

# Equality

Inspiring the next generation using positive experiences of competition



**Equality:** The Commonwealth Games and its sports are a level playing field, bringing people together as equals. This value complements the School Games Values of Teamwork and Passion.

This virtual competition is linked to the sport of Gymnastics. Gymnastics is synonymous with strength, grace, and style. The sport sees its athletes leaping, twirling and flying across a range of iconic apparatus, earning points from a panel of judges. Gymnastics involves a lot of strength. It is key to develop strength in children and young people of all abilities. This challenge therefore includes strength-based challenges.

## School Games Value Challenges



Encourage players to find someone to help encourage them to hold the position longer. Doing it together will help motivate them to try harder, especially when they start to get tired.



It feels great to challenge yourself. Players could create a fun celebration to share after their attempts.

### Challenge 1



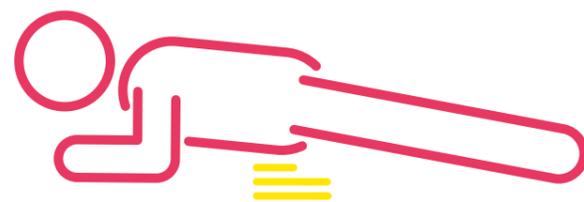
- Leg strength challenge.
- How many standing squats can a player do in one minute?
- Make sure their legs are shoulder width apart, both feet are flat on the floor and they squat down as though going to sit on a chair. Movement should be controlled.

### Challenge 2



- Arm strength challenge.
- How many triceps dips can a player do in one minute?
- Players should grip the front edges of a chair, step or bench with their hands. Hover their bottom just off and in front of the seat, feet flat, and legs bent so thighs are parallel to the floor. Arms should be straight; this is their starting position. Players should lower their bottom down, in a controlled movement, using their triceps muscles and then back up again.

### Challenge 3



- Whole body strength challenge.
- How long can players hold a plank for?
- Players should get down on all fours, as though doing a press-up, keep their palms and forearms flat to the floor and hands under shoulders. Their body should form a straight line from their head to their ankles. Players should contract their abs to prevent their bottom sticking out or dipping. Challenge players to hold the position as long as they can.

## Using High profile events to inspire – Top Tips

- Give information about the high-profile event so the young people can learn more about it.
- Explain how your activities link to the high-profile event.
- Explain why you are doing the activities (INTENT) e.g. to develop new skills, to improve fitness, to have fun.
- Always promote where the young people can watch the high-profile event. Including count down dates etc.

## Remember for all 3 Challenges

- Players will only improve if they practice. See if they can improve their score.
- Players could challenge others to see who can score highest.
- Equality bonus points awarded to anyone who can adapt the games to include others.

SCHOOL GAMES

#B2022SGVirtualComp

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To watch a video explaining how to create meaningful challenges.



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