

Play **your** part this **sports day**

Make the most of your school sports day. Around the world, sport is being used to make a real difference in people's lives. You too can use sport to make a difference in your own schools and classrooms. Go global this sports day and unleash the power of sport...

The power of sport

CAFOD supports inspirational sport projects around the world because sport brings hope and has the potential to facilitate change. Sport can teach children key values such as honesty, fair play, respect and teamwork. Sport has the power to develop children's confidence and talents, and it allows friendships to form and understanding and peace to develop. Sport is a great way to bring people together and have FUN!



CAFOD is using sport in an area of conflict in the Philippines to help improve understanding between people living there. The 'Sports for Peace' project brings together children from different groups and faiths to play with each other. It is helping to build peace in the community.

The project is important to 11-year-old Ian. He says, "Playing sports can help restore peace in our area as we become friendly and more united".

Share Ian's story with your pupils. Go to our [sports page](#) to:

- download the full story (see **Focus on...Sport and Peace**)
- watch a film about Ian.



Get ready for your sports day

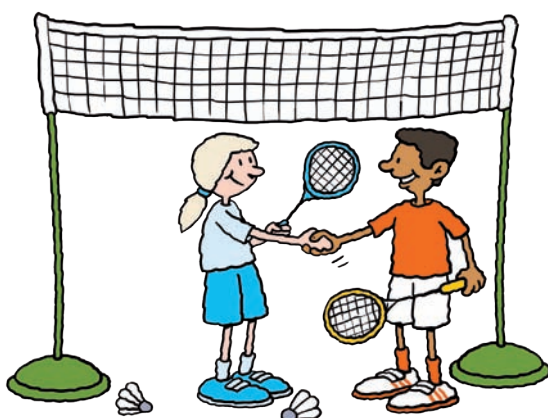
ON YOUR MARKS...

Choosing a date

Choose a date and a time for your sports day. Decide if it is feasible to include the whole school community in the sports day. If it is more practical, organise a separate sports day for each Key Stage.

Choosing events/games for all

Think about what sporting activities you want to include in your sports day. Encourage everyone to participate by selecting a variety of events to suit all ages and abilities. Set up activity stations so you can have multiple events going on at the same time – this way everyone can get involved. Don't forget to set up rest stations, water points and a first-aid stand.



Event ideas

Individual events

- jumping – long jump, high jump
- throwing – javelin, shot put, bean bags
- races – running, sack, egg/ potato and spoon, bat and ball
- keepy-uppy contests – football, tennis racket and ball.

Team events

- shoot outs – basketball, netball, football
- relay races
- global games.

Choosing teams

Make your sports day global by swapping your house teams for country teams. To help choose the teams, look at the [map](#) of some of the countries in which CAFOD works on our website.

Before the sports day, ask children to research the chosen countries. Look at a [world map](#) to see where each country is, what the capital city is and what the main languages are. Find out what each country's flag looks like and make flags in preparation for sports day. To get started, visit our [Picture My World](#) pages to find out more about Rwanda and Cambodia. Investigate different cultures and symbols in each country. **(GEOGRAPHY CURRICULUM LINK)**

On the day of the sports day, ask children to come to school wearing the colours of the country they are representing. Invite the children to bring the flags they have made and share the facts they have learned about each country with each other. **(GEOGRAPHY CURRICULUM LINK)**

GET SET...

Practise makes perfect!

Use PE lessons to practise sporting events in preparation for sports day. Take the opportunity to learn about a new sport or game from another part of the world and how to play it. Find out if any of the children know any global games or sports that they can teach the rest of the class. Check out our [Fair/unfair](#) game. It is based on the experiences of young people in Korogocho, Kenya, and would be a great game to play in your sports day. For other examples of [global games](#) see our website.

GO...

Opening ceremony

Start your sports day with a global opening ceremony. In teams or classes, ask children to:

- compose an anthem or piece of music to perform that reflects different countries from around the world – download our online [music activity](#) **(MUSIC CURRICULUM LINK)**
- design banners to be used for each country team **(ART CURRICULUM LINK)**
- devise a dance to perform that reflects countries from around the world **(PE CURRICULUM LINK)**

Awards and closing ceremony

Design medals or certificates for the winners. Remember to celebrate everyone who has taken part, and give out awards for special achievements and personal bests. Children may like to re-perform dances or musical pieces from the opening ceremony to close the day.

Other ideas/curriculum links

- **(ART / LITERACY CURRICULUM LINK)** Design invitations and posters to advertise your sports day. Give these out to parents and the local community.
- **(LITERACY / HISTORY CURRICULUM LINK)** Research different ways sport is being used positively in your local area and around the world. Try to find examples of how sport is being used to promote peace, for example in local and national newspapers. Research the history of the Olympic Games and find out how the peace truce enabled Olympic athletes to travel to the Games in safety.
- **(ICT CURRICULUM LINK)** Use cameras to capture your sports day. You could use the pictures to form part of a global exhibition at your school, to show how sport is being used across the world to promote peace and development and to learn key skills.
- **(FOOD TECHNOLOGY CURRICULUM LINK)** Research recipes from different countries around the world and make global snacks for a refreshment stand at your sports day. Remember to include Fairtrade snacks at your stand. Find out more about [Fairtrade](#) at cafod.org.uk/primary/fairtrade
- **(CITIZENSHIP CURRICULUM LINK)** Research different sporting symbols e.g. the Olympic rings. Explain that the five interlaced rings symbolise the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games. Design a global symbol to show solidarity and the coming together of different countries around the world.

Download more resources and show your class our [films](#) about how CAFOD partners are using sports around the world at cafod.org.uk/primary/sport

