a phone to record your effort!
- Performances should last no more than 30 seconds
- Perform anything you think makes you shine!
- This could be (but is not limited to) accuracy, strength, gymnastic skill, co-ordination or sport specific skills.
- You can use additional equipment for this test if you wish

### **REFLECTIVE QUESTIONS TO ASK STUDENTS:**

- What do you think this test is for? Why is that important for athletic performance?
- What sports do you think this test might be useful for?
- Can you think of any athletes who might be good at this test?
- What differences can you see between Olympic and Paralympic tests? Why do you think these differences exist?
- What similarities exist between Olympic and Paralympic tests? Why do you think these similarities exist?



# SCORE SHEET

## *SPRINT OR PUSH*

Record the time in seconds to 2 decimal places

<b>Athlete name</b>				
Sprint/Push attempt 1				
Sprint/Push attempt 2				
Sprint/Push attempt 3				
Sprint/Push Best time				

## *BROAD JUMP*

Record the distance in cm

<b>Athlete name</b>				
Broad Jump attempt 1				
Broad Jump attempt 2				
Broad Jump attempt 3				
Broad Jump Best distance				

## *PICK UP AND THROW*

No need to record the distance thrown for this test unless you want to

<b>Athlete name</b>				
Test completed Left side (Y/N)				
Test completed Right side (Y/N)				

## *OPEN SKILL TEST*

Include a description of the type of skill performed

<b>Athlete name</b>				
Test completed (Y/N)				
Description of skill				