

HOME SPORTS DAY PARENTS GUIDE

Purpose

Get active with Team GB and ParalympicsGB by creating a sports day which you can enjoy at home as a family with your primary-age children, whatever their ability.

Format

Set-up a circuit of five activities around the house and garden which your family can travel between. For safety, spread the activities on the circuit as far apart as possible in the space you have. Alternatively you can use the same space for each station, resetting between activities.

To run a shorter family sports day, or if you have fewer children, run three activities instead of five.

Space

The activities can be played indoors or in the garden, adjusted to the size of the space and number of children.

Time

Each activity is designed to take 10 minutes. This includes time for children to practise and repeat it so they can improve their scores.

Numbers

The five-ring activity circuit works for any number of children. Within each activity, children can work individually or in small teams of up to five players. Larger groups should be split into teams and complete the activities concurrently, to ensure everyone is fully included and maximise levels of physical activity and enjoyment.



Activities

The activities are designed to be enjoyable, inclusive and challenging while reinforcing and celebrating your children's physical, social, thinking and creative skills.

- **Hit the Spot** – Ball Games – a co-ordination (throwing with accuracy) challenge.
- **Duster Dodge** – Martial Arts – a spatial and opponent awareness challenge.
- **Stepping Stones** – Adventure – a problem-solving challenge.
- **On Track** – Walk and Run – an agility challenge.
- **Shape Shifter** – Move and Dance – a balance and creativity challenge.



Inclusion

The activities have been designed to include all children, with variations to suit players' different abilities and needs. In addition, you can use the STEP model to make further modifications:

- Space – where it is happening, e.g. smaller zone, larger targets, markers farther apart.
- Task – what is happening, e.g. roll instead of throw, different rules for different players.
- Equipment – which equipment is being used, e.g. different type, size, colour, texture.
- People – who is doing what with whom, e.g. mixed-ability teams, uneven team numbers.

For more information about STEP, see the **Active Challenge: Active Indoors**

Scoring

You can use the **Home Sports Day Scoresheet** for scoring. Please feel free to adapt to suit your aims, activities and children.

To ensure every child has fun and gains a sense of achievement, the scoring system focuses on:

- Team scores – every player contributes to their team, irrespective of individual ability.
- Personal and team improvement – players repeat activities to try to improve their scores.
- Multi-abilities – players are rewarded for team work, fairness, tactics and creativity as well as physical skills. You may wish to link these to the Olympic Values of friendship, excellence and respect and the Paralympic Values of inspiration, determination, courage and equality.

Your role

You will need to set up the circuit by arranging the equipment (see individual Tokyo Ten activity guides), organise players into teams (if relevant), keep time and scores, and explain each task as you complete the circuit. Players could keep their own score as part of a focus on fair play.

Take it further

Warm up

Begin your sports day with an online mass participation activity, for example a simple Radio Taiso routine that everyone – online and at home – can follow together.

See **Active Challenge: Radio Taiso Routine** and **Tokyo Ten: Radio Taiso**

You could even start your sports day with a virtual torch relay in your own living room! See **Active Challenge: Torch Relay** to get started.

Celebrating

Celebrate the cultural aspects of the Olympic and Paralympic Games by involving children in organising an Opening Ceremony. See **Active Challenge: Opening Ceremony**

Useful links

Active Challenges: www.getset.co.uk/travel-tokyo/active-challenges

Tokyo Tens: www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten

GOOD LUCK! がんばって | GANBATTE!