Thank you for attending the School Games National Finals 2017 at Loughborough University. This primary, School Engagement Activity Pack has been designed to support you in making the most of this fantastic event.

Whilst at the event, there are 450 volunteers who are on hand to help and support you and your pupils to make the most of your time at the School Games National Finals 2017. As a spectator, the athletes welcome full support and encouragement from the crowd, so please encourage your pupils to play their part in creating a great atmosphere at the venues.

This primary, School Engagement Activity Pack provides further information, activities and ideas that can be used in the build up, as a spectator at the School Games National Finals and after the event. It includes 5 teacher cards and a Sports Explorer Passport (see grid opposite).

Each card provides ideas and activities on the theme above. They may be described on the cards as ‘warm up’, ‘main event’ or ‘cool down’ ideas and activities.

- **Warm up** – activities that can be carried out before the School Games National Games 2017
- **Main event** – activities that can be carried out at School Games National Games 2017
- **Cool down** – activities that can be carried out after the School Games National Games 2017

For some cards there are accompanying resources to be used alongside. Children can use the Sports Explorer Passport to record their responses to the activities on the teachers’ cards at the School Games National Finals 2017.
This School Engagement Activity Pack has been brought to you by:

Youth Sport Trust
Event organiser

Youth Sport Trust is a national charity that is building a brighter future for young people through PE and sport. Through 20 years of experience we have developed a unique way of maximising the power of sport to grow young people, schools and communities through the development of qualities including creativity, aspiration, resilience and empathy.

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Loughborough University
Host and sponsor

Loughborough University is the only higher education institute to host a School Games, and the single campus site offers an athlete experience similar to that experienced in an Olympic or Paralympic village.

The campus also boasts the country’s largest concentration of world-class training facilities, encompassing an array of sports including an indoor and outdoor athletics centre, a 50m swimming pool, an international standard water-based hockey pitch and a recently renovated indoor tennis centre.

This extensive range of sports facilities allows Loughborough to accommodate the majority of School Games sports in their dedicated sport specific venues. The ultimate goal for the 2017 event is to create an Olympic-style environment that holistically combines all Games services on the University campus.

Leicester-Shire and Rutland Sport
Supporting partner

Leicester-Shire & Rutland Sport (LRS) is the County Sport Partnership (CSP) for Leicestershire, Leicester and Rutland. Our focus is to ensure that national sport and physical activity resources have local reach. We are proud to be a supporting partner for the School Games and hope it will inspire our young athletes to take part and enjoy competitive school sport.

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Follow all of the 2017 Schools Games National Finals action at:
www.schoolgamesfinals.org
2017 School Games National Finals Factsheet

Background and history of the event
The 2017 School Games National Finals is an integrated multi sport event for the most talented disabled and non disabled school age young athletes. It takes place, for the second consecutive year at Loughborough University from Thursday 31 August to Sunday 3 September.

This year, athletes will compete in eleven current and future Olympic and Paralympic sports; Athletics, Cycling, Fencing, Hockey, Judo, Rugby 7’s, Swimming, Table Tennis, Volleyball, Wheelchair Basketball and Wheelchair Tennis, with Girls Cricket appearing as a demonstration sport for 2017. There are disability events in seven of these sports; Athletics, Fencing, Swimming, Table Tennis, Cycling, Wheelchair Basketball and Wheelchair Tennis.

The competition reinforces the experience of the Olympic and Paralympic Games for athletes with an opening and closing ceremony and an athlete’s village. This is made possible through National Lottery Funding via Sport England.

Previous host cities of the Games include — Glasgow, Coventry, Bristol and Bath, Cardiff, Newport and Swansea, Gateshead, Newcastle and Sunderland, Sheffield, London and Manchester.

The School Games National Finals provides a range of opportunities and experiences for hundreds of young people as well as the athletes. Young volunteers and young officials work to support the event, young performers appear at the opening and closing ceremonies and the young media team are on hand to capture all the sporting excitement.

The event seeks to create an inspirational and motivational setting that not only provides our elite young sports people with the opportunity to thrive and perform at the highest levels, but encourages more young people to take part and succeed in sport.

19,200 Young athletes will have competed at the School Games between 2006 and 2017

at Loughborough University

GLASGOW
GATESHEAD, NEWCASTLE+ SUNDERLAND
MANCHESTER
SHEFFIELD
COVENTRY
LOUGHBOROUGH
CARDIFF, NEWPORT+ SWANSEA
BATH+
BRISTOL
LONDON

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at Loughborough University
Springboard for future elite athletes, the chance to spot ‘who’s next’

Rio 2016
School Games Alumni vs TeamGB medal haul

<table>
<thead>
<tr>
<th>Team</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
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<tr>
<td>Great Britain</td>
<td>27</td>
<td>23</td>
<td>17</td>
<td>67</td>
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<tr>
<td>School Games</td>
<td>6</td>
<td>2</td>
<td>7</td>
<td>15</td>
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<td>12</td>
<td>16</td>
<td>50</td>
<td>6th</td>
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</table>

56 of the 382 athletes representing Team GB at the 2016 Olympic Games in Rio have competed at the School Games – 15% of the team.

32 of the 160 athletes representing Team GB at the 2016 Paralympic Games in Rio have competed at the School Games – 20% of the team.

17 former School Games competitors won medals at the Rio Olympics including six golds.

17th If the School Games were a country it would have finished 17th in the Rio Olympics medal table. The School Games provides a crucial environment to nurture top young athletes who come through National Governing Body talent systems.

155,040 The number of ex-School Games athletes to win gold medals in Rio were Adam Peaty, Owain Doull, Lily Owsley, Georgie Twigg and Stephen Milne. Max Whitlock was also named as a reserve in the England gymnastics squad for the 2006 School Games.

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450 volunteers will be offering their time to help put on the School Games.
Spirit of the Games Values

The Spirit of the Games Values were developed by young people to identify what the experience of school sport should be built around, and focus on personal excellence through competition.

All competitors, volunteers, coaches and officials at the School Games National Finals 2017 are expected to uphold the Spirit of the Games values whilst competing and during their time at the event.

As spectators, understanding and living out these values whilst enjoying the competition reinforces the integrity the event is trying to uphold in all those involved.

The six values are shown here...

**Honesty**
With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

**Teamwork**
Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other’s success. Be a good friend and a positive team player in school, sport and life.

**Respect**
Treating others politely and with understanding. Accepting life’s ‘ups and downs’ with grace. Respect every day, in everything you do and for everyone around you.

**Determination**
Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don’t hold back!

**Passion**
Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

**Self Belief**
You’ve got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.

2017 School Games

lottery funded

at Loughborough University
Activity

Warm up:
- Talk to your class about the Spirit of the Games values. Reinforce that everyone involved in the School Games National Finals 2017 is expected to uphold the Spirit of the Games values during their time at the event. How will your class uphold these values as a spectator at the event?
- Do you have your own school values or similar? How do the two compare?
- Could the values be applied to the classroom with children nominating peers who demonstrate the values?

The main event:
- Whilst at the School Games National Finals 2017, use the clues on the Teacher Card 2 – Spirit of the Games Values: Treasure Hunt to help you find a sport and the location of that sport.
- There are three clues for the sport being held in each location. Clue a) is the most difficult; clue c) is the easiest. How many clues do children need to guess the sport and location? There is also a fact associated with Loughborough University for each sport/venue that can be shared.
- Once you have found the location you are looking for a letter outside of the venue, which will look like the example below.

Cool down:
- Could children nominate classmates who have demonstrated the Spirit of the Games values as a spectator at the School Games National Finals 2017?
- Could you incorporate the Spirit of the Games values into ongoing work with your class?

The Spirit of the Games values have been successfully applied by schools to develop a range of behaviours, qualities and inter-personal skills with their pupils based on sporting experiences, scenarios and attitudes.

More resources can be found at
www.yourschoolgames.com/logged-in-content/spirit-of-the-games
Active Lifestyles

‘Moving More’ and ‘Sitting Less’ is important for us all. The Chief Medical Officer has published guidelines indicating how active children and young people should be, the type of activities that should be undertaken and why this is important. Download your copy of the infographic here.

Physical activity for children and young people (5–18 Years)

- **Be physically active**
  - Spread activity throughout the day
  - Aim for at least 60 minutes everyday
  - All activities should make you breathe faster & feel warmer

- **Sit less**
  - Include meals and homework

- **Move more**
  - Include muscle and bone strengthening activities

**Physical activity** for children and young people (5–18 Years)

- **Builds Confidence & Social Skills**
- **Improves Concentration & Learning**
- **Improves Health & Fitness**
- **Improves Sleep**
- **Maintains Healthy Weight**
- **Develops Co-ordination**
- **Strengthens Muscles & Bones**
- **Improves Health & Fitness**
- **Makes you feel good**

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday.

**Warm up:**

- Talk to your class about the importance of ‘Moving More’ and ‘Sitting Less’ using the infographic to share key messages.
- Find out how active your class is. Ask all children the following question:
- Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?
- Add up all the time you spend doing physical activity each day (don’t include your PE lesson).
- Physical activity is any activity that increases your heart rate and makes you get out of breathe some of the time. Physical activity can be done when taking part in sports or activities, playing with friends and family or walking to school. Some examples of physical activity are; running, brisk walking (makes you out of breath), rollerblading, biking, dancing, skateboarding, swimming, football, basketball, and surfing.
- Get all children to keep an activity diary for a day/week, noting the activities they take part in and duration.
- Working in small groups, ask your class to come up with ideas of how they can be more active in school (within the classroom and during break-times) and how they can become more active outside of school (travelling to school, at home etc).
- Include an article in your school newsletter to inform parents on the importance of being physically active.

**The main event:**

- As a spectator at the National School Games Finals 2017, there may be times when it is necessary to respect the competitors and integrity of the event and for spectators to remain quiet and in their seats, for example; rugby 7’s – kicking for a conversion, athletics/swimming – before the start of a race.
- At this time can you encourage your class to undertake some simple seated exercises to break up their sedentary time (e.g. marching, ankle stretch, neck stretch, arm stretch). Children can use page 4 of their sports explorer passport to record the activities they take part in.

**Cool down:**

- Develop a list of national physical activity campaigns and promote them within your school (e.g. walk to school week).
- Include physical activity challenges as homework tasks.
- Create a notice board providing details of local clubs, activities, parks and ways pupils can be active at home.
- Work with your colleagues and pupils to put a plan in place to make your classroom environment more physically active. Some ideas include:
  - Take the chairs away for 15 minutes and ask the children to stand whilst undertaking a learning activity (e.g. reading, spelling).
  - Introduce a ‘wake and shake’ activity at the start of the day or after lunch. Visit the Change 4 Life website to see their ideas for 10 Minute Shake Up.
  - Use a ball to allow children to answer questions – throw to whoever puts their hand up and once they’ve answered they can throw it back.
  - Blow a whistle every 45-60 mins. Use this as a cue for children to stand up and walk around the classroom/playground or switch seats.
  - Establish an activity each morning to be your ‘secret code’ e.g. hop on the spot, to be used when students need something i.e. to go to the toilet or have a drink.
  - Establish rules each week that include physical activity e.g. walk backwards to the water fountain or do walking lunges all the way to the toilet.
  - Bag of tricks - write down some movement based activities e.g. frog jumps and put them into a bag. At intervals during the day get a child to pull an activity from the bag and lead the class on that activity.

Leicester-Shire and Rutland Sport is here to offer support, advice and information you need to help you and your class to become more physically active.

Contact us — info@LRSport.org
Research into how people learn makes it very clear that we learn better when we are actively involved.

Creating special effects

Unstoppable, written by celebrated author Dan Freedman, for the Youth Sport Trust follows the lives of gifted twins Roxy and Kaine, each with their own challenges but a shared passion for sport.

Dan uses carefully chosen language to bring to life the story of Roxy and Kaine, creating a special effect that we as the reader can relate to.

Watch the Unstoppable trailer by clicking the image opposite.

Daryll Campbell watched as Roxy smashed one after another of the fluorescent yellow balls back past him. The balls, whizzing like bullets all around him, seemed to light up the grey morning sky. He knew he should not have really spent the food money on new balls but he felt he had no choice.
Activity

Warm up:
- Talk to your class about how an author creates effects within a book. What kind of language do they use to bring a book to life?
- Using the following document: Teacher Card 4 – Unstoppable ‘special effects’
- Organise the children into small groups.
- Each group has one set of cards (Teacher Card 4 – Unstoppable ‘special effects’) and a hoop.
- Place the cards inside the hoop away from the group.
- Taking it in turns the children run to the hoop and take a card. They bring it back and discuss what Dan is trying to achieve in each sentence and how he does it.

The main event:
- Whilst watching the School Games National Finals 2017, ask children to come up with their own sentences that describes what they are seeing in an interesting and unusual way.
- Children can write the sentences on page 2 of their sports explorer passport.
- Children share their sentences. Can you think of a way of doing this so they are physically active eg act out their sentence?

Cool down:
- Can the children use the School Games National Finals 2017 to inspire them to compose a short piece of descriptive writing? Describing the setting, characters and atmosphere they experienced, using metaphor’s, similes, imagery, analogy, style and effect to bring their writing to life?
- How could you incorporate activity into English lessons?

Interested in using PE and sport to raise achievement in English? Find out how you can purchase copies of Unstoppable by Dan Freedman, or participate in the YST’s hugely popular Active Literacy course.

Email: solutions@youthsporttrust.org
Active Classrooms: Maths

Interpreting and presenting discrete and continuous data using appropriate graphical methods.

**Warm up:**
- Talk to your class about how to measure and time accurately.
- Working in small groups, children measure, time and perform a number of discrete activities. For each activity children take it in turn to be performer and recorder.
  - An activity is suggested for each of the sports, competitors will compete in at the School Games National Finals 2017.
  - Children could complete all of the activities, or the ones for the sports they are spectating in at the School Games National Finals 2017.
  - Use the activities to collect data, before and at the School Games National Finals 2017.

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<tr>
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<tbody>
<tr>
<td><strong>Athletics</strong></td>
<td><strong>What is the difference in how far you can throw?</strong>&lt;br&gt;The current athletics world record stands at:&lt;br&gt;Men = 98.48m, Women = 72.28m</td>
<td><strong>How far do competitors throw the Javelin at the School Games National Finals?</strong>&lt;br&gt;What is the difference between how far competitors throw the javelin and the current world record or how many throws would they need to make to beat the current world record?</td>
</tr>
<tr>
<td><strong>Cycling</strong></td>
<td><strong>Estimate how long it takes to cycle a distance.</strong>&lt;br&gt;The School Games National Finals road race can be as long as 298km, the distance of the famous Milan – San Remo road race which takes place each spring and is the start to the ‘Spring Classics’ season.</td>
<td><strong>Estimate how long it would take to cycle 298km the distance of the school games national finals road race.</strong></td>
</tr>
<tr>
<td><strong>Fencing</strong></td>
<td><strong>How many contacts can you make in 3 minutes, the length of a fencing bout?</strong></td>
<td><strong>How many contacts does a competitor make against their partner in a bout? Record each time the weapon touches the opponent. Is it the same for each of the three fencing weapons?</strong></td>
</tr>
<tr>
<td><strong>Hockey</strong></td>
<td><strong>How many passes can you make before the ball goes out of play?</strong></td>
<td><strong>Count the number of passes players make before the ball is intercepted. If the ball is intercepted or goes out of play, the counting starts from one again.</strong></td>
</tr>
<tr>
<td><strong>Judo</strong></td>
<td><strong>Can you break free from an opponent’s grip?</strong>&lt;br&gt;Can you break grip in 25 seconds, the length of time you must immobilise an opponent on the floor for to score Ippon.</td>
<td><strong>How long do competitors hold each other before they break free?</strong>&lt;br&gt;Record for a bout to work out the average.</td>
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### Activity

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<td><strong>Rugby 7’s</strong>&lt;br&gt;How many passes can you make before the ball is intercepted, passed forwards or goes out of play?</td>
<td><strong>Activity:</strong> How many passes can you make in 60 seconds?</td>
<td>Count the number of passes players make before the ball is intercepted, passed forward or kicked. If the ball is intercepted, passed forward, kicked or goes out of play, the counting starts from one again.</td>
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<tr>
<td><strong>Swimming</strong>&lt;br&gt;How long does it take to swim one length of your pool?</td>
<td><strong>Activity:</strong> One person swims a length of the pool, whilst a partner takes on role of starter, timer and recorder.</td>
<td>Time how long it takes a swimmer to swim a length of a race.&lt;br&gt;What is the difference in the length of the competition pool compared to the pool used for school lessons?</td>
</tr>
<tr>
<td><strong>Table Tennis</strong>&lt;br&gt;How many points can you score?</td>
<td><strong>Activity:</strong> Divide a table tennis table into 1/4’s or 1/3’s. Award each area a number of points and score points for serving into that area.</td>
<td>Whilst watching a match, compare where a player serves the ball and award them points. Compare different players serving scores.</td>
</tr>
<tr>
<td><strong>Volleyball</strong>&lt;br&gt;How many passes can you keep the ball in the air for?</td>
<td><strong>Activity:</strong> In pairs, count the number of times you can keep the ball in the air. Decide whether to hit over a net or a line, or against a wall. You could use a balloon or a light ball, stand or sit. Pairs cooperate with each other to see how many passes they can make.</td>
<td>Count how many touches players make before the ball hits the floor.</td>
</tr>
<tr>
<td><strong>Wheelchair Basketball</strong>&lt;br&gt;How many baskets can you score in 5 minutes?</td>
<td><strong>Activity:</strong> One person shoots continually at a basket for 5 minutes from a marked spot, they could be standing or seated. A partner records the number of successful baskets scored.</td>
<td>Time 5 minutes during a game of basketball, how many baskets are successful scored?</td>
</tr>
<tr>
<td><strong>Wheelchair Tennis</strong>&lt;br&gt;How many hits in a rally?</td>
<td><strong>Activity:</strong> In pairs, record the number of consecutive passes you can make. The ball can bounce twice before it is returned. Decide whether to hit over a net or a line, or against a wall. Pairs cooperate with each other to see how many passes they can make.</td>
<td>Count how many hits players make in a rally.</td>
</tr>
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**Interested in using PE and sport to raise achievement in Maths?** Find out how you can participate in the YST’s hugely popular Active Maths course.<br>Email: solutions@youthsporttrust.org

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**The main event:**
- Whilst watching the School Games National Finals 2017, complete the ‘main event’ task above.<br>- Children can collect the data on page 3 of their sports explorer passport.

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**Cool down:**
- Record the data collected in an appropriate chart or graph.<br>- Can you use the data collected to complete other mathematical tasks?<br>- How could you use future sporting events or physical activity to stimulate children’s interest in maths?<br>- The challenge and competition cards created by the National Governing Bodies of Sport used in this activity can be found here. They cover 39 sports!