

MY
COMMONWEALTH
PB



HOW TO DELIVER MY COMMONWEALTH PB

My Commonwealth PB is an ENGAGE themed event. ENGAGE events are non-competitive festivals, created to inspire young people through a positive physical activity experience.



Firstly, click the link below or use the QR code (left) to watch the 'Dive in' legacy video - produced by the Birmingham 2022 organising committee. Use the video to inspire and introduce pupils to the fact that the Commonwealth Games is being hosted in Birmingham (3.09 minutes).

<https://youtu.be/vLTA3Pcl6hl>

My Commonwealth PB incorporates skills that are used in 7 of the sports which will be taking place at the B2022 Commonwealth Games. Use the map of Birmingham, Solihull and Coventry on the next page to show pupils where these sports will be held, and use the Commonwealth facts to really ramp up the excitement for the Games and the My Commonwealth PB event!



#B2022 #MYCOMMONWEALTHPB

GET AHEAD
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YOUR GUIDE TO BIRMINGHAM 2022

There are 19 sports with a total of 286 sessions

B2022 has the largest fully integrated para-sports programme

There are more medals for women than men for the first time

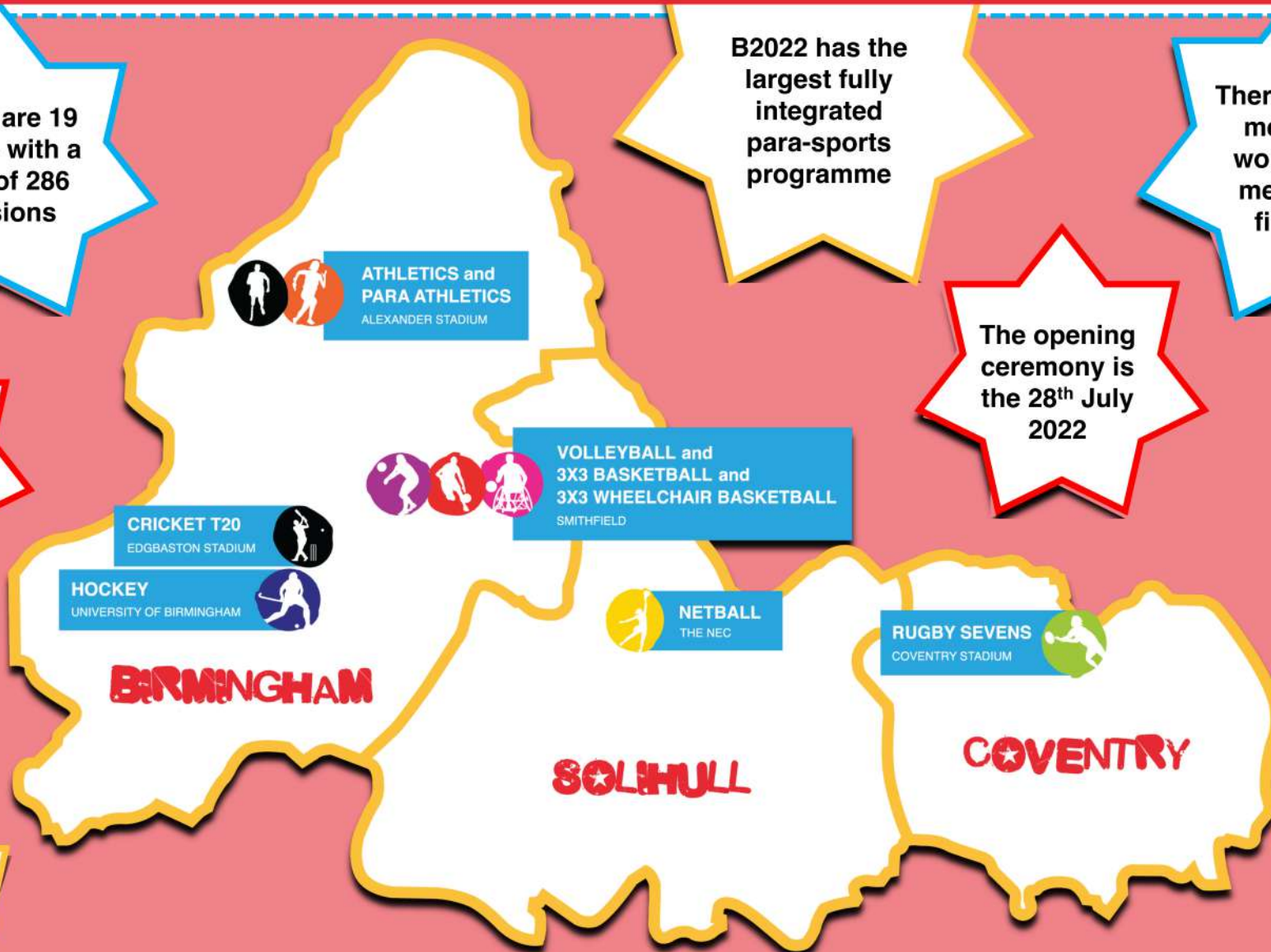
There are 15 venues / sites

The opening ceremony is the 28th July 2022

B2022 is the first carbon neutral Commonwealth Games

There are 11 days of competition: 29th July - 8th August 2022

There are 72 nations and territories of the commonwealth



#B2022

#MYCOMMONWEALTHPB

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The Challenges

There are 7 challenges within this event:

1. **Three Jump Fun (Athletics)**
2. **Keepie Uppie (Volleyball)**
3. **Dribble Master (Basketball)**
4. **Bucketball (Cricket)**
5. **Target Tally (Hockey)**
6. **Wall Catch (Netball)**
7. **Try, Try, Try Again (Rugby)**

Who can take part?

This resource has been designed for delivery in PE lessons, encouraging maximum participation. Use this resource in school to engage all pupils in a positive Commonwealth-themed experience.

This resource can be used across other year groups at intra-school level to support and inspire pupils through the Commonwealth Games.

Equipment

- Stopwatches/timers
- Cones
- Tape Measure
- Balloons
- Basketballs
- Tennis Balls
- Buckets
- Hockey Sticks
- Netballs
- Rugby Balls
- Spots

School Delivery Tips

- The aim of this event is to encourage improvements in personal best - encourage pupils to beat their personal best.
- This resource has been designed to be delivered across a number of weeks in PE lessons. You may choose to either focus on one challenge each week, or create a circuit of challenges for pupils to engage with over a number of weeks. We have highlighted the aim for each of the challenges, which could be used as the focus for your lesson learning objectives.
- On the next page you will find an example of how you could arrange your circuit of events.
- Each personal best challenge is scored across 30 seconds, or the best of 3 attempts.
- Watch - and where possible, share - the support videos on the individual challenge cards, and support the pupils with their techniques.
- Complete the challenges, and use the pupil logs to engage pupils.



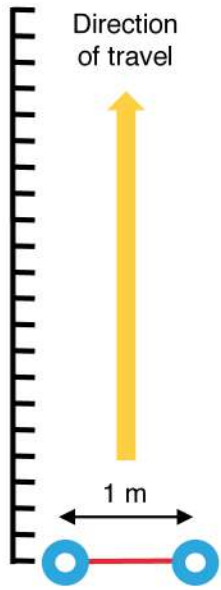
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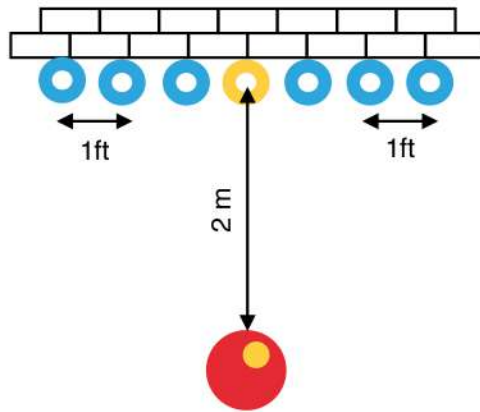
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PE CIRCUIT SET UP

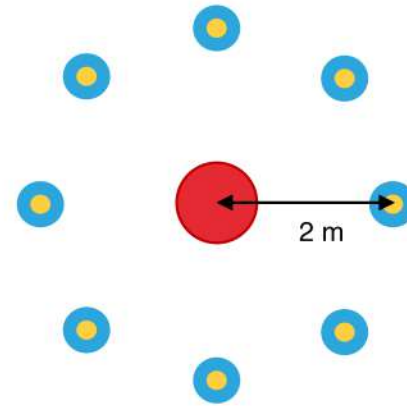
THREE JUMP FUN



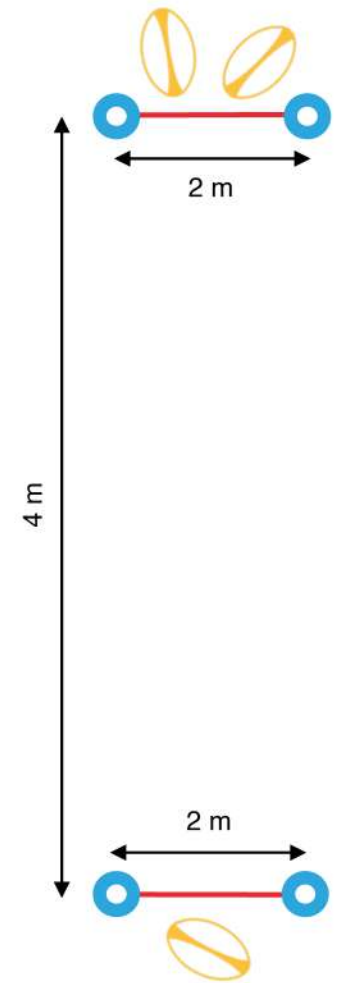
TARGET TALLY



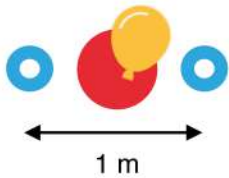
BUCKETBALL



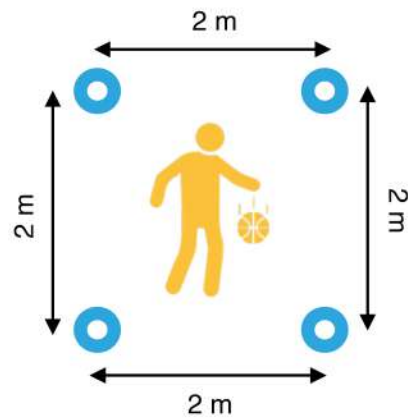
TRY, TRY, TRY AGAIN



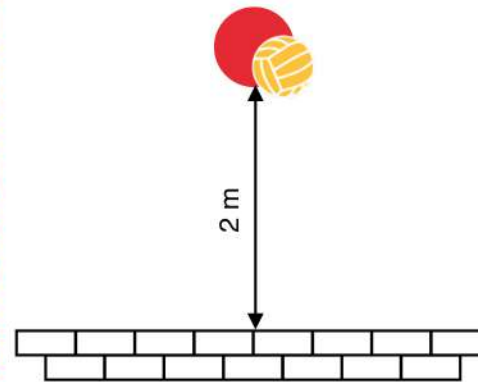
KEEPME UPPIE



DRIBBLE MASTER



WALL CATCH



EVENT DELIVERY

The School Games inspires young people to be physically active for life through positive experiences of daily activity and competition.

The School Games programme wants to ensure there are SMILES on the faces of all young people when participating in a School Games event.

Share your pupil SMILES and school involvement in the event using the hashtags below.

HAVE FUN!



SMILES

If all the competition principles are followed, that should result in **SMILES**. Use the below as a check list:

SAFE participants feel physically and emotionally safe.

MAXIMUM PARTICIPATION participants are fully involved all of the time, i.e. not hanging around.

INCLUSIVE all participants can take part; activities are designed to suit and develop their abilities.

LEARNING participants develop personal, social, creative, thinking and/or physical skills.

ENJOYMENT activities recognise individuals' personal needs and interests.

SUCCESS participants feel they are making progress and getting satisfaction.

NB. While there isn't a specific letter for fair play, SMILES only happen for all participants if they feel a sense of fairness. Fairness underpins inclusion, enjoyment and success; it isn't just about 'rules'.

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ATHLETICS

TOP TIPS

Bend your knees, ankles and hips before you take off.

Swing your arms before you jump to propel yourself forwards.

Complete your jumps in a continuous manner - using your momentum to travel further.



Athletics has featured at every event since the Commonwealth Games began in 1930.

ALEXANDER STADIUM



THREE JUMP FUN

Equipment

- Cones (x2 per pupil)
- Tape Measure

How to

- **The aim of this personal best challenge is to jump as far as possible.**
- Place your cones 1m apart to create your starting line. Align the end of your tape measure with the start line, and roll it out in the direction you will be jumping.
- Stand with both feet as close to the start line as possible.
- From your standing position at the start line, jump as far as you can using a two-footed take off, and land on both feet. Repeat the jump another 2 times.
- Travel as far as you can doing 3 jumps in a row.
- Do not take additional steps between jumps.

Scoring

- Hold the landing position after your third jump, and measure the final position from the starting line to the back of the heel using the tape measure.
- Your distance should be recorded in metres and centimetres (e.g. 3m 68cm).
- Check out the top tips and watch the video for additional support.



Video support - https://youtu.be/JEMO_28W7pU



VOLLEYBALL

KEEPIE-UPPIE

Equipment

- Cones (x20 per pupil)
- Balloon (x1 per pupil)
- Flat spots (x1 per pupil)
- Stopwatch/timer



How to

- **The aim of this personal best challenge is to maintain control of the balloon, whilst collecting as many cones as possible.**
- On the floor, place two stacks of 10 cones 1m apart, and your flat spot between them. Stand on the flat spot facing forwards so that one cone stack is to your left, and the other to your right.
- Pick up one cone at a time and hand it to your leader/partner, whilst also keeping your balloon up in the air.
- If you drop the balloon, bring it back to the spot and carry on.

Scoring

- The timer will start when the whistle blows, and will stop when your 30 seconds is up.
- For every cone you passed to your leader/partner within 30 seconds, you will receive 1 point.
- Check out the top tips and watch the video for additional support.

TOP TIPS

Focus on where the balloon is going/likely to fall before you bend down to pick up your next cone.

Try to keep the balloon under close control - if you hit it too hard/far you end up moving further away from your stacks of cones!



Beach volleyball made its Commonwealth Games debut at the Gold Coast in 2018.

BASKETBALL

TOP TIPS

Keep your eye on the ball.

Try not to 'slap' the ball when bouncing it.

Move your hand up with the bounce of the ball in order to control it, before bouncing it again.



Birmingham 2022 will be Basketball 3x3's first Commonwealth appearance.



DRIBBLE MASTER

Equipment

- Cones (x4 per pupil)
- Basketball (x1 per pupil)
- Stopwatch/timer

How to

- **The aim of this personal best challenge is to maintain control of the basketball whilst completing as many crossovers as possible.**
- Use your cones to create a 2m x 2m square, and stand in the middle.
- Start with your basketball in one hand.
- Bounce it on the floor, receive it with your other hand and bounce it back.
- Repeat this action from one hand to the other.
- If your ball goes out of the square, bring it back to the centre and continue until your time is up.

Scoring

- The timer will start when the whistle blows, and will stop when 30 seconds is up.
- For every time you control the bounce with your opposite hand, you will receive 1 point.
- Check out the top tips and watch the video for additional support.



Video support - <https://youtu.be/0au-qe-C2Dg>



CRICKET

BUCKETBALL

Equipment

- Cones (x8 per pupil)
- Tennis balls (x8 per pupil)
- Buckets (x1 per pupil)
- Stopwatch/timer



How to

- **The aim of this personal best challenge is to collect (field) the balls as quickly as possible, whilst maintaining balance and speed.**
- Create a circle of 8 cones - 4m in diameter - and place a tennis ball on top of each cone.
- Place a bucket in the centre of the circle - so it is 2m from all of the cones.
- Starting in the centre, run and collect a ball from one of the cones, and put it in the bucket.
- Repeat this action for as many tennis balls as you can in 30 seconds.
- If you manage to collect all 8, start the process in reverse: taking one ball from the bucket and putting it back on the top of a cone.

Scoring

- The timer will start when the whistle blows, and will stop when 30 seconds is up.
- For every ball you put in the bucket (or put back on a cone), you will receive 1 point.
- Check out the top tips and watch the video for additional support.

Video support - https://youtu.be/Jhq_Eyd1r9M

TOP TIPS

Place your ball in the bucket - if you throw it in there it may bounce back out!

Think about the order in which you will collect your 8 balls - is there an order that is quicker than others?

Keep your eye on the ball until it's in your hand.



Cricket has been played only once before at a Commonwealth Games, at Kuala Lumpur in 1998.

HOCKEY

TOP TIPS

Follow through with your hockey stick in the direction you want the ball to travel.

Keep hold of your stick as you run to collect your ball.

Push the ball with your hockey stick, rather than hitting or slapping it.

UNIVERSITY OF BIRMINGHAM



TARGET TALLY

Equipment

- Cones (x7 - 1 should be a different colour to others)
- Flat spot (x1 per pupil)
- Hockey Stick (x1 per pupil)
- Tennis Balls (x1 per pupil)
- Stopwatch/timer

How to

- **The aim of this personal best challenge is to pass the ball using a hockey stick as accurately as possible. The more accurate you are, the higher your score will be.**
- Create a line of 7 cones against a wall - 1ft apart. The middle cone should be a different colour.
- 2m away from the line of 7 cones, place a flat spot on the floor - opposite the centre cone.
- Put your tennis ball on the spot, and use your hockey stick to push your ball to try and hit one of the cones. After each attempt, run to collect your ball and put it back on the spot.
- Outer cones are worth 5 points, and the middle cone is worth 20 points.

Scoring

- The timer will start when the whistle blows, and will stop when 30 seconds is up.
- For every time you hit an outer cone = 5 points, the middle cone = 20 points.
- Your ball must hit the cone before it hits the wall in order to count towards your score.
- Check out the top tips and watch the video for additional support.

Hockey has been a part of the Commonwealth Games since 1998.



Video support - <https://youtu.be/kK9vubfyJko>



NETBALL

WALL CATCH

Equipment

- Flat spot (x1 per pupil)
- Netball (x1 per pupil)
- Stopwatch/timer



How to

- **The aim of this personal best challenge is to make as many controlled catches as possible.**
- Place your spot 2m away from a wall.
- Place your front foot on the spot and face the wall holding your netball in both hands.
- Pass your ball against the wall and catch it, repeating continuously for 30 seconds.
- Count each ball you catch directly from its contact with the wall.
- Dropped balls do not count towards your score - when you drop the ball, bring it back to your spot and continue until your 30 seconds are up.

Scoring

- The timer will start when the whistle blows, and will stop when 30 seconds is up.
- For every time you catch the ball successfully you will receive 1 point.
- Dropped balls do not count towards your score.
- Check out the top tips and watch the video for additional support.

TOP TIPS

Keep your eye on the ball all the way into your hands.

Give yourself a wide stance to help you stay balanced.

Catch the ball with your hands in the same position you threw it - saving adjustment time between your catch and throw.



England will strive to protect their historic win from the last tournament in the Gold Coast.

RUGBY

TOP TIPS

Focus on your turns at the end of each shuttle.

Touch your ball down at the end of each shuttle - rather than dropping it. There is less chance of your ball rolling away, and you will save time.



Both New Zealand mens and womens teams took the Rugby 7s title at the Gold Coast.

COVENTRY STADIUM



TRY, TRY, TRY AGAIN

Equipment

- Cones (x4 per pupil)
- Rugby Ball (x3 per pupil)
- Stopwatch/timer

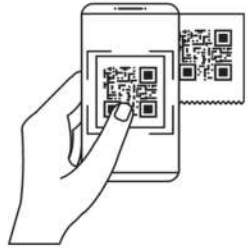
How to

- **The aim of this personal best challenge is to score as many tries as possible. You will need speed, agility, and good ball control to score as many tries as you can.**
- Place 2 cones 2m apart, and your other 2 cones 2m apart - with a 4m distance between the two gates. Place 2 rugby balls within one gate, and 1 within the other, and stand at the gate with 2 balls to start.
- On the whistle, pick up one ball, run to the opposite gate and touch it down to score a try. Pick up the other ball, run back to the first gate and touch it down to score a try.
- Repeat this action, and score as many tries as you can in 30 seconds.
- If you drop the ball, pick it up and continue.
- Dropped balls at the end of the shuttle do not count - make sure you place it down.

Scoring

- The timer will start when the whistle blows, and will stop when 30 seconds is up.
- For every time score a try at the end of the shuttle, you will receive 1 point.
- Check out the top tips and watch the video for additional support.

SUPPORT VIDEO QR CODES



To scan the QR codes, open the camera on your phone and hold it over the QR code - as shown in the image. A link will pop up at the top of your screen, which you simply need to click to be taken to the relevant web page.



THREE JUMP
FUN



KEEPIE
UPPIE



DRIBBLE
MASTER



BUCKETBALL



TARGET
TALLY



WALL
CATCH



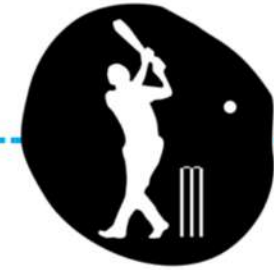
TRY, TRY,
TRY AGAIN



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For more School Games resources and personal challenge formats: www.yourschoolgames.com/app/resources/?tab=sport-formats

Find out more about the Birmingham 2022 Commonwealth Games: www.birmingham2022.com/about-us/

Find out more about the sports taking place at B2022: www.birmingham2022.com/the-games/sports/

Use the schedule to start planning your time at the B2022 Games: www.birmingham2022.com/the-games/schedule/



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