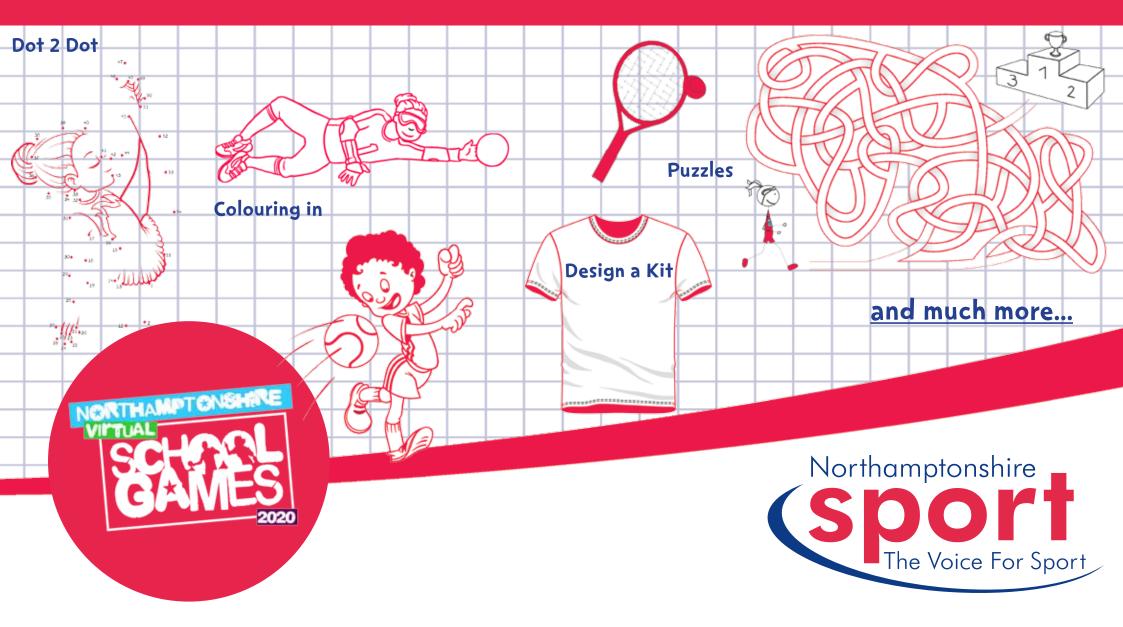
VINTUAL SCHOOL GAMES 2020 CNOSS CUNNCULAN WONKSHEETS



One of 43 Active Partnerships across England, Northamptonshire Sport is partnership of local and national organisations Working together to get people in Northamptonshire More Active, More Often. The Northamptonshire Sport Core Team is hosted by Northamptonshire County Council and its activities are funded through Sport England Lottery grant and by local and national partners.

Northamptonshire Sport is committed to ensuring that sport, physical activity and recreation across Northamptonshire is both safe and inclusive

School Sport Partnerships work with Schools to enhance the quality and range of sporting opportunities for young people. Through the network of School Sport Managers, support is provided to enhance delivery of the PE curriculum, increase Out of School Hours Learning and develop Intra-School and Inter-School Competition. There is also a strong partnership approach to developing young volunteers and coaches of the future.

> In Northamptonshire there are five School Sport Partnerships: Corby, Oundle & Thrapston, Kettering, Northampton, South Northants & Daventry and Wellingborough & East Northants.







KEY TEPMS

- Live ball ball is live until hits floor or wall.
- **Blocking** player may block the ball with another ball
- **Stalling** wasting time if a team have 2 or 3 balls are on their side of the court
- Multiple plays when the same ball rebounds off a team mate and hits another player or the same ball hit a team mate and another player catches it (getting the catcher out.)
- **Catches** if a live ball is caught, the player who threw the ball is out.
- Line violation going out of a court area during play- without signalling to the umpire.
- Contested ball at the start of the game the middle ball can be grabbed by either team.

Why not colour in the players! - Blaze -

WHERE WAS DODGEBALL STAFTED?

The country where dodgeball started is unclear; with some evidence that different parts of the game were played originated in Africa, Ancient Greece and Asia.

Dodgeball was played in Africa over 200 years ago. The game from Africa was played much differently than the game we play today, as it was used to help train army for battles. In training games the soldiers had to dodge rocks to become agile in combat.

WHO INVENTED MODE IN DODGEBALL?

Dr James H. Carlisle redesigned the African game for his pupils at St. Mary's College in Norfolk. He wanted to train his pupils in agility and to be more ruthless. The pupils played dodgeball at school in preparation to enlisting in the army. The game developed at the school in 1884.

Official rules were created in 1905 and became popular in England in Schools in the 1920s.









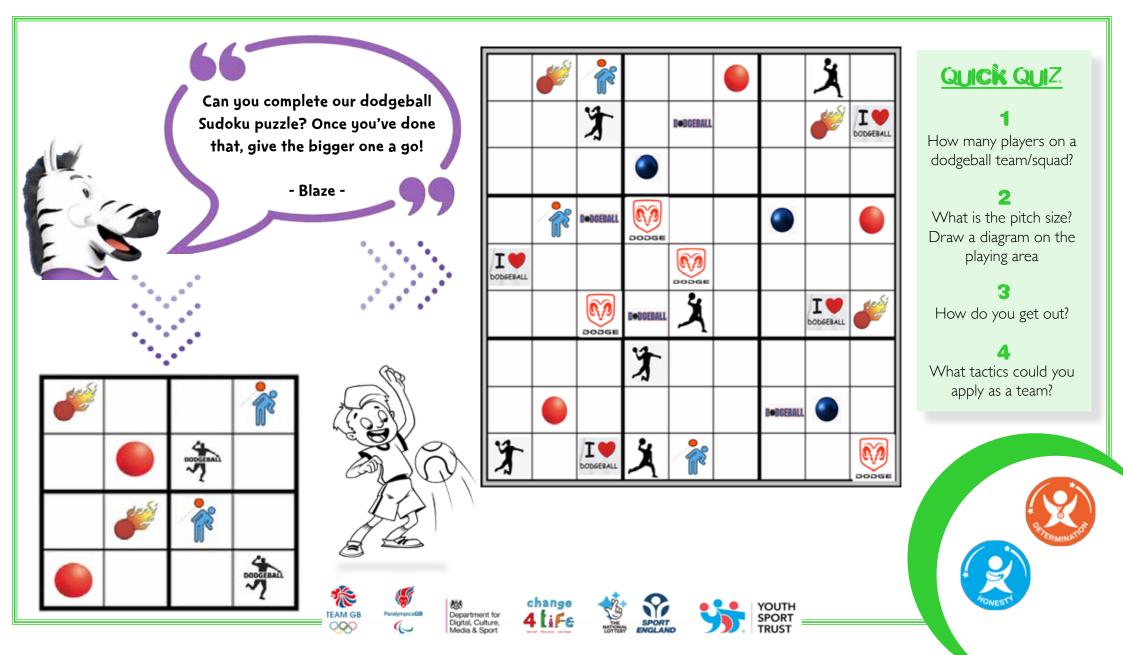






Cross Curricular Worksheets

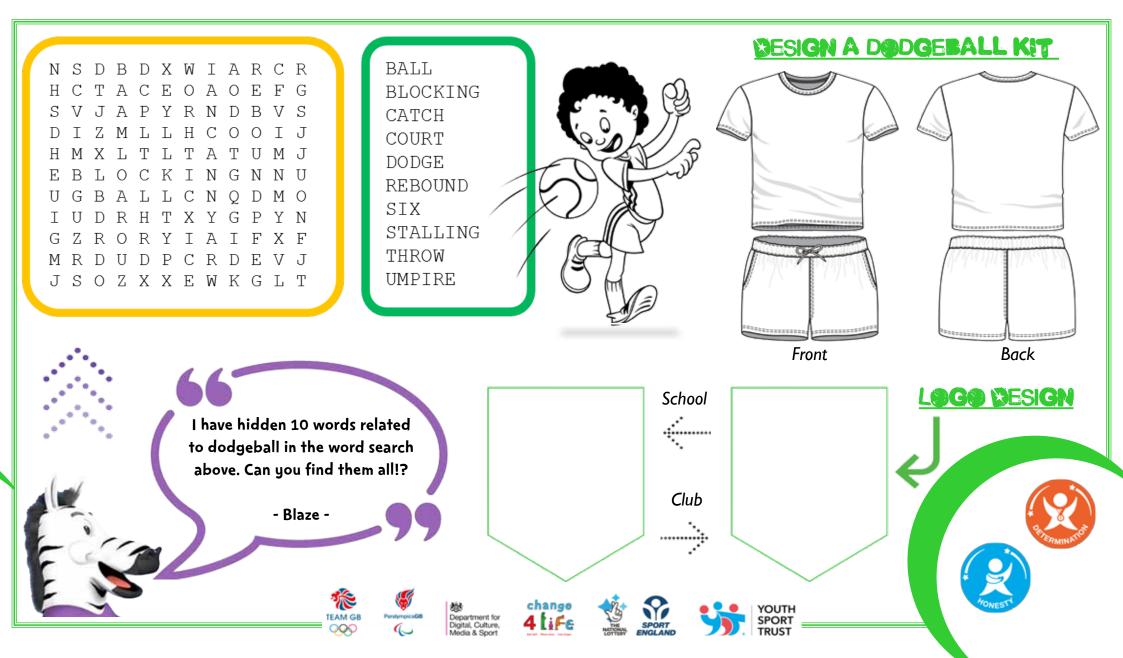














GYMMASTICS Cross Curricular Worksheets



<u>GYMNASTICS COMPETITIONS</u>

There are 4 types of Gymnastic competitions: **artistic**, **rhythmic**, **acrobatic** and **trampolining**. Artistic is given to the name of 'normal' Gymnastics

Teams for international artistic competitions are made up of 6 gymnasts. Females perform on the **floor**, **beam**, **uneven bars** and **vault**. Males perform on the **floor**, **pommel horse**, **rings**, **vault**, **parallel bars** and **horizontal bar**.

In the team competition each gymnast performs on every piece of equipment; the team with the highest points wins. In the individual competition (all-around), gymnasts compete in all areas; medals go to the top 3 for each apparatus as well as overall medals.

SCOVING IN GYMNASTICS

Gymnastic competitions scores are given by judges. For team and individual events each gymnast must include certain moves when competing on each piece of equipment.

4 Judges award points to each gymnast, for each event on a 0-to-10 scale, 10 being perfect. Judging is down to opinion but there are rules to make it fair. Gymnasts try to perform the most difficult routines in the most graceful way, without mistakes to get the highest points.



HISTOPY

Gymnastics was started in Ancient Greece to improve strength, agility and co-ordination. The Romans made gymnastics more formal to prepare soldiers for war.

Friedrich Ludwig Jahn from Germany was seen as the "father of modern Gymnastics." In the late 1700s Jahn developed the side bar, the horizontal bar, the parallel bars, the balance beam, and jumping events.

Then in the 1800s Guts Muth from Sweden made Gymnastics more graceful introducing rhythmic movement. Many clubs opened in England following the success elsewhere in Europe.

Gymnastics was included in the first modern Olympic Games in 1896, but just for men.The Olympic Gymnastics competition for women began later in 1936.



GYMMASTICS Cross Curricular Worksheets







GYMMASTICS Cross Curricular Worksheets









THE HISTORY OF ATHLETICS

Athletics was first founded in Ancient Greece.

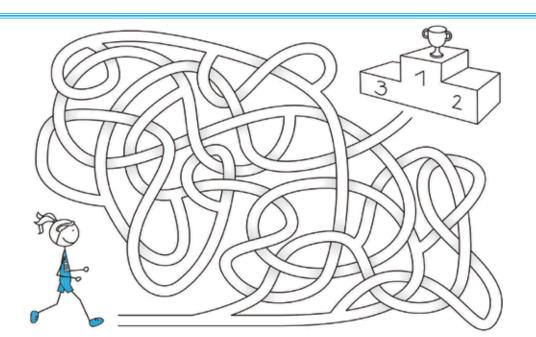
At the Ancient Greek Olympics the format was very similar to today. However, the running events were called 'stades', which involved sprinting from one end of the stadium to the other, which was about 190 metres. There also included two-stade races, 2 lengths of the stadium and longer-distance races of between seven and 24 stades.

The first Modern Olympic Games was held in Athens, in 1896. Athletes from all over the world competed and it was a huge success. The International Amateur Athletic Federation (IAAF) was later founded in 1912.

SCOPING IN ATHLETICS

Final places and therefore medals are determined on distances and times. In field events, it is the person who has; thrown the furthest in shot/discus/ javelin/hammer; jumped the furthest in long jump/triple jump; the highest jump in high jump/ pole vault; or quickest time in track events.

Athletes compete in qualifying rounds called heats to get through to semi finals and finals. Gold, silver and bronze medals are awarded for each event, presented on a winners podium



EVENTS

Can you lead the athlete to the winners podium to collect the trophy?

Athletics is made up of three main areas:

- 🔆 Track events- running on the track e.g. 100m
- 🔆 Field events- jumps e.g. long jump, and throws e.g. javelin
- Combined events- hepthalon for women and pentathlon for men.











THE HISTORY OF PARA - ATHLETICS

Sport for people with a disability has existed for over 100 years. But it was after World War 2 that formal competitions were created.

In 1944 Dr Ludwig Guttmann started a sports programme for people with spinal injuries. at Stoke Man-diville Hospital in Surrey. Sporting activities encouraged the rehabilitation of injured war veterans. In 1948 London hosted the Olympic Games; Dr Guttmann held an archery competition for wheelchair athletes.

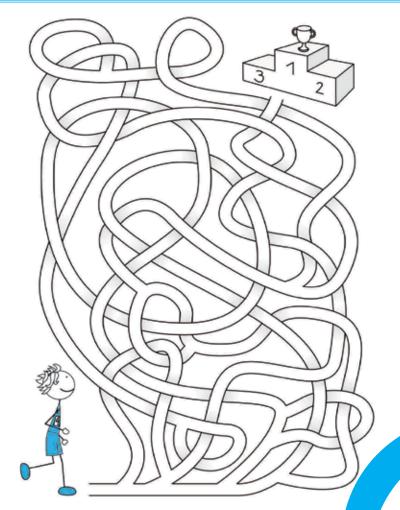
The first Paralympic Games were held in Rome, Italy along-side the 1960 Olympics. They are now held every 4 years parallel to the Olympics, hence the name Paralympics!

PAPA - ATHLETICS CLASSIFICATION

Athletes with a disability are given a classification so people with similar impairments compete against each other; this makes competition fairer.

The classification is linked to the athletics events– running, wheelchair racing, jumps and throws. Classifications involve numbers and letters. T- for track, F-for field. The number showing the level of disability or different areas of disability.

Athletes compete using different adaptive equipment e.g. specialist racing wheelchairs, guide runners and prosthetics (if there is an impairments to a limb.)



Can you lead the athlete to the winners podium to collect the trophy?











Jonnie Peacock- Mbe

- ★ T44 classification- Single below the knee amputation or an athlete who can walk with moderately reduced function in one or both legs.
- He won 100m gold medals at the last 2 Olympic games; London 2012 and Rio 2016.
- He was on Strictly Come Dancing, the first Paralympian to be on the programme.

PARA - ATHLETE PROFILES



HANNAH COCKPOFT- MBE aka Hurricane Hannah

- T34 classification- athletes with cerebral palsy who use a wheelchair.
- She holds the world records for the 100 metres, 200 metres, 400 metres, 800 metres and 1500 metres in her classification
- Won 3 gold medals at the Rio Olympics in 2016.









<u>TASk</u>

•	Dame Tanni Grey-Thompson	
•	David Weir	
•	Libby Clegg	
•	Stef Reid	
•	Rachel Williamson	
•	David Henson	

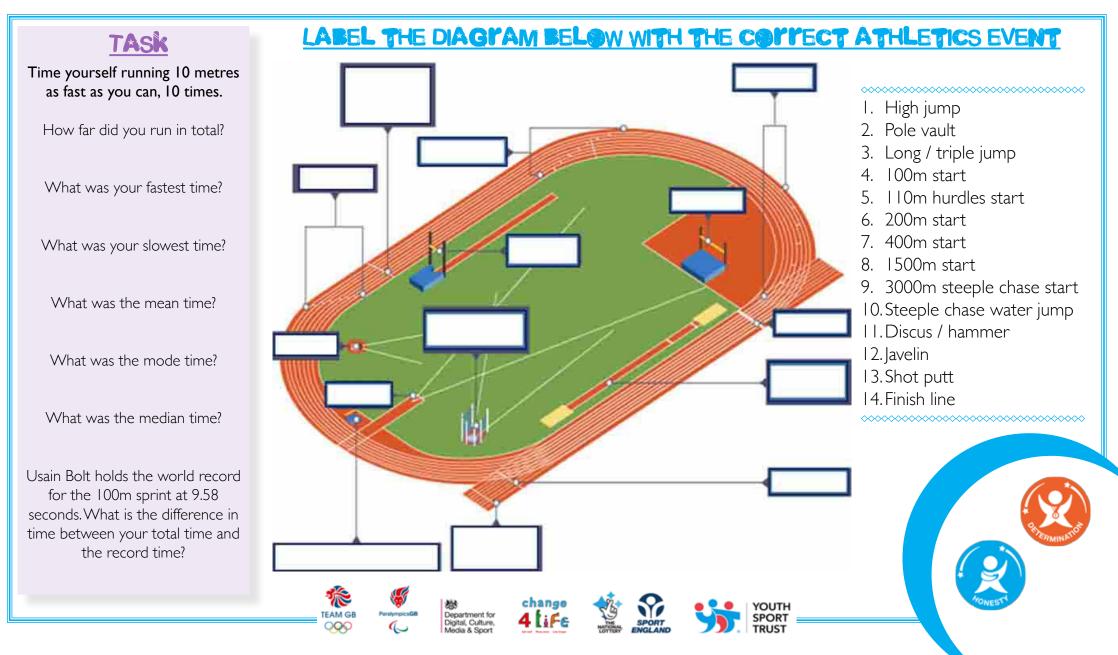
Research the para-athletes above, what are they

famous for?

- Blaze -











Bøccia Boccia can be played in Singles, in Pairs or in Why not colour Teams of three in the boccia and goalball players • It is played on a specially marked court - Blaze indoors that is 12.5m x 6m. Players throw, roll, kick or send down a ramp towards the target ball called the lack. • The aim of the game is to land as close as possible to the lack. • There is a blue team and a red team determined by a coin toss. Each team has 6 balls each. The game begins with a red player throwing the lack onto the court; then follow up with their coloured ball. The blue team rolls next. From there on the player with the ball furthest from the lack rolls, until 0 all balls are thrown. Players can knock balls out of the way in order to become closest. They can also push their own ball in closer to the lack.

QUICK QUIZ

1

Can you work out how many possible scores there can be in a game of Boccia, each end. E.g. Blue 4– Red 0

2

What tactics could you employ to win a game of Boccia?

3

What is the score for this end of Boccia?



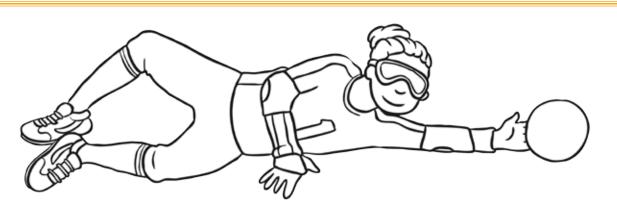






GØÅLBÅLL

- Goalball is a game played using a ball with a bell in it.
- Players are blindfolded to ensure that every player cannot see.
- There are 3 players on a team. Players are staggered into positions to stop colliding.
- The aim is to roll the ball passed the opposition to score in the large goal, which is the width of the court.
- The ball must be rolled or bounced along the floor.
- Players 'lay out' by sliding onto their hips to stop the ball passing them.
- Players must stay on their half of the court, not going into their opponents area.
- Teams must roll the back over the centre line within 10 seconds.
- Players, coaches and spectators have to be respectfully quiet. They may not deliberately make noise that stops players hearing the ball.
- I point is awarded for every goal scored.



QUICK TASK

Goalball players rely on their hearing in order to know where the ball is.

Task I: With a blindfold on, can you identify sounds made by another person or object.

Task 2: With your blindfold on, listen to instructions given by an-other person and navigate your way around your house or room! Once you have completed the route, swap over.!

Task 3: Stand in the middle of a space. Another person tip toes into a place near to you and claps. Turn in the position of the sound and clap. Repeat in different locations

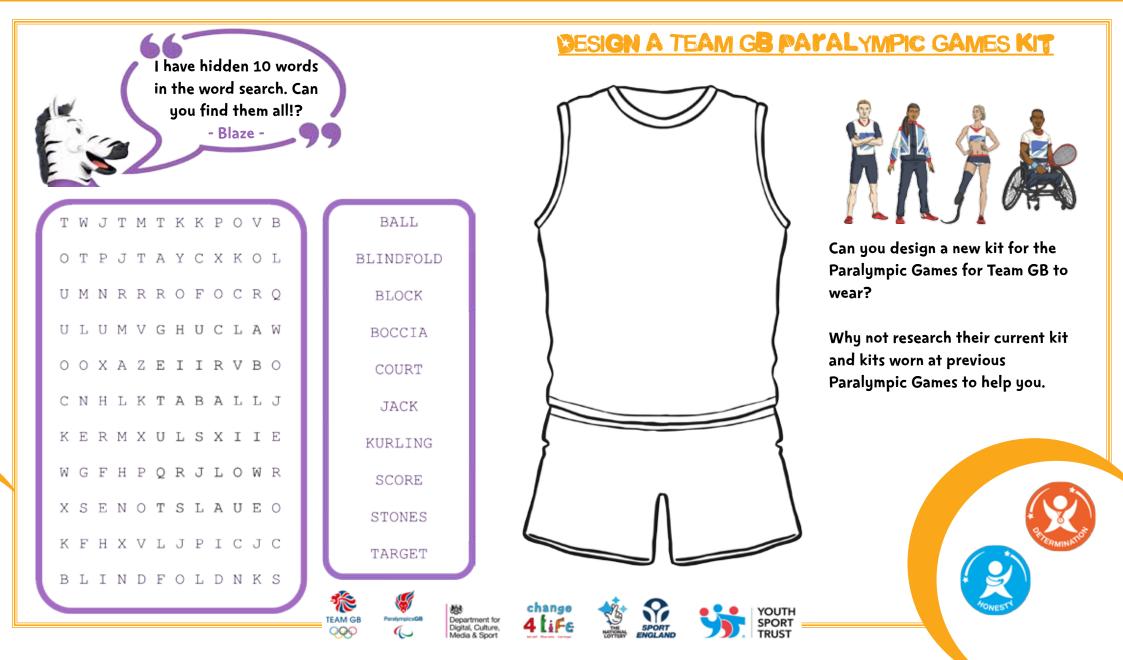


















THE HISTOPY OF CLICKET

Cricket is thought to have been invented during Saxon or Norman times by children living in the Weald, an area of dense woodlands and clearings in south-east England. Cricket may have been adapted from bowls, with a batsman trying to stop the ball from reaching its target by hitting it away.

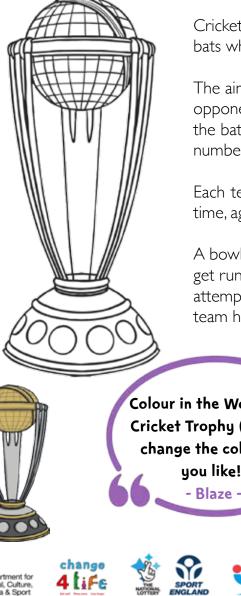
There are documents that show cricket being played by adults in 1611. Village cricket developed by the middle of the 17th century. The first known game in which the teams use county names is in 1709.

In 1744, the first Laws of Cricket were written by the Star and Garter Club, who went on to form Marylebone Cricket Club at Lords in 1787.

Women's Cricket dates back to the 1745, the first recorded match was played in Surrey.

The first ever international cricket played in 1844 between America and Canada. Canada won the match. The Ashes competition between England and Australia was officially created in 1877. Teams compete for a tiny urn trophy containing ashes, from the first set of bails.

A shorter game of cricket, Twenty20, was created in 2003.



HOW TO PLAY CPICKET

Cricket is a game that is played between two teams; one team bats whilst the other team fields. Then they swap over.

The aim of the game is for teams to score more than the opponent when batting. Whilst fielding the team attempt to stop the batters from scoring runs and get them out with the fewest number of runs scored.

Each team has 11 players. There are 2 batters on the field at a time, against all 11 of the opposition's fielding team.

A bowler bowls the ball at a batter, who then attempt to hit it to get runs for their team. The batter and his batting partner attempt to run between the 2 sets of wickets while the fielding team have to get the ball back and stop them running.

Colour in the World Cup Cricket Trophy (you can change the colours if you like!)















COMPLETE THE CLICKET Crossword Puzzle! Across 2 3. The term for 6 balls bowled in a row. 3 4. The ridge of stitching that holds the two halves of a ball together 5. One of the upright posts of a wicket. 7. The name of wooden pieces on top of the wickets. 8. The name of the outside of the oval pitch. 4 11. The player who sends the ball to the batsman. 5 13. A century (100 runs by a single batsman in one innings) 15. The name of the officials in cricket. 6 16. The term for 100 runs scored. 17. The name given to a point in Cricket. 10 9 18. The score when the ball is hit over the boundary without bouncing. 11 12 Down 1. A batman is out by being stumped before reaching the crease while running. 13 14 2. Equipment worn on a batsman's head. 15 16 4. The way a ball rotates to make it bounce at an angle 6. The score when the ball is hit over the boundary on the ground. 7. A run scored when the batsman does not touch the ball with either his bat or body 17 8. A short-pitched ball which passes the batsman at chest or head height 9. The umpire calls the player out for hitting the batsman's pad. 10. The name of the player positioned next to the wicket keeper 12. The name of a session of play. 18 change YOUTH TEAM GE Department for Digital, Culture

Media & Spor







FOOTBALL HISTOPY

There is evidence of football being played in ancient Greece, by ancient Egyptians and the Romans.

Mob football was played in local villages with up to 100 players. It was very hard to distinguish the different teams. It was a very unorganised, with few rules and also a very violent game.

In 1854 the first football club was formed in Sheffield. The game became more organised with standardised rules in 1863, when the English Football Association was formed. The first official international match took place in 1872 in Glasgow, between Scotland and England.

Football was played on Christmas Day during World War 2. Soldiers from Britain and Germany fighting against each other on the Western Front declared a truce. They stopped fighting, put down their weapons and played a game.

Balls were originally made from a pig's bladder which was blown up like a balloon. The discovery of Indian rubber in the 1860s made the ball spherical in shape. Football was the starting point for other sports such as Rugby, when William Webb Ellis picked up the ball and started to run with it.

Did you know that many football teams have nicknames? These names are generally linked to their local area. E.g. Northampton Town are known as the 'Cobblers' for the town has a history of making shoes!

FOOTBALL SPOT THE DIFFEYENCE









CAN YOU MATCH THE MASCOTS TO THEIP TEAMS?



🙈 - Gunnersaurus Rex



📙 - Clarence The Dragon



C - Mighty Red



迄 – Fred The Red



E - Moonchester

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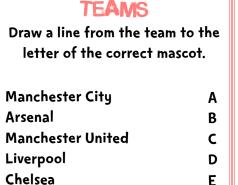
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투 - Stamford The Lion





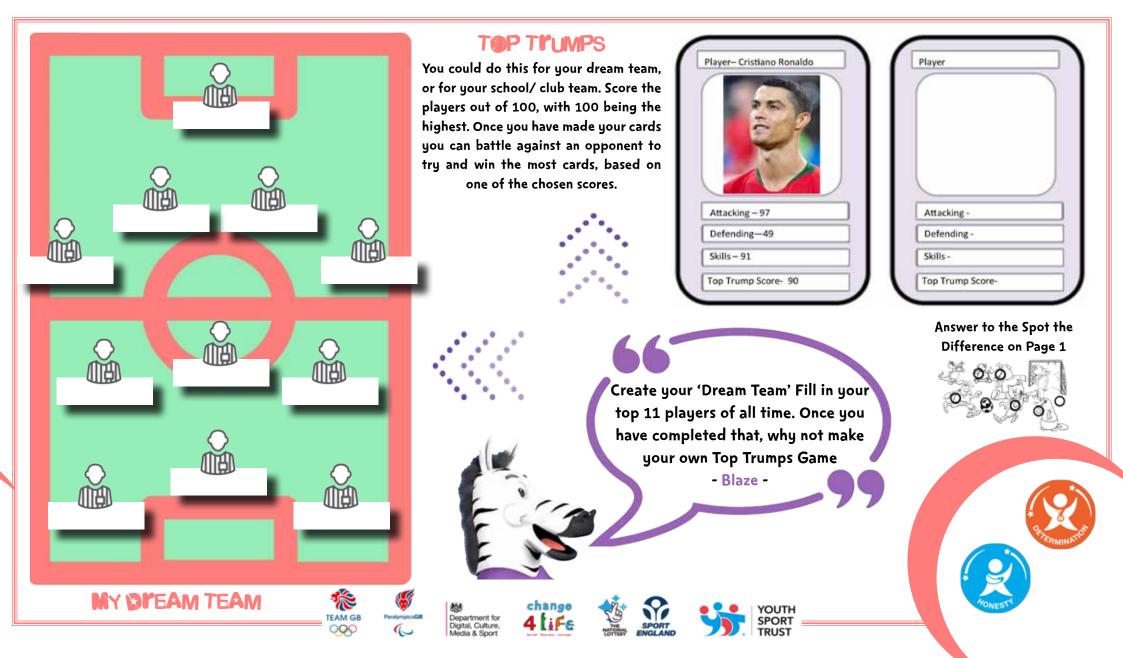
Northampton Town













BASKETBALL **Cross Curricular Worksheets**

YOUTH

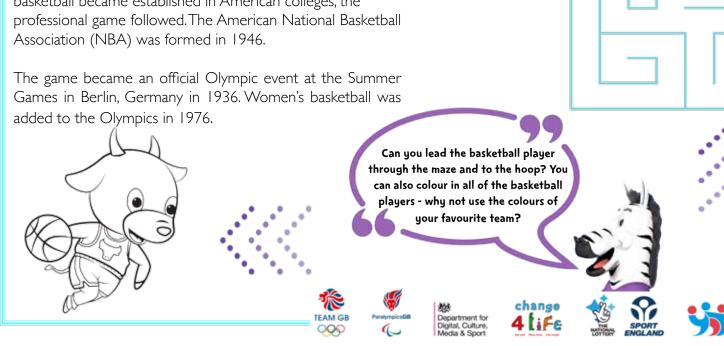


BASKETBALL HISTOPY

Basketball was created Dr James Naismith in 1891, in America. Naismith, a Physical Education Teacher was asked to create an indoor game for energetic students, which was less physical than American Football.

The very first game was played with a football and two peach baskets nailed 10 foot high. Originally, the baskets did not have the bottom removed and required a pole to push the ball out each time a team scored.

Basketball became increasingly popular in the 20th century, first in America and then in other parts of the world. After basketball became established in American colleges, the









DENTIFY THE TEAM NAME Memphis Milwaukee Charlotte Chicago A number of teams in the NBA have animals in their team names. Can you identify them from their logo? When you know the team,can you work out which US state they are based in? Then can you locate the states on a map? 00 0 change YOUTH TEAM GE Department fo SPORT Digital, Culture QQQTRUST Media & Sport







RESEATCH TASK

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Research the role of the different positions on a team:

Ì	Point	Guard
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Small Forward

Centre

🍈 Power Forward

Shooting Guard



BASKETBALL WORDSEARCH

j	d	r	i	b	b		e	s
r	u	i	v	m	u	r	f	h
е	n	m	w	Ρ	Ι	у	b	0
Ь	k	q	р	а	а	d	С	0
0	m	k	у	s	j	k	r	+
u	0	9	i	s	h	0	0	Р
n	у	n	Ь	q	Ι	0	s	e
Р	h	р	×	m	n	е	ł	u
f	0	r	w	а	r	d	f	~

forward	dribble
dunk	pass
hoop	rebound
shoot	rim
net	jump shot

change

Soital Culture

HAVE A GO!

Where basketballs aren't available, a ball could be made from discarded items. Can you make a ball out of newspaper, carrier bags and string?



After you have made it have a go at playing with it! How about trying to make a basket to shoot in as well?









HISTORY OF TENNIS

- Tennis can be traced back to Egyptian times. The Arabic word for the palm of the hand, 'rahat,' is said to be the origin of the word racket.
- In the 11th or 12th century French monks developed a courtyard game of Tennis. The name tennis is believed to come from the French word Tenez, meaning 'to take.' Apparently the monks would yell 'take this' as they served the ball with their hand.
- The game became popular as rich English aristocrats were taught how to play the game by the monks. The aristocrats changed their courtyards into indoor courts. The game developed to use special bats to hit the ball, which were made of cork wrapped in string or cloth.
- In the 15th century the sport reached to Poland and the name for the game, 'tennis' was used. Rackets were introduced; a wooden frame racket, laced with gut strings made from sheep's intestines! The ball was made from cork, weighing around three ounces.
- It soon became popular in England and France. King Henry III was a big fan of the game, with courts built in Hampton Court Palace.
- ^{*} Tennis became an Olympic sport in 1896 for men. Women's singles and doubles were introduced in 1900.

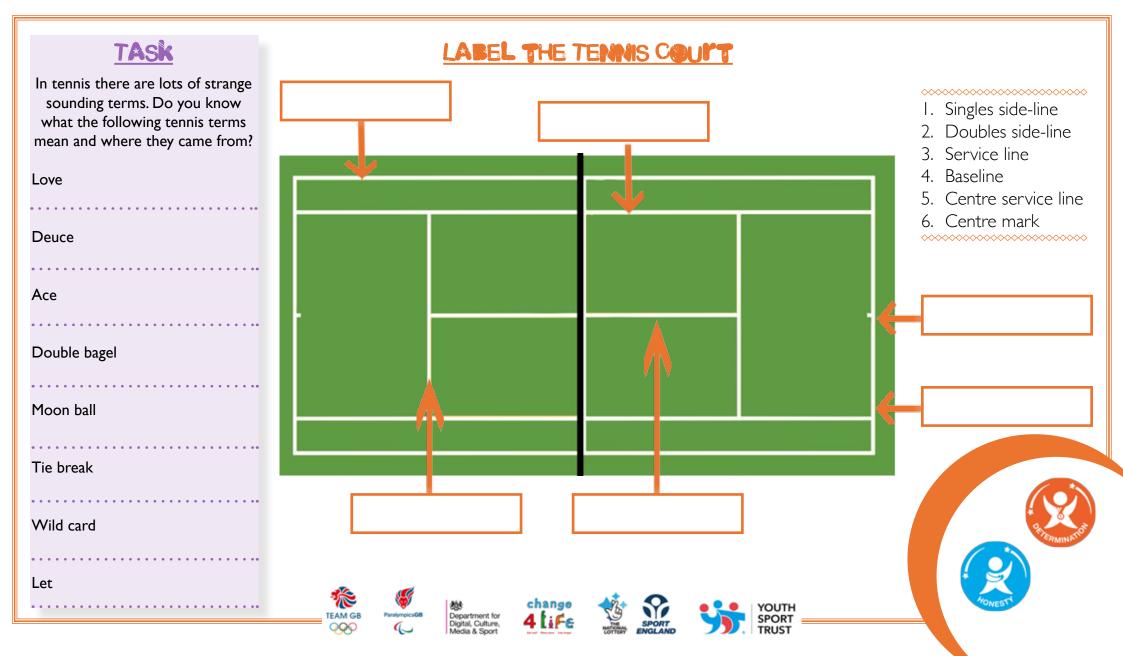
TENNIS WORDSEARCH

n m ч tennis player q racket serve a х С ball hit match net t n 0 court set С е q q t u u ч h n n s h q a е t t s е s h С Have a go at my tennis wordsearch and then try to find your way through the S ρ е a ί maze to reach the tennis ball. -Blaze-









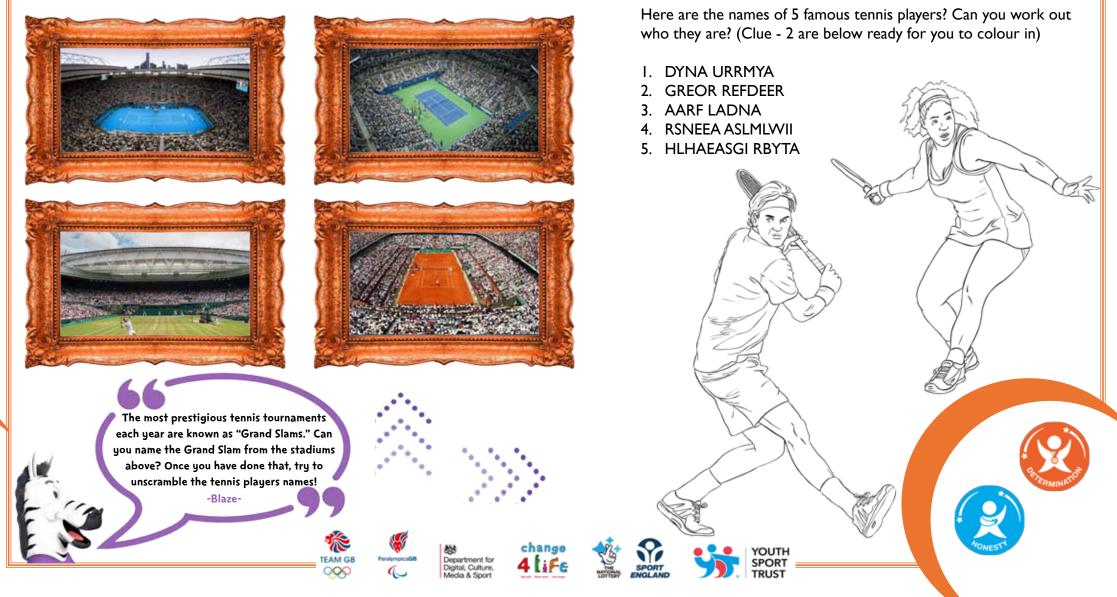






UNSCRAMBLE THE PLAYERS NAMES

NAME THE TENNIS STADIUMS



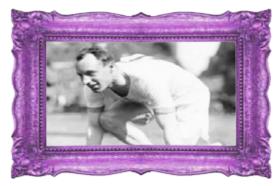






HISTOPY OF ATHLETICS

Athletics has been one of the most popular sports in the Olympic Games. For that reason there have been some athletes that have made a stand, which has been highlighted by the media.



Eric Lidel, a Scottish athlete, made a decision not to compete at the 1924 Paris Olympics as it went against his religion. He refused to run in the heats for the 100 metres because they were held on a Sunday, the Sabbath. Instead he competed in the 400 metres held on a weekday, a race that he won.

In the 1936 Berlin Olympics Hitler used the event to demonstrate the alleged prowess of the 'Aryan Race.' However, Jesse Owens a black athlete from the USA defied Hitler's propaganda by winning four gold medals: 100 metres, long jump, 200 metres, and 4x100 metre relay. He is considered one of the most successful athletes of all time.





In the 1968 Mexico City Olympics, during the 200m medal ceremony two African-American athletes **Tommie Smith** and **John Carlos** each raised a black-gloved fist during the playing of the US national anthem. They then turned to face the US flag and kept their hands raised until the anthem had finished. The gesture was known as the "Black Power" salute and made a political statement about human rights.

















INVICTUS GAMES

Prince Harry founded the Invictus Games in 2014. It is an international adaptive multi-sport event, in which wounded, injured or sick armed services personnel and their associated veterans take part.

There are 9 events including athletics. The word Invictus comes from a Latin word which means "unconquered" or "undefeated." The first Invictus Games took place in September 2014 at the Queen Elizabeth Olympic Park in London.

The Games are a celebration of ability and allow veterans train to become athletes, to represent their country and at the same time rehabilitate. 89% of GB Invictus veterans have never competed before!

In the athletics events, veterans compete in the following events: **Track** – 100m, 200m, 400m, 1500m, **Field** – discus, shot and long jump.



INVICTUS COUNTRIES WORDSEARCH

anhuac qi q m e n a οαί p ь kina d omk s iyn t d a u a p a a 0 a s ttmq wni q fyxfsnnx 0 d m u a ndd i 0 rdann inr k h n n n p b p x q e r a d y w j k

INVICTUS	
GAMES	

Digital Culture

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Afghanistan	Georgia	New Zealand
Australia	Germany	Romania
Canada	Iraq	Ukraine
Denmark	Italy	United Kingdom
Estonia	Jordan	United States
France	Netherlands	









STADIUM MAZE

OLYMPIC HOST CITIES

Can you link the cities to the correct year for the Olympics?

Olympic Cities:	Olympic Years
Rio de Janeiro	2004
Tokyo	2008
London	2012
Beijing	2016
Paris	2020
Athens	2024
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	~~~~~~

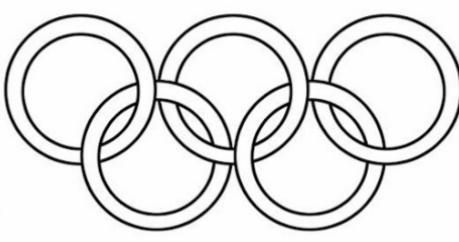
Have a go at all my Olympic themed tasks. Something for everyone colouring, crosswords (p4) a maze and a quiz about host cities! - Blaze -

#### DID YOU KNOW?

The Olympic flag was designed by Baron de Coubertin in 1912 when he founded the modern Olympics

The 5 Olympic rings represented the five continents from which people competed in the first games; Europe, Asia, Africa, Americas and Australia.

Colour in the rings with the correct colours of the flag.



OLYMPICS

YOUTH

TRUST

change

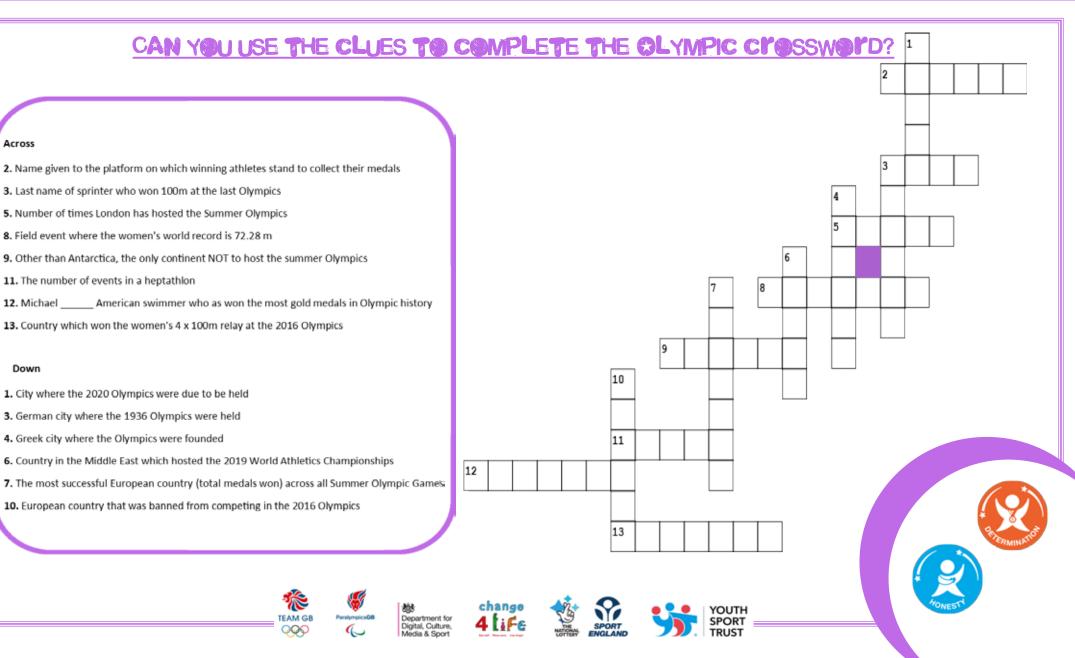
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O NorthamptonshireSport



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