

National B2022 Inspired Virtual School Games Competition

Overview

The Commonwealth Games brings nations together in a colourful celebration of sport and human performance.

Underpinned by the core values of humanity, equality and destiny, the Games aim to unite the Commonwealth family through a glorious festival of sport and culture. Often referred to as the 'Friendly Games', the event is renowned for **inspiring athletes to compete in the spirit of friendship and fair play.**

There has never been a more important time to galvanise and drive the positive impact of sport on society. Using the values, can we inspire and motivate young people and create a long-lasting legacy?

The Commonwealth Games values are:

Humanity

The Commonwealth Sports Movement's purpose and potential is inspired by athletes and citizens.

Equality

The Commonwealth Sports Movement's sports and Games are a level-playing field, bringing people together as equals.

Destiny

Together the Commonwealth Sports Movement can create a more peaceful, sustainable and prosperous future.

These values match the intent of the School Games and speaks directly to several of the 21/22 academic year School Games outcomes. In fact, the School Games network already complement the goals of B2022 through the brilliant work you do in schools and with young people every day.

To help schools, School Games Organisers and Active Partnerships embed the spirit of the friendly games associated with the CWGs, we have created some virtual challenges for young people to take part in, inspired by the three values.

We have used the values to create three themes of virtual challenges. Each theme includes three challenges which are examples of how it is possible to use a high-profile event to engage children and young people. The challenges help young people to develop their physical literacy skills, strength or aerobic capacity, aiming to inspire the children and young people to be more active.

When organising competitions both face-to-face and virtually we hope the following will help you to engage more young people:

- High Quality Principles of Competition
- Our Top Tips to running virtual competitions
- Positive Experiences of competitions' guide
- Our Top Tips to using high profile sports events to inspire

Always keep in mind the 5 elements of physical literacy. When a child or young person develops all five, then they are more likely to take part and have a positive experience:

- Competence
- Confidence
- Motivation
- Knowledge
- Understanding

These activities are simple progressive activities based around physical activity principles, and each contains three challenges to help young people build up to their personal best with practice and time.

You can download the NCV posters from your School Games dashboard. Each poster provides some top tips, along with a link to a video containing further guidance and advice on how to get young people engaging with the activities.

Score Cards can also be downloaded; these will help young people track their progress and reflect on their experience throughout the Competition.

Positive Experiences

We want all schools to ensure that young people are engaging with and have a positive experience. Within each of the competition cards we have included a QR code that takes you directly to a short video reminding you of some key points. Ensuring that your young people are prepared for competition no matter if this is face to face or virtual is important. Consider what your post event teaching points are, what learnings can you help the young people to consolidate and retrieve ready for their next experience?

Launching the Content

We have developed a powerpoint presentation to help you position this work with young people and deliver an interactive assembly. This can be adapted for either primary or secondary aged young people, there is circa 20mins of content for you to use accordingly.

Slide 1

Deliverer: Ask the children what they think the commonwealth games are? Take couple of answers. Then add the facts below.

What are the Commonwealth Games?

The Birmingham 2022 Commonwealth Games will be held in venues all across Birmingham and the West Midlands, from 28 July until 8 August 2022.



72 nations will compete in twenty different sports.



Birmingham will be the first ever carbon-neutral Commonwealth Games.



Birmingham 2022 is set to have the largest ever female and para sport programme in history, with more women's events than men's for the first time ever.



The Games will be the largest multi-sport competition to be held in England in 10 years with a global broadcast audience of 1 billion.



Slide 3

Deliverer to ask the children. Then show the next slide with list.

Does anyone know which countries are in the Commonwealth?

Commonwealth countries

Africa

- Botswana
- Cameroon
- The Gambia
- Ghana
- Kenya
- Kingdom of Eswatini
- Lesotho
- Malawi
- Mauritius
- Mozambique
- Namibia
- Nigeria
- Rwanda
- Seychelles
- Sierra Leone
- South Africa
- Uganda
- United Republic of Tanzania
- Zambia

Asia

- Bangladesh
- Brunei Darussalam
- India
- Malaysia
- Maldives
- Pakistan
- Singapore
- Sri Lanka

Caribbean and Americas

- Antigua and Barbuda
- The Bahamas
- Barbados
- Belize
- Canada
- Dominica
- Grenada
- Guyana
- Jamaica
- Saint Lucia
- St Kitts and Nevis
- St Vincent and The Grenadines
- Trinidad and Tobago

Europe

- Cyprus
- Malta
- United Kingdom

Pacific

- Australia
- Fiji
- Kiribati
- Nauru
- New Zealand
- Papua New Guinea
- Samoa
- Solomon Islands
- Tonga
- Tuvalu
- Vanuatu

Slide 5

Deliverer to ask the question. The children need to mime the sport to answer. E.g. Boxing – the child should pretend to punch and duck or the deliverer to have a selection of props for the young people to guess the sport.

Then to share the sports:

What sports do you think are in the 2022 Commonwealth Games?

Commonwealth Games sports

- Athletics
- Badminton
- Basketball
- Beach Volleyball
- Boxing
- Cricket
- Cycling
- Diving
- Gymnastics
- Hockey
- Judo
- Lawn Bowls
- Netball
- Para powerlifting
- Rugby Sevens
- Squash
- Swimming
- Table Tennis
- Triathlon
- Weightlifting
- Wheelchair basketball
- Wrestling

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Slide 7

Deliverer to ask the children what athletes need to do as part of their training? Share a few examples:

- Aerobic training to develop fitness
- Strength training
- Sports specific training
- Eat healthy
- Drink plenty of water
- Get enough sleep

Deliverer to tell the children we are going to try a couple of things today.

Training to be a Commonwealth Games athlete

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Activity 1

Deliverer to ask the children and for them to cheer very loudly to accept the challenge.

Task Do you think you can jog on the spot without stopping for 60 seconds?

Deliverer to count down from 3, 2, 1 and start jogging on the spot.

TIP You may wish to have a countdown clock to add to the sense of excitement

Aerobic warm up

Challenge

Do you think you can jog on the spot without stopping for 60 seconds?



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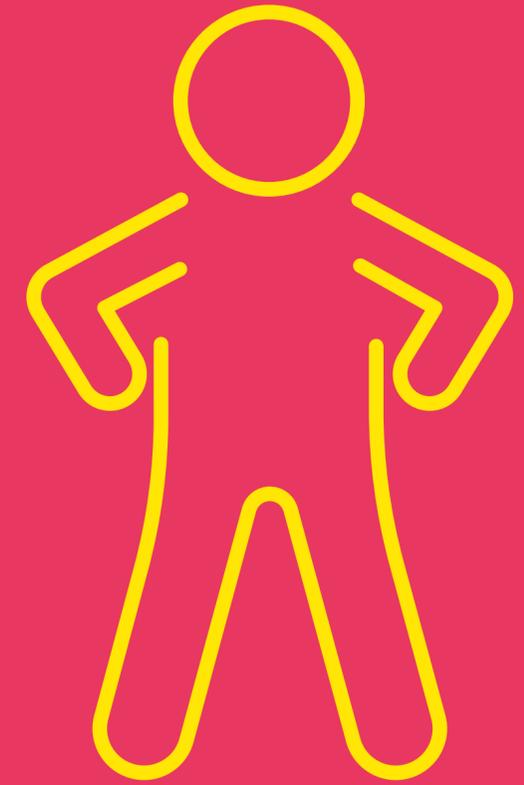
Activity 1

Task Stand with arms in the air if you think you could go for longer, stand with hands on hips if you think you have done enough.

Deliverer to explain that it is good to understand how your body feels, but it is also good to challenge yourself so you can improve.

Task Repeat the activity to see if the young people can improve their previous attempt.

How do we feel?



Activity 2

Task How many squats can you do in 10 seconds?

Setting a personal challenge is important think how many squats you can do in 10 seconds, are you being realistic or ambitious?

Deliverer to demonstrate what a squat is.

Deliverer to make sure everyone has an estimation – a personal challenge.

TIP Use a countdown clock for ten seconds whilst everyone does the squats.

Deliverer to ask the children to stand up with their hands in the air if they did the same or more than they estimated or stand up with their hands on their hips if they didn't do as many as they estimated.

Strength Challenge

Challenge

How many squats you can do in 10 seconds?



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Activity 2

Task Deliverer to make sure everyone has set themselves another personal challenge. Asking whether they have just times their last result by three or whether they have taken into account they will be more tired so maybe slower?

TIP If you can, this time play music to help with the motivation levels.

Deliverer to ask the children to stand up with their hands in the air if they achieved or beat their personal challenge or stand up with their hands on their hips if they didn't achieve their personal challenge.

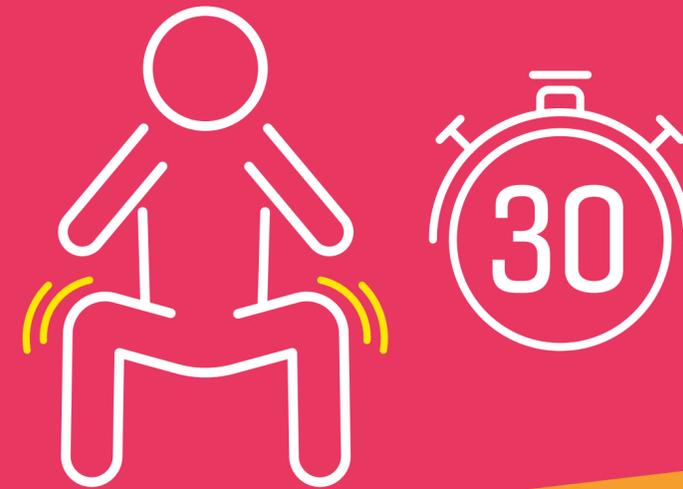
Deliverer to ask the children how they think they can improve? We are looking for the word "practice".

Task Repeat for another 30 seconds

Challenge yourselves further!

Challenge

How many squats you can do in 30 seconds?



Activity 3

Deliverer to state that we cannot travel for distance in the hall today, but we can use our imagination and travel on the spot, and practice for this challenge. We have already jogged on the spot today, but what else could we do? Answers: star jumps, high knees, bottom flicks, skipping, hopping, jumping, squat jumps etc.

Challenging people to travel as far as they can actively, by hopping, skipping, jumping, scooting, riding or a combination of lots of movements.

Task So we are going to see how many different ways we can move on the spot and see if we can keep going for 60 seconds!

Active Travel Challenge

- One of our National Virtual Competition challenges will be an active travel challenge.
- We are going to see how many different ways we can move on the spot and see if we can keep going for 60 seconds!



TIP Use a countdown clock if you can.

Deliverer to get them all excited and ready to go and use encouragement to keep going and keep changing the way they move.

Encourage a big round of applause for everyone taking part in the challenge. Ask the children to raise their hands if they are getting warmer and their heart rate has raised.

Slide 12

TIP The dates for the challenges will be:

Humanity

14th March – 14th April

Equality

25th April – 27th May

Destiny

7th June – 8th July

Commonwealth Games Values

The Commonwealth Games has three values

Humanity Equity Destiny

We are going to set some challenges for everyone to take part in across the rest of the school year.

The challenges are linked to these values.

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Slide 14

Deliverer to ask the children if they are willing to take on more challenges?
Encourage a loud cheer!

Tell them you are looking forward to hearing about them taking on some of the virtual challenges – share here how this work for the school and wish them good luck.

National Virtual Competition

Each challenge will help you to either

- Develop your sports specific skills
- Develop your aerobic capacity
- Develop your strength

Just like the athletes, we need to practice, but most of all have FUN!

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Additional notes

Some key facts to share with the young people – please feel free to add your own.



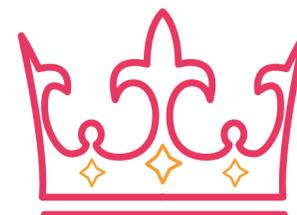
Did you know that about **30%** of the worlds people live in the **Commonwealth**? That's nearly two and a half billion adults and children.



The Commonwealth also encourages member countries to **care about human rights**, which means ensuring that people are treated fairly and enjoy basic freedoms.



They are held **every four years**. The very first Games we in Hamilton, Canada in 1930. Four hundred athletes attended.



2022 also marks **Her Majesty the Queens Platinum Jubilee**, marking 70 years since she became Queen. The Queen is Head of the Commonwealth and before each Commonwealth Games provides a message which travels around the Commonwealth, hidden in a baton as part of the Queen's Baton Relay.



The Commonwealth Games are called '**Friendly Games**' because it uses sports to bring people across the globe together.

And Finally...

You can find an example of the assembly by clicking this link



<https://www.youtube.com/watch?v=gdYX26xgu1w>

As the Competition encourages and celebrates participation, we want to see schools get involved! The top three schools that have the highest levels of engagement with our National Virtual Competition social media posts each month will be entered into the monthly draw. Prizes include:

- 2 x athlete mentor visits
- 3 x cuddly Perry the mascots
- Plus lots of other prizes to be announced.

Make sure to use:

#B2022SGVirtualComp

and tag our social channels in your posts to be in with a chance to win each month and don't forget two schools will be invited to our B2022 investment celebration event on the 3rd August in Birmingham and get to watch some live Commonwealth Games sport afterwards.

We look forward to seeing your school bring these activities and values to life!