

# TRAIN TO WIN: EXERCISE CHALLENGE

**NAME:** .....

**Find out if your performance improves in line jumping over a week.**



Write down how many jumps you did in one minute each day. Mark these results on the graph below.

<b>DAY AND DATE</b>					
<b>NUMBER OF JUMPS</b>					

## Number of Jumps

150					
140					
130					
120					
110					
100					
90					
80					
70					
60					
50					
40					
30					
20					
10					
0					

Day 1

Day 2

Day 3

Day 4

Day 5

**Day**

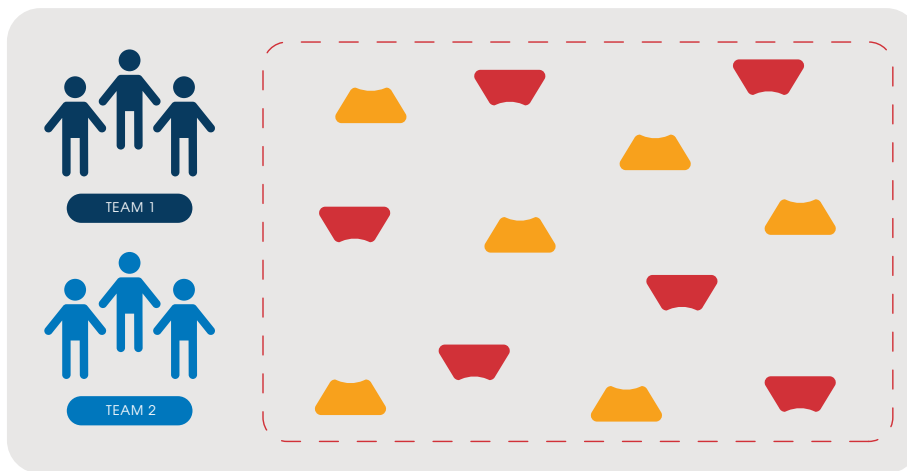
# DOMES AND DISHES

## ACTIVITY GUIDE

Use the Domes and Dishes activity to explore the Olympic Value of respect in play.

### EQUIPMENT

Approx. 20–30 marker cones



## HOW TO PLAY

1. In a coned area distribute flat marker cones. Place half on their bases (domes) and half inverted (dishes).
2. Split the group into two teams (using a fair/random method to reiterate equality).
3. The aim of the game is for both teams to compete to turn the cones to their shape. The domes team must make all cones into the dome shape. The dishes team must make all cones into dishes. Give the group 30–60 seconds to play.
4. After the time, count how many dishes and how many domes to find the winning team. Recap on the game with the group: was the game fun, fair and what opportunities were there of showing respect?
5. Repeat the game incorporating one or more of the 'respect rules' on page two. Ensure you recap after each game. How did the new rule affect the game?

## RESPECT RULES

1. Teams stand in a line face to face with the other team. Before anyone can start touching the cones, all team members must shake hands with the other team member opposite them.
2. After the whistle has been blown for time up, all team members must shake hands with the opposing team.
3. All make an orderly cue behind the start line. Once the whistle blows, each young person must run into the coned area one behind the other, shake the umpires' hand and then start changing cones.
4. All young people must walk around the coned area. They are not allowed to bump into other players.
5. Only one player from each team can enter the playing area at any one time. Each player must 'tag in' a team mate after turning over five cones. Players should high five their teammate to tag them in and cheer to support their team mates.

## EXTENSION

Ask the group to come up with their own instruction/rule that highlights respect.

# Play Boccia



ParalympicsGB celebrate winning bronze in the Mixed Team Boccia at the London 2012 Paralympic Games

## How to play the game

- The game is played indoors on a court similar in size to a badminton court.
- Each player sits on a chair in a 1m x 2.5m 'box' and this is where they throw the ball from.
- Each player has six balls of their chosen colour (usually blue and red).
- You can either play as individuals or in teams, as long as every player has a coloured ball and is seated when their ball is launched.
- To start the game, one person throws the jack into the playing area, then each side takes turns to propel their ball towards the jack.
- The ball can be rolled, thrown, kicked, bounced or even hurled using your hands or feet with the aim of getting closest to the 'jack' ball. For the severely disabled, you can get a ramp to roll the ball down.
- At the end of each round, you measure the distance of the balls closest to the jack, and award points accordingly.
- You play four rounds in total.

## The scoring system

- One point is awarded for each ball which is closer to the jack than the opponent's closest ball.
- The team/player with the highest number of points at the end of the round is the winner.

## What will you need?

- **One small white ball** (the jack).
- **Twelve larger coloured balls** or bean bags, e.g. six red balls and six blue balls.
- **Chairs.**
- **Cones** or tape to mark out the players' box and the court.
- **A ramp** for severely impaired students who cannot roll, kick or throw a ball or beanbag.
- **A tape measure** may be required to measure the distance between the coloured balls and the jack to determine the winner.

# Boccia Activity Card

## Play the game

Boccia is a game of immense skill, judgement and concentration. It can be won or lost on the smallest of measurements. It is a test of your muscle control and accuracy, as well as demanding extreme skill and concentration to the highest level. Before playing a new game, it is important to learn some new skills. Try out the activity below or you could even invent your own.

## Zone challenge

This game will develop your aim, teamwork, tactics and numeracy skills. To play the game:

- divide into equal teams of two or three players
- using cones, set up an area with different zones and give each zone a different points value
- each player sits at the throw line with two Boccia balls
- every player on the first team take turns to throw their balls and to tally up their points
- the next team then throw their balls to try to beat the other team's total score
- balls that land on the line are given the highest score.

## Game time

Divide up into two equal teams, set up your playing area then start playing Boccia.

## Try officiating...

**Referee a game:** umpire a game by keeping score, measuring the distances and ensuring fair play throughout.

## Try leading...

**Nominate a team captain:** their role is to decide which player should throw next on their team and implement any tactics or strategies.

**Lead a session:** can you create a new activity or adapt the game of Boccia for others to take part in?

**Competition time:** try and organise your own Boccia competition in school or include it as part of a sports festival.

## Club time

- Set up your own club.
- You can help make Boccia happen in your local community by encouraging your friends to try it or by organising an inclusive Boccia event.



Peter and Stephen Mcguire of Great Britain compete during the Mixed Pairs Boccia at the London 2012 Paralympic Games

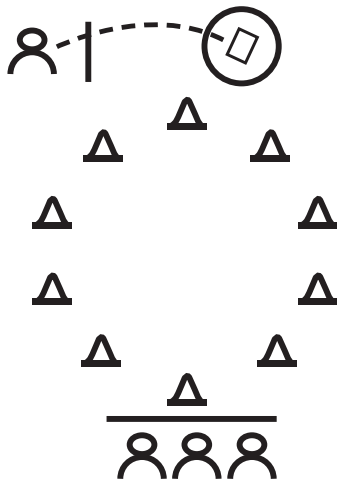
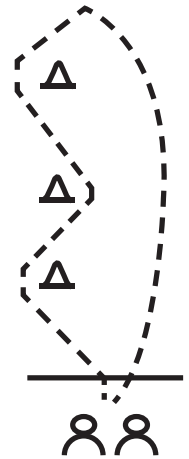
# Winter Sports Challenge

Teams compete in each of these seven events. As they play, look out for individuals who are demonstrating the Olympic Values and Paralympic Values and award additional points.

## 1. Alpine Skiing

- As a whole team, pupils put their hands on the backs of each other's shoulders.
- Each team must move through a zig-zagging slalom course (use cones or similar) and must stay connected.
- If the team comes apart, they have to return to the spot where they came apart, reconnect and continue.

**Scoring:** Either the fastest team through the course gets five points, or give one point for every time the team completes the course in a set time period.



## 2. Biathlon

- This is a relay event where one person from each team runs around the oval (10 cones) to the shooting range.
- They lie on their stomach and throw three bean bags at a hula hoop.
- They run back to the start line and tag the next runner.

**Scoring:** Give one point for every bean bag that lands in the hula hoop and add these onto the team score.

## 3. Bobsleigh

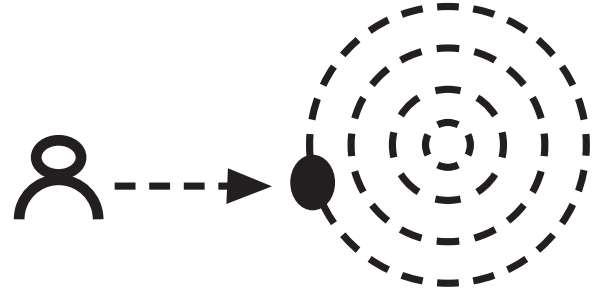
- In teams of three.
- They sit on the floor and hook their legs around their team mate's waist in front of them.
- They all shuffle out around a cone and back, tagging the next group to go.
- Continue to compete in this relay for a fixed amount of time.



**Scoring:** Award one point for every time a group of three gets around the cone and back.

## 4. Curling / Wheelchair Curling:

- Take it in turns to roll a ball or throw a frisbee towards a target zone.
- Each team member has three shots.
- The aim is to get the ball or frisbee as close to the centre of the rings as possible.
- Use tape or paper as a target zone on the ground.
- Add all the scores together for a team total.

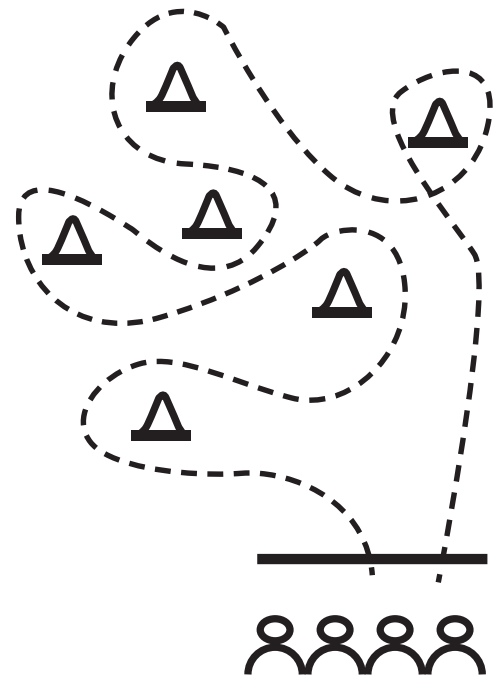


**Scoring:** Award different points per ring, e.g. one point for the outer ring, two points for an inner ring, and three points for the centre.

## 5. Freestyle Skiing:

**In freestyle skiing there are many flips, turns, jumps and acrobatics.**

- The aim of this event is for teams to complete the course as many times as possible in a set time period.
- Set up a course using soft objects to jump over, under or around like cones, skipping ropes, mini-hurdles, bean bags or flags, etc.
- Teams line up at the start and one team member at a time completes the course.
- At each object they must either twist, jump, spin, jump over, under or around items. For example, pupils could do two-footed hops over a series of mini-hurdles or cones, hop back and forth over the length of a skipping rope, and then do their own freestyle jumps in the air at each cone.
- Once completed, they tag their next team mate to go.



**Scoring:** Award one point for every time a team member completes the course in a set time period and add these together for a team total.

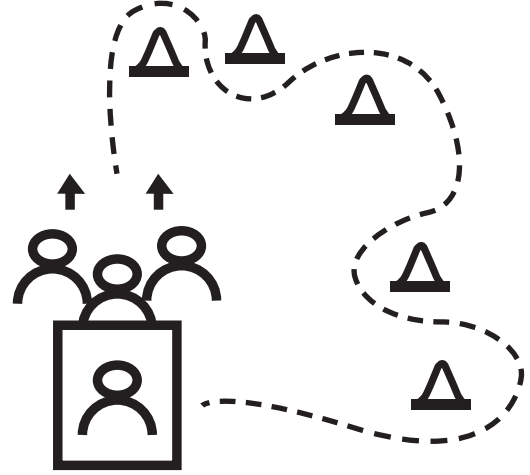
### Paralympic Values:

Determination, Inspiration,  
Courage and Equality

## 6. Luge:

- Lay out an old sheet with a gym mat in the middle.
- One pupil rides the 'luge' (the gym mat) by lying on their back with a rigid body position.
- The rest of the team hang onto their 'luge' at the corners of the sheet and pull it around the course (use cones).

**Scoring:** The team is awarded one point for every time they complete the course in a set period of time.



## 7. Ski Jumping:

- Teams line up at the start line and the first person in line completes a standing long jump.
- The next person in line jumps from where the last person ended their jump.
- The team gets fourteen jumps between them in total.

**Scoring:** Mark the total distance that the team has achieved. Set out a line of cones and award points for each cone they reach. This will then give a team total.

