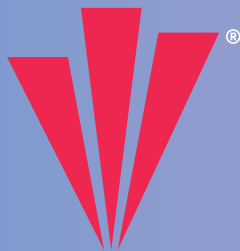


# Summer of Fun

## Schools Sports Day Resource 2024



WELSH ATHLETICS  
ATHLETAU CYMRU



Paris Olympic & Paralympic Games 2024 Edition

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# Welcome & Introduction

Here is our guide to help you organise and run a great sports day. With the Paris Olympics and Paralympics taking place between 26th July-11th August and 28th August-8th September, it's time to get inspired for your own sports day! We have developed this resource to support teachers to deliver cross curricular activity celebrating the sport of Athletics and to get children excited to support our Welsh Athletes heading to the Games.

## Find Your Nearest Club

If you would like to get some further information on where to find local athletics clubs for pupils in your school, head to...  
[www.welshathletics.org/en/club](http://www.welshathletics.org/en/club)

## About Sports Day

There are many different sports day formats that you can use and adapt depending upon the space, equipment, people and time you have available to you. Amongst all the information that follows in this resource, we hope to provide you with plenty of ideas, hints, tips as well as links to further resources that you can use, to make your sports day even more fun and engaging, creating maximum engagement for all your pupils to participate in! It is a great chance for pupils to once again have a fun, engaging physical activity experience, in which everyone can be celebrated for both the effort and achievements.

There are many benefits to sports days, including, providing the first step into athletics and clubs, building team spirit as well as personal achievement, and it can improve pupils physical health and mental wellbeing in an inclusive environment.

# Ideas for Activities / Events

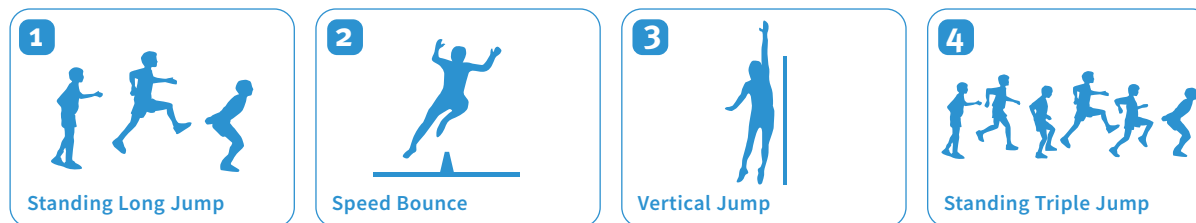
## Races, Run, Jump, Throw, Relays

There are plenty of different running, jumping and throwing activities that you can incorporate into your school sports day. You can use as few or as many of these as you see fit. All these activities are easy to set up and just require small amounts of equipment including plenty of cones, a whistle, clipboards, measuring tapes, sacks, spoons & eggs, mats, tennis balls etc.

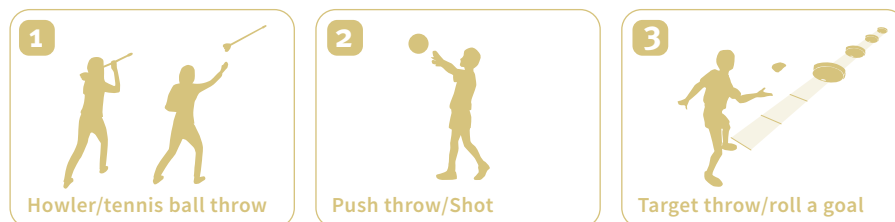
### Running Activities:



### Jumping Activities:



### Throwing Activities:



# Setting up Your Events



## Sprints

50m Sprint (Reception to Year 4) or 75m Sprint (Years 5 & 6)

1 run per pupil.

### Set up:

- Measure 50m / 75m out on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.

### Tips:

- Children should use a standing start and stand with the opposite arm to leg forwards.
- To start, pupils should push down and back with their feet and drive their arms back hard.
- Children should pick their feet up quickly, as though they are running on hot coals.

### You'll need:

- 50m / 75m track
- Cones
- Whistle
- Recording chart
- 1 teacher to start the race, 2-3 teachers to record the results



## Egg-and-Spoon Race

### Set up:

- Measure out the race distance on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.
- Each team must carry their egg on their spoon from the starting line to a turnaround point over any course length and back again.

### Tips:

- The egg is passed on to a teammate who then takes their turn.
- If the egg is dropped, the player must stop and retrieve it.

### You'll need:

- Enough spoons and eggs (hardboiled or plastic) for the number of participants.
- You can also use a tennis bat and tennis ball.

# Setting up Your Events



## Sack Race

30m Race (Reception to Year 4) or 50m Race (Years 5 & 6)

1 run per pupil.

### Set up:

- Measure 30m / 50m out on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.

### You'll need:

- 30-50m track
- Cones
- 6-8 sacks
- Recording chart
- 1 teacher to start the race, 2 - 3 teachers to record the results



## Endurance

### Set up:

- Depending on how much space you have, the number of laps should add up to somewhere between 500m to 800m depending on what distance you feel appropriate for your pupils' ability.

### Tips:

- Pupils should not set off too fast and try to run even paced to achieve times to the best of their ability. Remember to warm up and stretch afterwards!

### You'll need:

- A stopwatch to time the pupils, a whistle and some cones to mark out the course laps.
- Paper to record the results.

# Setting up Your Events



## Relays

### Set up:

- Relays are great for inclusivity as they are so adaptable.
- You can have as few or as many teams as you see fit, and the team sizes don't have to be four pupils, they can be larger or smaller.
- You can do shuttle relays, obstacle relays or relays around a lapped route, or a more traditional relay, over any distance you deem appropriate within the space you have to work with.

### Tips:

- Don't allow anyone to cross the track once the race is underway.
- For shuttle relays, waiting team members sit down, then just before it's the next pupils turn to run they stand up to receive the baton, the pupil who just ran sits down to clear the lane.
- For relays that are one or more lap of a track, run anticlockwise, when each runner completes their lap they sit down off the course.

### You'll need:

- A relay baton or beanbag or quoit for each team, a whistle and some cones to mark the course and if you want to time the races a stopwatch.



## Standing Long Jump

Each child has a maximum of three trials.

### Set up:

- Children stand behind the take-off line and perform a two footed take off.
- Measure the jump from the back of furthest heel back to the take-off line.
- Encourage the child to step forward after their jump, if they step back or touch the mat behind them it is a no jump.

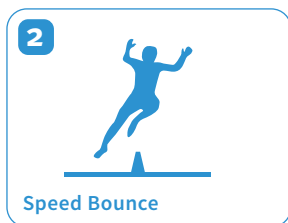
### Tips:

- Bend then extend at the knees and swing arms back then forward, for lift at take-off.
- Land with soft knees.
- Bend the knees to cushion the landing.

### You'll need:

- 3-4 Standing Long Jump or Gym Mats, with a take-off marker.
- 3-4 measuring tapes (one for each mat).

# Setting up Your Events



## Speed Bounce

Each child has 1 trial.

### Set up:

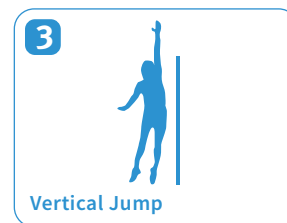
- To start children stand on one side of the wedge with both feet together.
- On the whistle (or clap), complete as many bounces as possible in 20s.
- Children should land on either side of the wedge with both feet together.
- If the child lands on the wedge, that bounce is not to be recorded.
- Use the whistle (or clap) to signal the end of the 20s.

### Tips:

- Use other children can help to count the score.
- Counting in increments of two, i.e. 2, 4, 6, 8, 10, is recommended.

### You'll need:

- 3-4 Speed Bounce Mat (or homemade 20cms high soft wedge).
- 1 Stopwatch (or mobile phone timer).
- Whistle (or clap your hands).



## Vertical Jump

Each child has a maximum of three trials.

### Set up:

- Simply against a wall stand side on for the jump, bend at the knees and as you jump swing your arms high to touch as high up the wall as you can.

### Tips:

- Jump from a standing position side on to touch as high up the wall as you can.
- Before each jump, the pupil stands with their back, head and heels touching the wall, then stretch to reach as high up the wall as they can, mark this point with chalk.
- Measure the jump distance from the point of where their arms were fully extended in the standing position, to the chalk mark left as high up the wall as the pupil could jump, to the nearest centimetre.

### You'll need:

- A ruler or measuring tape.
- Chalk to dip pupil finger tips in to leave a mark on the wall to measure.
- Cloth or rag to clean off the chalk after each pupil.



# Setting up Your Events



## Standing Triple Jump

(Years 5 & 6 only)

Each child has a maximum of three trials.

### Set up:

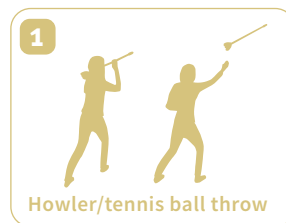
- Children stand behind the take off line and take off from one foot.
- Children then hop, step and a jump (landing on 2 feet).
- Measure the jump from the back of furthest heel back to the take-off line.
- Encourage the child to step forward after their jump, if they step back or touch the mat behind them it is a no jump.

### Tips:

- To help children to learn the skill, hold your free leg for the 'hop' then let go for the 'step'
- Alternatively to help get the combination correct the pupils can say, same foot, opposite foot, both feet, as they take their attempt

### You'll need:

- Standing Triple Jump Mat (or measuring tape and gym mats).



## Howler/Tennis Ball Throw

Each child has a maximum of three trials.

### Set up:

- Throw from a standing position with one foot in front of the other, behind the throwing line.
- When throwing with the right hand the left foot should be forwards and vice versa for left handed children.
- Children must NOT go into the throwing area unless requested by the teacher.
- Measure the distance thrown to the nearest completed metre.

### Tips:

- Aim to throw at roughly a 40-45° angle.
- Pull the arm through from behind the body fast, to help with the speed of the throw.
- Encourage children to avoid stepping over the throwing line, as this would be a no throw.

### You'll need:

- 9-12 Tennis balls / Howlers (this will allow for 3 attempts for up to 4 children, with no retrieval required).
- Measuring tape
- Safe area to throw into

### Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.
- To make it harder for older children use cricket balls or vortex howlers.
- To make it easier for younger children use bean bags.

# Setting up Your Events



## Push Throw

Each child has a maximum of three trials.

### Set up:

- From a standing position, children use two hands to push throw a football/netball from their chest.
- Stand with one foot in front of the other. Preferred foot forwards.
- Children must NOT go into the throwing area unless requested by the teacher.
- Distance is measured to the nearest completed 25cm.

### Tips:

- Aim to push throw at roughly a 45° angle.
- Extend at the arms and then flick at the wrists in front of the body.
- Encourage children to avoid stepping over the throwing line, as this would be a no throw.

### You'll need:

- 9-12 footballs / netballs this will allow for 3 attempts for up to 4 children, with no retrieval required. You can use 1kg medicine ball for year 5 & 6 pupils.
- Measuring tape
- Safe area to throw into

### Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.



## Target Throw

Each child has a maximum of three trials.

### Set up:

- Standing behind the throwing line, children throw 3 bean bags into the nearest target and continues for each target.
- Points are awarded if a bean bag lands in correct target. 2 points = lands in the target but bounces out. 1 point = if the bean bag hits the floor and then lands in the target. 1 point = if the bean bag lands partly in the target.
- Collate the scores from each throw to form the total score.

### Tips:

- Place your opposite leg to the throwing arm forward to help balance.

### You'll need:

- 2-3 Target Throw Sets or 12 bean bags/other suitable items and 4 targets (can use hoops) set at 3m, 5m, 7m and 9m

### Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.

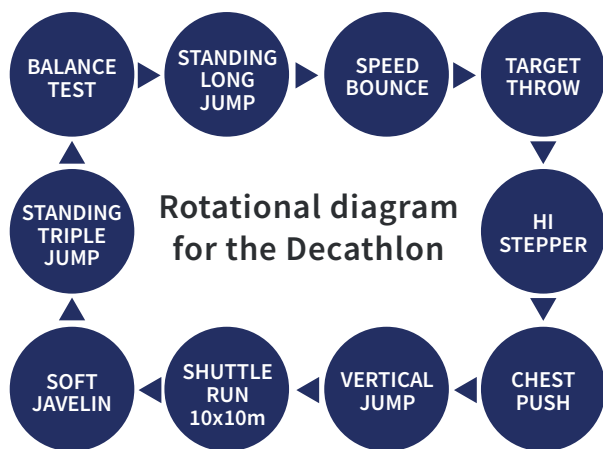
# Making your Sports Day Run Smoothly

## Timetable/Format:

You can structure the day in various ways, you could use a timetable with one event following another, or have a field event and a running event taking place at once, an order of events with no set times, or a rota of groups around events/stations, whichever suits your school dependant on the space, time and people you have available to help.

You will need plenty of helpers and judges to run all the activities. For running events you will need a starter, a couple of volunteers at the finish line to decide the places and someone to write and record the results. For the field events at least two helpers on each station will be adequate. It is wise to brief all helpers/judges before the events start to ensure they fully understand the event they are undertaking.

### 1 Example Decathlon



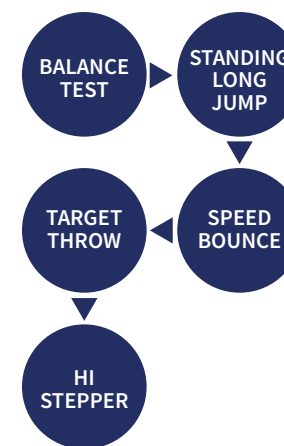
### 2 Example Short Programme

Time	Track Events	Boys or Girls	Field Events	Boys or Girls		
<b>Start</b>	Obstacle Relay	Girls	<b>Round 1</b>			
	Obstacle Relay	Boys		Standing Long Jump	Girls	
	1 + 1 Pairs Race	Boys		Standing Triple Jump	Girls	
	2 + 2 Pairs Race	Boys		Vertical Jump	Girls	
	Over/Under	Boys		Balance Test	Girls	
				Standing Long Jump	Boys	
	Over/Under	Girls		Standing Triple Jump	Boys	
	1 + 1 Pairs Race	Girls		Vertical Jump	Boys	
	2 + 2 Pairs Race	Girls		Balance Test	Boys	
				<b>Round 2</b>		
	4 x 1 lap Relay	Boys			Sitting Throw	Girls
	Soft Javelin*	Boys			Chest Push	Girls
	Soft Javelin*	Girls			Speed Bounce	Girls
					Sitting Throw	Boys
			Chest Push	Boys		
			Speed Bounce	Boys		
<b>Finish</b>	4 x 1 lap Relay	Girls				

**Presentations**

\*these events should take place outside of the running area or infield

### 3 Example Pentathlon



# Example Score Sheet

If it is decided that pupils will score points for their team/house, it's up to you how many you allocate for each event.

Perhaps the simplest is 1st = 4 points, 2nd = 3 points, 3rd = 2 points and 4th = 1 point.

On the example table below you list your events in the left hand column and record accumulative scores as you progress through the sports day programme.

You can have some pupils help on the adding up to improve their numeracy skills.

## Example Score Sheet:

Event	Red House Points	Red House Accumulative	Blue House Points	Blue House Accumulative	Yellow House Points	Yellow House Accumulative	Green House Points	Green House Accumulative
Sack Race Year 4B	4	4	3	3	2	2	1	1
Sack race Year 4G	3	7	1	4	2	4	4	5
Standing Long Jump Yr6B	1	8	4	8	2	6	3	8
YR3G Sprint	2	10	3	11	4	10	1	9
YR3 Boy Sprint	1	11	2	13	4	14	3	12
YR5G Shot	3	14	2	16	4	18	1	13
<b>Total Points =</b>		<b>14</b>		<b>16</b>		<b>18</b>		<b>13</b>
<b>Final Position =</b>		<b>3rd</b>		<b>2nd</b>		<b>1st</b>		<b>4th</b>



# Adapting Activities, Making your Sports Day Inclusive

At the Commonwealth Games, para athletics events are integrated into the main programme while at the Olympics and World Championships they have their own separate Games. It offers a wide range of competitions and events and is open to male and female athletes in all eligible impairment groups.

Athletes are grouped together according to their classification in each event. Some compete in wheelchairs and some with prostheses, while those who are vision impaired can receive support from a sighted guide. There are also events for athletes of short stature and for those with an intellectual impairment.

Your Sports Day competition can be flexible and inclusive to engage all pupils within a school, regardless of ability or disability. The table on the next page outlines what your pupils can do, covering a spectrum of impairment groups, to ensure all pupils are engaged in the activities.

# Adapting Activities, Making your Sports Day Inclusive

Group	Examples of pupils and impairments in this group	Additional information	Most pupils will be able to do	Some pupils will be able to do
<b>1. Power chair user</b>	<ul style="list-style-type: none"> <li>• Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe to moderate involvement in all four limbs</li> </ul>		Tennis ball/howler throw. Sprint slalom.	Tennis ball/howler throw.
<b>2. Manual wheelchair user or supported ambulant</b>	<ul style="list-style-type: none"> <li>• Athlete with cerebral palsy</li> <li>• Athlete with a spinal cord injury</li> <li>• Quadraplegic and paraplegic athletes</li> </ul>	<ul style="list-style-type: none"> <li>• All athletes in this group CANNOT run unaided (including frames and rollators). They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair.</li> </ul>	Sprint. Tennis ball/howler throw.	
<b>3 Ambulant - more severe impairment</b>	<ul style="list-style-type: none"> <li>• Athlete with cerebral palsy – ataxic/athetoid – affected in three or four limbs.</li> <li>• Athlete with cerebral palsy – diplegic –functionally affected in both legs</li> <li>• Athlete with a double above knee amputation</li> <li>• Athlete with single above knee amputation or physical impairment allowing similar movement</li> <li>• Dwarf athletes</li> <li>• Blind and visually impaired athletes running with a guide</li> <li>• Athletes with a severe learning disability</li> <li>• Deaf athletes</li> </ul>	<ul style="list-style-type: none"> <li>• All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner.</li> <li>• Deaf athletes may need communication and visual support on the start line e.g., flags, hand gestures or shoulder taps.</li> </ul>	Sprint. Tennis ball/howler throw.	
<b>4 Ambulant -minimal impairment</b>	<ul style="list-style-type: none"> <li>• Athlete with single or double arm - amputation or physical impairment allowing similar movement</li> <li>• Athlete with cerebral palsy – Hemiplegic –functionally affected on one side.</li> <li>• Athlete with single above knee amputation or physical impairment allowing similar movement</li> <li>• Athlete with single or double below knee amputation or physical impairment allowing similar movement</li> <li>• Blind or visually impaired athletes who do not run with a guide</li> <li>• Athlete with a moderate learning disability</li> <li>• Athletes on the autistic spectrum, with Asperger's or behavioural difficulties</li> <li>• Deaf and hard of hearing athletes</li> </ul>	<ul style="list-style-type: none"> <li>• All athletes in this group can run unaided.</li> <li>• Deaf and hard of hearing athletes may need communication and visual support on the start line e.g., flags, hand gestures or shoulder taps.</li> </ul>	Sprint. Tennis ball/howler throw. Standing Long Jump	

# Further Information & Resources



## Paris Olympic and Paralympic Games 2024

The Olympic and Paralympic Games will take place in Paris, France in 2024. The Olympics are being held 26th July- 11th August and the Paralympics will be 28th August – 8th September. For more information on the Games, use the links below.

The Paris Olympic Games 2024 - [Official website](#)

The Paris Paralympic Games 2024 - [Official website](#)



## Team GB

Follow the link below to school resources from Team GB in the lead up to the Games in Paris. Maybe you'll embark on a virtual journey with the 'Path to Paris' resource.

[Get Set | Resources](#)



## The Daily Mile

The Daily Mile is easy, free and fun to do! It is simple to implement and gets children out of the classroom for fifteen minutes every day run, wheel or walk at their own pace. It improves not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing making them fitter, healthier, and more able to concentrate in the classroom.

The Daily Mile - [Official website](#)

# Further Information & Resources



## Starting Blocs

Starting Blocs is a fun, exciting program to introduce children to the sport of athletics. Children will learn the key movement skills needed for a life in sport, in a safe and positive environment, through games that are designed to teach children the foundations of running, jumping, and throwing.

[www.startingblocs.co.uk](http://www.startingblocs.co.uk)



## Sportshall

Sportshall houses lots of resources around running your own Sportshall athletics competitions along with resources on the events included and how to deliver them.

[www.sportshall.org](http://www.sportshall.org)



WELSH ATHLETICS  
ATHLETAU CYMRU

## Welsh Athletics

Welsh Athletics is the governing body for Athletics in Wales. You can find up to date information about competitions, coach & teacher education opportunities and much more!

[www.welshathletics.org](http://www.welshathletics.org) | [www.welshathletics.org/en/events/coaching-courses](http://www.welshathletics.org/en/events/coaching-courses)



## parkrun

parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

[www.parkrun.org.uk](http://www.parkrun.org.uk)



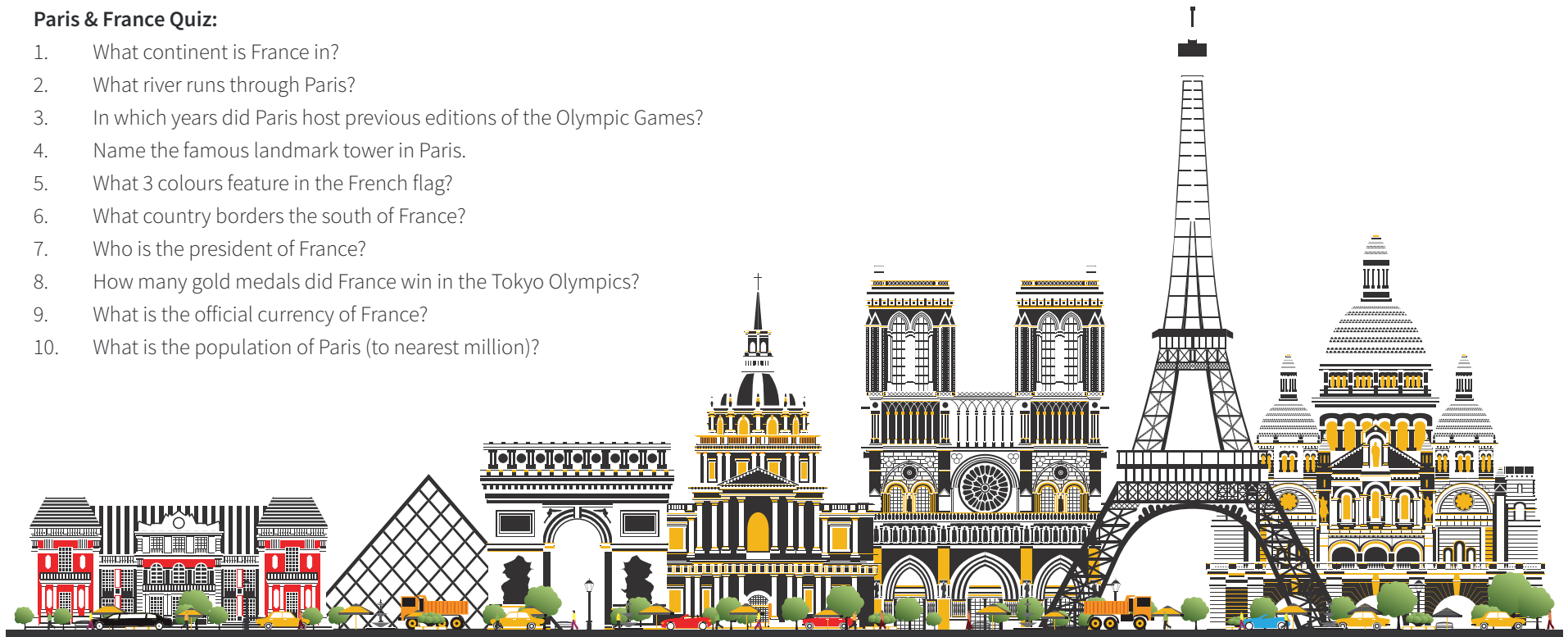
# Cross Curricular Resource

## About the Paris Olympics

The XXXIII Olympic Games will be held in Paris from 26 July - 11 August 2024 with the Paralympic Games following a few weeks later; 28th August-8th September. Here's a fun quiz to explore the host nation! The answers are included at the bottom of the page.

### Paris & France Quiz:

1. What continent is France in?
2. What river runs through Paris?
3. In which years did Paris host previous editions of the Olympic Games?
4. Name the famous landmark tower in Paris.
5. What 3 colours feature in the French flag?
6. What country borders the south of France?
7. Who is the president of France?
8. How many gold medals did France win in the Tokyo Olympics?
9. What is the official currency of France?
10. What is the population of Paris (to nearest million)?



Paris & France Quiz Answers:  
1. Europe 2. Seine 3. 1900 & 1924 4. Eiffel Tower 5. Red, white & blue 6. Spain 7. Emmanuel Macron 8. 10 9. Euro 10. 2 million

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

Help Blocky to match the correct flag to the competing European country.

This can be an individual or group task. Use the list of countries to guide you. You can support your learning by using an online resource, atlas or map.



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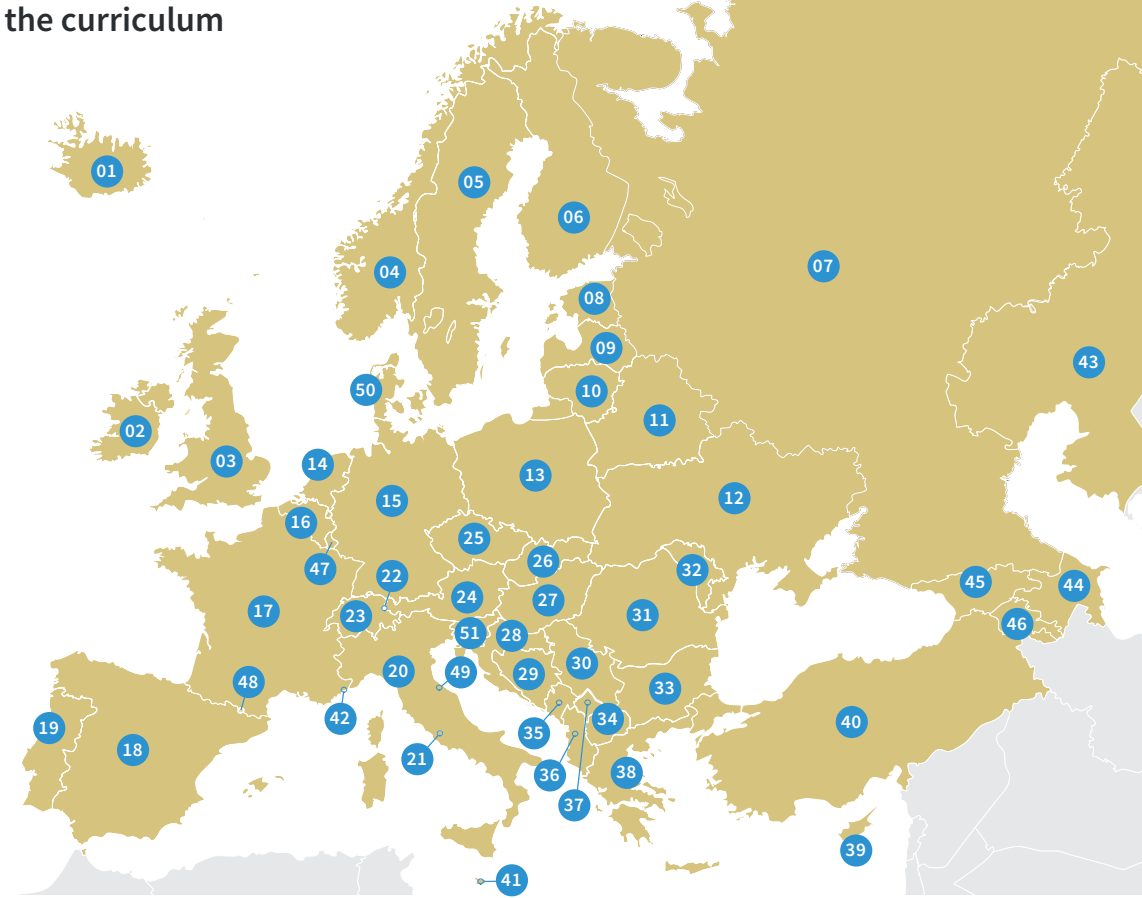
**Answers:** United Kingdom, France, Iceland, Spain, Armenia, Turkey, Germany, Austria, Belarus, Slovakia, Russia, Bulgaria, Cyprus, Macedonia, Denmark, Estonia, Albania, Finland, Greece, Malta, Georgia, Poland, Kosovo, Hungary, Serbia, Ireland, Monaco, Sweden, Italy, Kazakhstan, Vatican City, Azerbaijan, Croatia, Latvia, Belgium, Luxembourg, Slovenia, Moldova, Andorra, Bosnia & Herzegovina, Netherlands, Norway, Hungary, Serbia, Ireland, Monaco, Sweden, Italy, Kazakhstan, Vatican City, Azerbaijan, Croatia, Latvia, Belgium, Luxembourg, Slovenia, Moldova, Andorra, Bosnia & Herzegovina, Netherlands, Norway, Georgia, Poland, Kosovo, Hungary, Serbia, Ireland, Monaco, Sweden, Italy, Kazakhstan, Vatican City, Azerbaijan, Croatia, Latvia, Belgium, Luxembourg, Slovenia, Moldova, Andorra, Bosnia & Herzegovina, Netherlands, Norway.

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

Now match the country to the number on the European map.

- |                                         |                                       |                                               |
|-----------------------------------------|---------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> United Kingdom | <input type="checkbox"/> Finland      | <input type="checkbox"/> Moldova              |
| <input type="checkbox"/> France         | <input type="checkbox"/> Greece       | <input type="checkbox"/> Andorra              |
| <input type="checkbox"/> Iceland        | <input type="checkbox"/> Malta        | <input type="checkbox"/> Bosnia & Herzegovina |
| <input type="checkbox"/> Spain          | <input type="checkbox"/> Hungary      | <input type="checkbox"/> Netherlands          |
| <input type="checkbox"/> Armenia        | <input type="checkbox"/> Serbia       | <input type="checkbox"/> Norway               |
| <input type="checkbox"/> Turkey         | <input type="checkbox"/> Ireland      | <input type="checkbox"/> Georgia              |
| <input type="checkbox"/> Germany        | <input type="checkbox"/> Monaco       | <input type="checkbox"/> Poland               |
| <input type="checkbox"/> Austria        | <input type="checkbox"/> Sweden       | <input type="checkbox"/> Kosovo               |
| <input type="checkbox"/> Belarus        | <input type="checkbox"/> Italy        | <input type="checkbox"/> Portugal             |
| <input type="checkbox"/> Slovakia       | <input type="checkbox"/> Kazakhstan   | <input type="checkbox"/> Czech Republic       |
| <input type="checkbox"/> Russia         | <input type="checkbox"/> Vatican City | <input type="checkbox"/> Liechtenstein        |
| <input type="checkbox"/> Bulgaria       | <input type="checkbox"/> Azerbaijan   | <input type="checkbox"/> Romania              |
| <input type="checkbox"/> Cyprus         | <input type="checkbox"/> Croatia      | <input type="checkbox"/> Lithuania            |
| <input type="checkbox"/> Macedonia      | <input type="checkbox"/> Latvia       | <input type="checkbox"/> San Marino           |
| <input type="checkbox"/> Denmark        | <input type="checkbox"/> Belgium      | <input type="checkbox"/> Ukraine              |
| <input type="checkbox"/> Estonia        | <input type="checkbox"/> Luxembourg   | <input type="checkbox"/> Switzerland          |
| <input type="checkbox"/> Albania        | <input type="checkbox"/> Slovenia     | <input type="checkbox"/> Montenegro           |



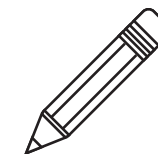
**Answers:** 03 United Kingdom, 17 France, 18 Spain, 40 Turkey, 15 Germany, 24 Austria, 11 Belarus, 26 Slovakia, 07 Russia, 33 Bulgaria, 39 Cyprus, 34 Macedonia, 50 Denmark, 08 Estonia, 36 Albania, 38 Greece, 41 Malta, 27 Hungary, 30 Serbia, 02 Ireland, 42 Monaco, 05 Sweden, 20 Italy, 43 Kazakhstan, 21 Vatican City, 44 Azerbaijan, 28 Croatia, 09 Latvia, 16 Belgium, 47 Luxembourg, 51 Slovenia, 32 Moldova, 48 Andorra, 29 Bosnia & Herzegovina, 14 Netherlands, 19 Portugal, 25 Czech Republic, 22 Liechtenstein, 31 Romania, 10 Lithuania, 49 San Marino, 12 Ukraine, 23 Switzerland, 35 Montenegro.

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

Research facts about France and design a new flag for the country.

Design your own flag for France

A large, empty rectangular box with a thin black border, intended for students to draw their own flag for France. The box occupies most of the lower half of the page.

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

Use the clues to work out the name of the athlete and which track and field event these GB athletes compete in.

Here is a list of the events to help you...

**Track events:** 100m, 200m, 400m, 800m, 1500m, 3000m Steeplechase, 5000m, 10,000m, 110/100m hurdles, 400m hurdles.

**Field events:** Long Jump, High Jump, Triple Jump, Pole Vault, Discus, Shot Put, Javelin, Hammer Throw, Club Throw.

**Multi events:** Decathlon, Heptathlon.



He won a gold paralympic medal for his event in Tokyo. He competes in the F63 category. The implement he throws weighs 6kg- that's equal to roughly 6 pineapples!

**Who is the mystery athlete and what is their event?**



She won a gold medal in her event in the 2016 Rio paralympics, and a bronze in Tokyo 2021. She has a personal best of 44.73m

**Who is the mystery athlete and what is their event?**



She took 1 minute 55.88 seconds to break the British record and win a silver medal at the Tokyo Olympics.

**Who is the mystery athlete and what is their event?**



He took 3 minutes 29.05 seconds to win a bronze medal at the Tokyo Olympics. His event covers 3 and 3 quarter laps of the 400m track.

**Who is the mystery athlete and what is their event?**

**Answers:** 1. Aled Davies / F63 shotput 2. Hollie Arnold / F46 Javelin 3. Keeley Hodgkinson / 800m 4. Josh Kerr / 1500m

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

Use the clues to work out the name of the athlete and which track and field event these GB athletes compete in.

Here is a list of the events to help you...

**Track events:** 100m, 200m, 400m, 800m, 1500m, 3000m Steeplechase, 5000m, 10,000m, 110/100m hurdles, 400m hurdles.

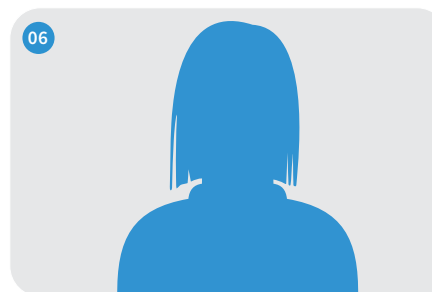
**Field events:** Long Jump, High Jump, Triple Jump, Pole Vault, Discus, Shot Put, Javelin, Hammer Throw, Club Throw.

**Multi events:** Decathlon, Heptathlon.



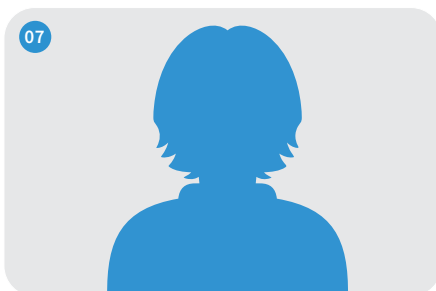
Her event requires the use of a long flexible stick! She reached 4.85m to win her bronze medal in the Tokyo Olympics.

**Who is the mystery athlete and what is their event?**



She won a silver medal in the Olympic final in Tokyo. She took 3 minutes 54.50 seconds to complete her event.

**Who is the mystery athlete and what is their event?**



She secured her 7th Paralympic gold medal in this event at Tokyo. Her distance covers 2 laps of the athletics track.

**Who is the mystery athlete and what is their event?**



He broke the paralympic record to win gold in his event in Tokyo. His throw reached 69.52m

**Who is the mystery athlete and what is their event?**

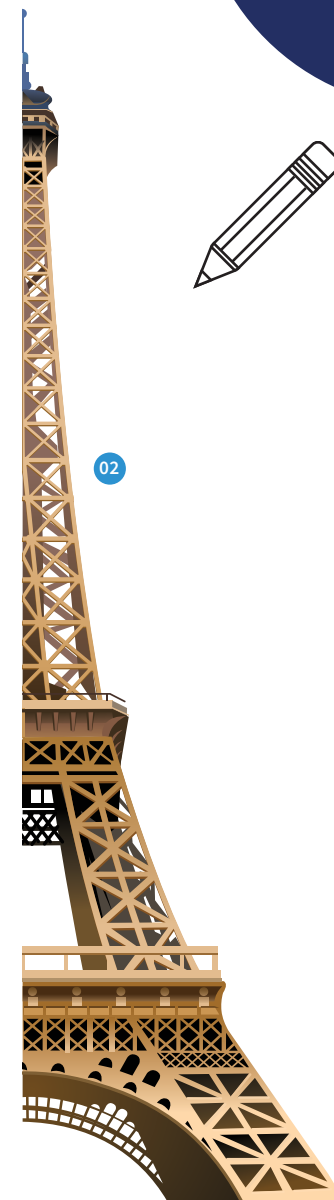
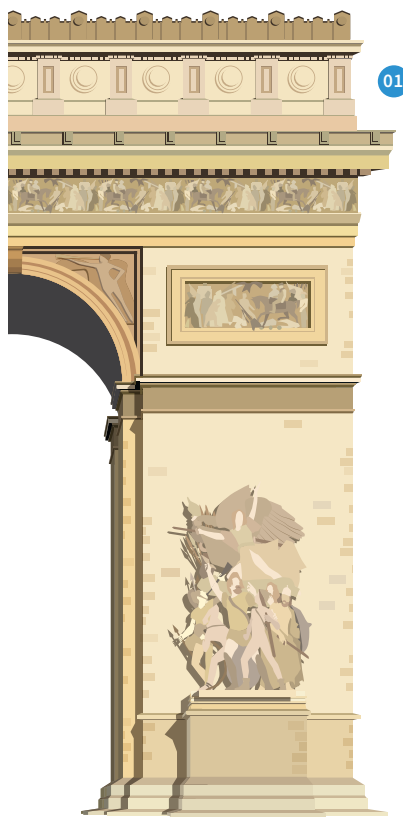
**Answers:** 5. Holly Bradshaw / Pole vault 6. Laura Muir / 1500m 7. Hannah Cockroft / T34 800m 8. Dan Pembroke / F13 Javelin

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

Finish the pictures.

Half of the Eiffel Tower and half the Arc De Triumph are missing! Complete the pictures. Keep it real or be creative!



# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

**Medal Count!** Use the results below to work out who received the gold (1st), silver (2nd) and bronze (3rd) medals at the 2021 Tokyo Olympics.

### Men's 100m Final

Name	Country	Time
Fred KERLEY	USA	9.84
Lamont Marcell JACOBS	Italy	9.80
Bingtian SU	China	9.98
Andre de GRASSE	Canada	9.89
Akani SIMBINE	South Africa	9.93
Enoch ADEGOKE	Nigeria	DNF
Ronnie BAKER	USA	9.95
Zharnel HUGHES	Great Britain	DQ

### Women's long jump T11

Name	Country	Distance
Asila Mirzayorova	Brazil	4.91
Viktoria Karlsson	Sweden	4.55
Lorena Salvatini Spoladore	Brazil	4.77
Lahja Ishitile	Namibia	4.52
Yuliia Pavlenko	Ukraine	4.86
Janjira Panyatib	Thailand	4.32
Chiaki Takada	Japan	4.74
Silvania Costa de Oliveira	Brazil	5.00

### Women's 100m Final

Name	Country	Time
Marie-Josée TA LOU	CIV	10.91
Shelly-Ann FRASER-PRYCE	Jamaica	10.74
Teahna DANIELS	USA	11.02
Mujinga KAMBUNDJI	Switzerland	10.99
Elaine THOMPSON-HERAH	Jamaica	10.61
Daryll NEITA	Great Britain	11.12
Ajla del PONTE	Switzerland	10.97
Shericka JACKSON	Jamaica	10.76

### Men's Discus throw F64

Name	Country	Distance
Dan Greaves	Great Britain	53.56
David Blair	USA	53.18
Egert Joesaar	Estonia	44.07
Ivan Katanusic	Croatia	55.06
Jeremy Campbell	USA	60.22

**Answers: Men's 100m Final:** Gold: Lamont Marcell Jacobs / Silver: Fred Kerley / Bronze: Andre de Grasse  
**Women's 100m Final:** Gold: Elaine Thompson-Herah / Silver: Shelly-Ann Fraser-Pryce / Bronze: Shericka Jackson  
**Women's long jump T11:** Gold: Silvania Costa de Oliveira / Silver: Asila Mirzayorova / Bronze: Yuliia Pavlenko  
**Men's Discus throw F64:** Gold: Jeremy Campbell / Silver: Ivan Katanusic / Bronze: Dan Greaves



# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

### Country Profile

British athletes will compete together in Paris as part of the Great Britain & Northern Ireland team.

At the Olympics, athletes will represent countries from around the world. Choose a country or countries to research and complete a fact file (example below).

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact
GB & NI	66 million	London	Pounds	Dina Asher-Smith, Melissa Courtney	London hosted the Olympics in 2012!

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

# Cross Curricular Resource

## Incorporating the Paris Olympic & Paralympic Games into the curriculum

### True or False

1. It is unlucky to turn a baguette upside down in France.
2. France is the smallest country in Europe.
3. Paris has 37 bridges.
4. France is sometimes called the hexagon.
5. The popular museum is called the Mouvre.

### French language

Can you add any words to the table below?

English	Welsh	French
Hello	Helo	Bonjour
Goodbye	Hwyl	Au revoir
Thank you	Diolch	Merci
Sorry	Ddrwg gen i	pardon
My name is	Fy enw i yw	Je m'appelle

English	Welsh	French

Answers: 1=True 2=False 3=True 4=True 5=False



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