Countdown to the Commonwealths

Close up on netball

Tell the children that netball is a team game where you score by throwing the ball through a net. We are going to see how sharp our shooting is in our game!

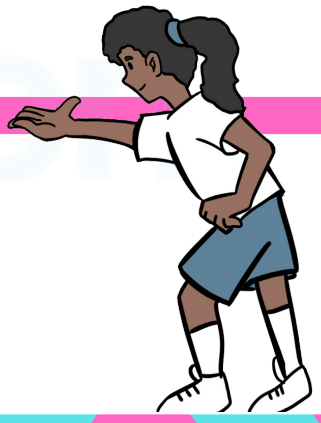
First played at the Commonwealth Games: 1998
Current champions: England
Venue for this year: NEC, Birmingham

First to Five

What you will need: hoops, beanbags, cones

How to play:
Children play in their team against all other teams. Place out five hoops and a start cone for each team. Each team will need five beanbags which begin in a pile by the start cone.

- Children take turns in their team to throw a beanbag into a hoop.
- If they miss, they collect the beanbag and return it to the start cone pile.
- The game is won when a team has got one beanbag to land in each hoop.



Adaptations:

- Make this easier by moving the start cone closer to the hoops.
- Make this harder by moving the hoops to varying distances.

Countdown to the Commonwealths

Close up on lawn bowls

Tell the children that lawn bowls is a game where players roll their ball to try to get it to land as close to another ball as they can. Tell the children that they will be using rolling in their game to score points.

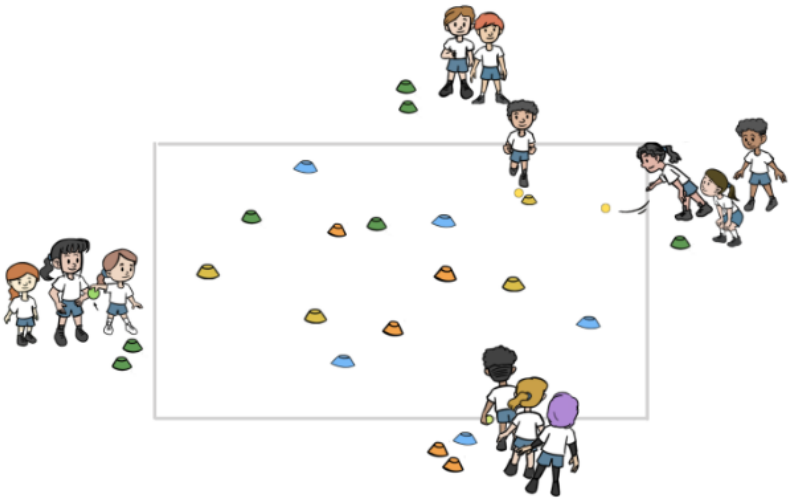
First played at the Commonwealth Games: 1930 (the very first Commonwealth Games) and played at every games since.
Venue for this year: Victoria Park, Leamington

Cone collect

What you will need: tennis balls, cones

How to play:
Place out approx 45 cones in the playing area. Children play as a team with one ball between them.

- Children begin around the outside of the space.
- The aim of the game is for teams to roll their ball to hit a cone.
- If successful they can collect the cone and bring it back to their team.
- Play until all of the cones have been collected, then ask the children to count up their cones to give them their score.



Adaptations:

- Make this harder by starting teams further back from the playing area.
- Make this easier by using bigger balls.

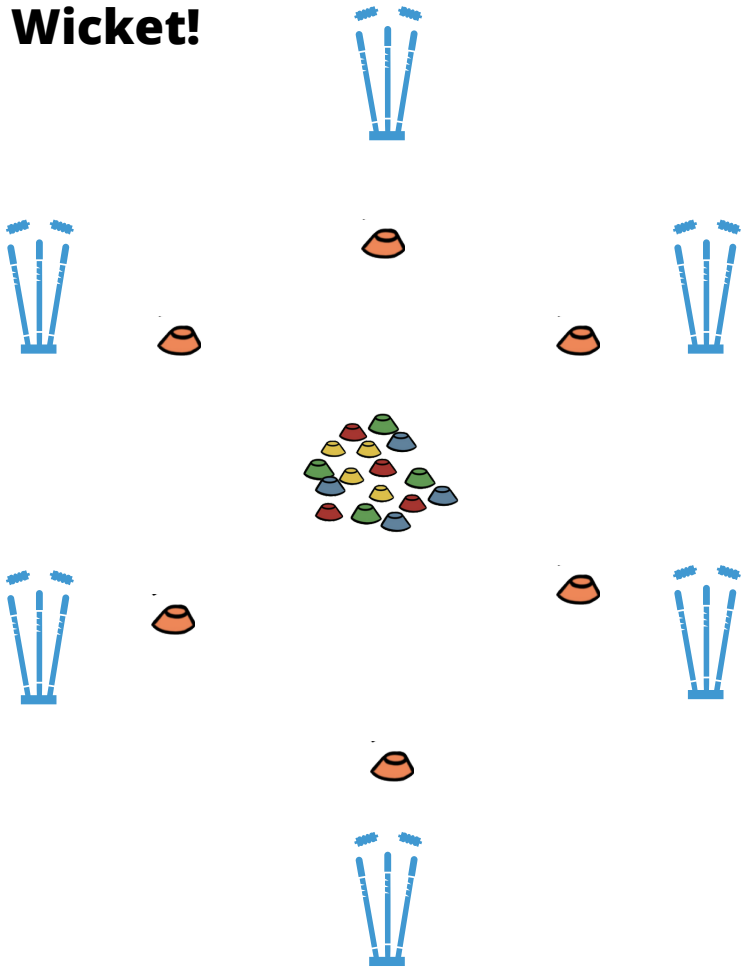
Countdown to the Commonwealths

Close up on T20 cricket

Tell the children that cricket is a game where two teams play against each other. One team tries to score points by hitting the ball and the other team try to stop them from scoring points. One way they do that is by hitting something called the wickets. The children will be trying to hit the wickets in their game.

First played at the Commonwealth Games: this is the first time that this version of cricket will be played at the Commonwealth Games.
Venue for this year: Edgbaston Stadium, Birmingham

Hit the Wicket!



What you will need: wickets, cones, tennis balls,

How to play:
Children play as a team against all other teams.

- Set the wickets up in a large circle, one wicket for each team with a cone approx 3m away on the inside of the circle to indicate each team's start line. Place a stack of cones in the middle of the circle. Each child has their own tennis ball.
- Children take turns in their team to throw their ball and attempt to hit the wickets.
- If they hit the wickets, they run to the middle of the area and collect one cone for their team.
- They collect their own ball.
- Play until all of the cones have been taken from the middle.
- Ask the teams to count how many cones they collected.

Adaptations:

- Make this harder by starting further away from the wickets.
- If you do not have wickets, use tall cones instead.

Countdown to the Commonwealths

Close up on athletics and para athletics

Tell the children that athletics and para athletics is a sport where athletes try to run as fast as they can, jump as high or as far as they can and throw as far as they can. Athletes need to be quick, strong and powerful. The children will take part in running races today as a team called a relay.

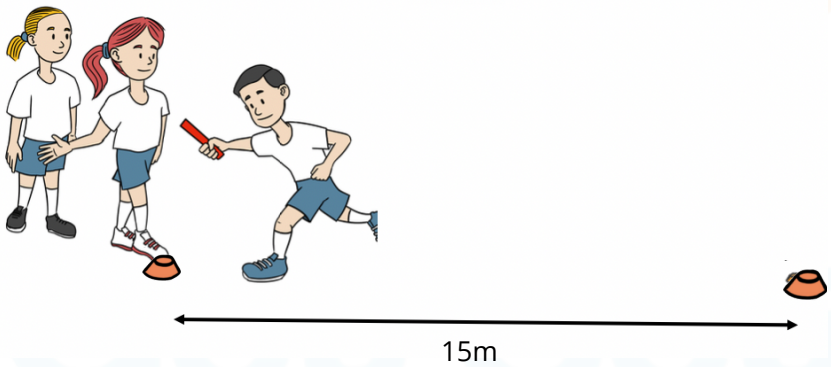
First at the Commonwealth Games: athletics has appeared at every Commonwealth Games since the very first games in 1930.
Venue for this year: Alexander Stadium, Birmingham
Fun fact: Alexander Stadium was previously a rubbish tip and WW2 prisoner of war camp. The stadium was built at a different place in Birmingham and it was decided that to be able to host major events such as the Commonwealth Games, a bigger stadium was needed. In 1976, the new stadium was built and this is where the athletics events will be held this summer.

Stadium Run

What you will need: cones, relay batons
Optional: hurdles, hoops, ladders

How to play:
Children play as a team against all other teams. Set out two cones approx. 15m apart for each team. Children take part in the following relay events:

- Relay: the first child in each team starts with the baton and runs up to their other cone and back. They pass the baton to the next pupil who does the same. Repeat until everyone has run.
- Jumping relay: repeat as above but this time, the children jump two feet to two feet.
- Skipping relay: repeat as above but this time, the children skip.
- Obstacle relay: as above but this time place obstacles such as mini hurdles for the children to jump over or hoops to climb through.



Adaptations:

- Make this harder by increasing the distance the children run over.
- Make this easier by removing the baton and getting children to tag each other instead of passing the baton.

Countdown to the Commonwealths

Close up on 3x3 basketball

Tell the children that one sport played at the Commonwealth games is basketball where the players score a point by shooting into a net. In the game they are going to play, the children will try to score into a hoop on the floor.

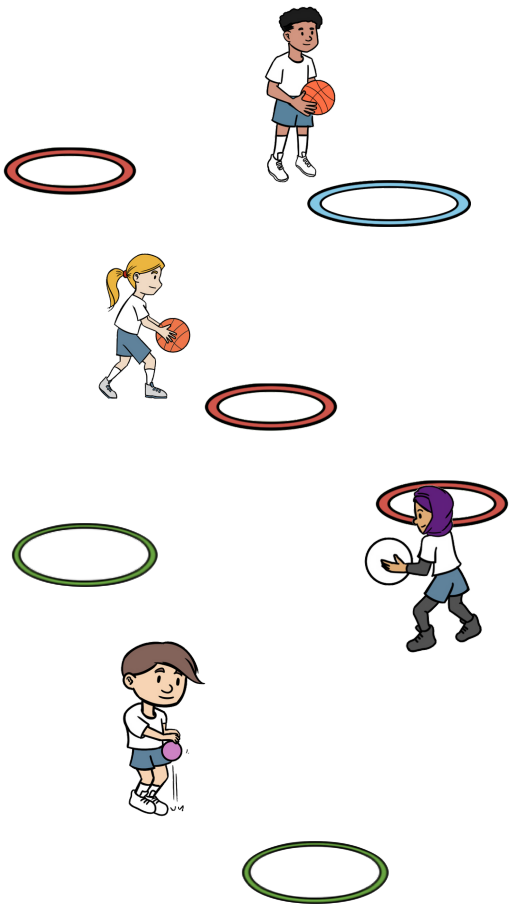
First played at the Commonwealth Games: this is the first time that this version of basketball will be played at the Commonwealth Games, it's a brand new sport!
Venue for this year: Smithfield, Birmingham

Journey around the Commonwealth

What you will need: hoops, balls

How to play:

- Give each pupil a ball. Tell the children that they are going to go on a journey around the Commonwealth. Tell the pupils some of the different countries in the Commonwealth.
- Place hoops around the teaching space and tell the children that the hoops are the different countries.
- Children carry their ball around the teaching space, stopping when they get to a hoop and bouncing their ball in it and catching it. How many countries can they visit in 2 minutes? Can they beat their score?
- Play the game again. This time, ask one team to put their ball away. This team can now jump in to any hoop to prevent other children from using the hoop to score. If someone is standing in the hoop, the children must find another country (hoop) to score in.
- Repeat the game, allowing each team an opportunity to stop others from scoring.



Adaptations:

- Make this harder by asking the children to dribble their ball in between the hoops.
- Make this harder by having two teams as the defenders of the hoops at the same time.
- Make this easier by increasing the number of hoops.