

Summer of Fun

Schools Sports Day Resource 2022



Birmingham Commonwealth Games 2022 Edition



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Welcome & Introduction

The Birmingham 2022 Commonwealth Games are happening 28th July – 8th August 2022, and it's set to be an exciting week of sport!

We have developed this resource to support teachers to deliver cross curricular activity celebrating the sport of Athletics and to get children excited to support our Welsh Athletes heading to the games.

Find Your Nearest Club

If you would like to get some further information on where to find local athletics clubs for pupils in your school, head to...

www.welshathletics.org/en/club

About Sports Day

There are many different sports day formats that you can use and adapt depending upon the space, equipment, people and time you have available to you. Amongst all the information that follows in this resource, we hope to provide you with plenty of ideas, hints, tips as well as links to further resources that you can use, to make your sports day even more fun and engaging, creating maximum engagement for all your pupils to participate in! It is a great chance for pupils to once again have a fun, engaging physical activity experience, in which everyone can be celebrated for both the effort and achievements.

There are many benefits to sports days, including, providing the first step into athletics and clubs, building team spirit as well as personal achievement, and it can improve pupils physical health and mental wellbeing in an inclusive environment.

Ideas for Activities / Events

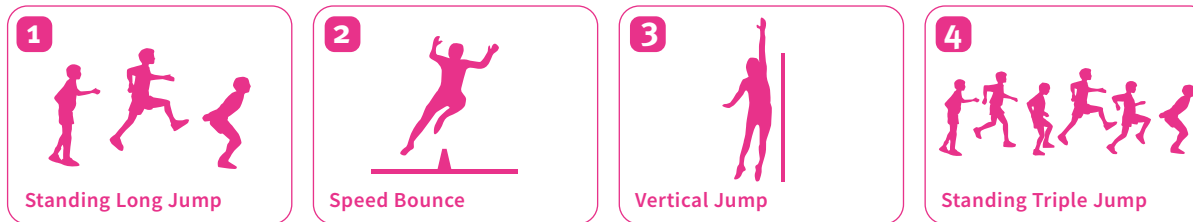
Races, Run, Jump, Throw, Relays

There are plenty of different running, jumping and throwing activities that you can incorporate into your school sports day. You can use as few or as many of these as you see fit. All these activities are easy to set up and just require small amounts of equipment including plenty of cones, a whistle, clipboards, measuring tapes, sacks, spoons & eggs, mats, tennis balls etc.

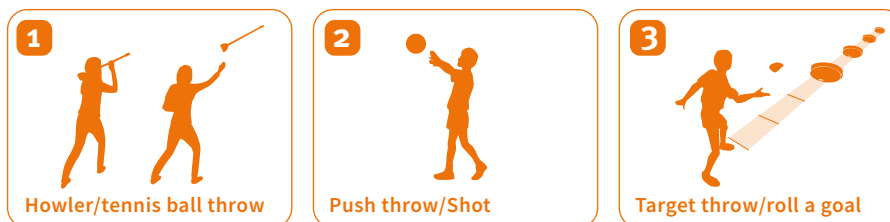
Running Activities:



Jumping Activities:



Throwing Activities:



Setting up Your Events



Sprints

50m Sprint (Reception to Year 4) or 75m Sprint (Years 5 & 6)

1 run per pupil.

Set up:

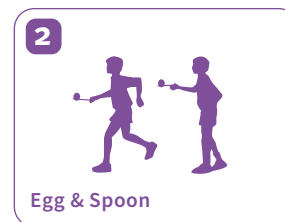
- Measure 50m / 75m out on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.

Tips:

- Children should use a standing start and stand with the opposite arm to leg forwards.
- To start, pupils should push down and back with their feet and drive their arms back hard.
- Children should pick their feet up quickly, as though they are running on hot coals.

You'll need:

- 50m / 75m track
- Cones
- Whistle
- Recording chart
- 1 teacher to start the race, 2-3 teachers to record the results



Egg-and-Spoon Race

Set up:

- Measure out the race distance on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.
- Each team must carry their egg on their spoon from the starting line to a turnaround point over any course length and back again.

Tips:

- The egg is passed on to a teammate who then takes their turn.
- If the egg is dropped, the player must stop and retrieve it.

You'll need:

- Enough spoons and eggs (hardboiled or plastic) for the number of participants.
- You can also use a tennis bat and tennis ball.

Setting up Your Events



Sack Race

30m Race (Reception to Year 4) or 50m Race (Years 5 & 6)

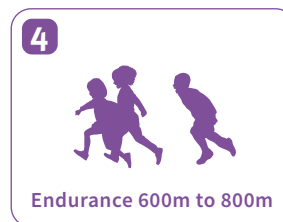
1 run per pupil.

Set up:

- Measure 30m / 50m out on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.

You'll need:

- 30-50m track
- Cones
- 6-8 sacks
- Recording chart
- 1 teacher to start the race, 2 - 3 teachers to record the results



Endurance

Set up:

- Depending on how much space you have, the number of laps should add up to somewhere between 500m to 800m depending on what distance you feel appropriate for your pupils' ability.

Tips:

- Pupils should not set off too fast and try to run even paced to achieve times to the best of their ability. Remember to warm up and stretch afterwards!

You'll need:

- A stopwatch to time the pupils, a whistle and some cones to mark out the course laps.
- Paper to record the results.

Setting up Your Events



Relays

Set up:

- Relays are great for inclusivity as they are so adaptable.
- You can have as few or as many teams as you see fit, and the team sizes don't have to be four pupils, they can be larger or smaller.
- You can do shuttle relays, obstacle relays or relays around a lapped route, or a more traditional relay, over any distance you deem appropriate within the space you have to work with.

Tips:

- Don't allow anyone to cross the track once the race is underway.
- For shuttle relays, waiting team members sit down, then just before it's the next pupils turn to run they stand up to receive the baton, the pupil who just ran sits down to clear the lane.
- For lapped relays run anticlockwise, when each runner completes their lap they sit down off the course.

You'll need:

- A relay baton or beanbag or quoit for each team, a whistle and some cones to mark the course and if you want to time the races a stopwatch.



Standing Long Jump

Each child has a maximum of three trials.

Set up:

- Children stand behind the take-off line and perform a two footed take off.
- Measure the jump from the back of furthest heel back to the take-off line.
- Encourage the child to step forward after their jump, if they step back or touch the mat behind them it is a no jump.

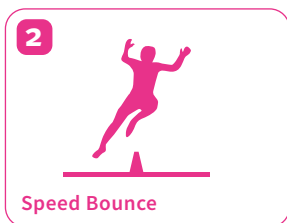
Tips:

- Bend then extend at the knees and swing arms back then forward, for lift at take-off.
- Land with soft knees.
- Bend the knees to cushion the landing.

You'll need:

- 3-4 Standing Long Jump or Gym Mats, with a take-off marker.
- 3-4 measuring tapes (one for each mat).

Setting up Your Events



Speed Bounce

Each child has 1 trial.

Set up:

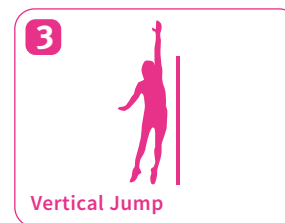
- To start children stand on one side of the wedge with both feet together.
- On the whistle (or clap), complete as many bounces as possible in 20s.
- Children should land on either side of the wedge with both feet together.
- If the child lands on the wedge, that bounce is not to be recorded.
- Use the whistle (or clap) to signal the end of the 20s.

Tips:

- Use other children can help to count the score.
- Counting in increments of two, i.e. 2, 4, 6, 8, 10, is recommended.

You'll need:

- 3-4 Speed Bounce Mat (or homemade 20cms high soft wedge).
- 1 Stopwatch (or mobile phone timer).
- Whistle (or clap your hands).



Vertical Jump

Each child has a maximum of three trials.

Set up:

- Simply against a wall stand side on for the jump, bend at the knees and as you jump swing your arms high to touch as high up the wall as you can.

Tips:

- Jump from a standing position side on to touch as high up the wall as you can.
- Before each jump, the pupil stands with their back, head and heels touching the wall, then stretch to reach as high up the wall as they can, mark this point with chalk.
- Measure the jump distance from the point of where their arms were fully extended in the standing position, to the chalk mark left as high up the wall as the pupil could jump, to the nearest centimetre.

You'll need:

- A ruler or measuring tape.
- Chalk to dip pupil finger tips in to leave a mark on the wall to measure.
- Cloth or rag to clean off the chalk after each pupil.

Setting up Your Events



Standing Triple Jump

(Years 5 & 6 only)

Each child has a maximum of three trials.

Set up:

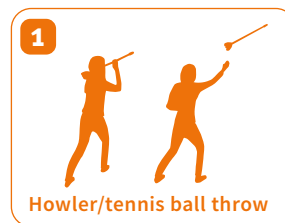
- Children stand behind the take off line and take off from one foot.
- Children then hop, step and a jump (landing on 2 feet).
- Measure the jump from the back of furthest heel back to the take-off line.
- Encourage the child to step forward after their jump, if they step back or touch the mat behind them it is a no jump.

Tips:

- To help children to learn the skill, hold your free leg for the 'hop' then let go for the 'step'

You'll need:

- Standing Triple Jump Mat (or measuring tape and gym mats).



Howler/Tennis Ball Throw

Each child has a maximum of three trials.

Set up:

- Throw from a standing position with one foot in front of the other, behind the throwing line.
- When throwing with the right hand the left foot should be forwards and vice versa for left handed children.
- Children must NOT go into the throwing area unless requested by the teacher.
- Measure the distance thrown to the nearest completed metre.

Tips:

- Aim to throw at roughly a 40-45° angle.
- Pull the arm through from behind the body fast, to help with the speed of the throw.
- Encourage children to avoid stepping over the throwing line, as this would be a no throw.

You'll need:

- 9-12 Tennis balls / Howlers (this will allow for 3 attempts for up to 4 children, with no retrieval required).
- Measuring tape
- Safe area to throw into

Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.
- To make it harder for older children use cricket balls or vortex howlers.
- To make it easier for younger children use bean bags.

Setting up Your Events



Push Throw

Each child has a maximum of three trials.

Set up:

- From a standing position, children use two hands to push throw a football/netball from their chest.
- Stand with one foot in front of the other. Preferred foot forwards.
- Children must NOT go into the throwing area unless requested by the teacher.
- Distance is measured to the nearest completed metre.

Tips:

- Aim to push throw at roughly a 45° angle.
- Extend the arms and then flick at the wrists in front of the body.
- Encourage children to avoid stepping over the throwing line, as this would be a no throw.

You'll need:

- 9-12 footballs / netballs this will allow for 3 attempts for up to 4 children, with no retrieval required. You can use 1kg medicine ball for year 5 & 6 pupils.
- Measuring tape
- Safe area to throw into

Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.



Target Throw

Each child has a maximum of three trials.

Set up:

- Standing behind the throwing line, children throw 3 bean bags into the nearest target and continues for each target.
- Points are awarded if a bean bag lands in correct target. 2 points = lands in the target but bounces out. 1 point = if the bean bag hits the floor and then lands in the target. 1 point = if the bean bag lands partly in the target.
- Collate the scores from each throw to form the total score.

Tips:

- Place your opposite leg to the throwing arm forward to help balance.

You'll need:

- 2-3 Target Throw Sets or 12 bean bags/other suitable items and 4 targets (can use hoops) set at 3m, 5m, 7m and 9m

Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.

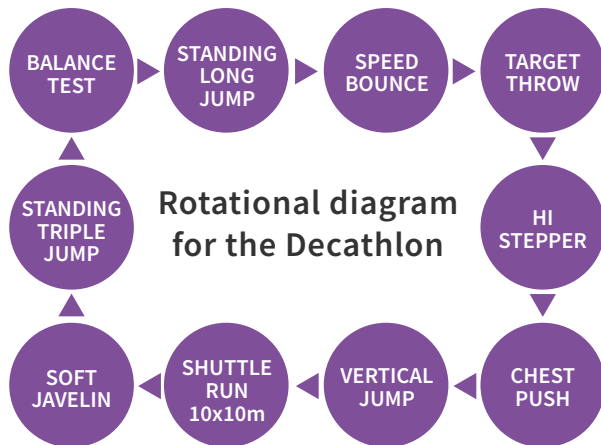
Making your Sports Day Run Smoothly

Timetable/Format:

You can structure the day in various ways, you could use a timetable with one event following another, or have a field event and a running event taking place at once, an order of events with no set times, or a rota of groups around events/stations, whichever suits your school dependant on the space, time and people you have available to help.

You will need plenty of helpers and judges to run all the activities. For running events you will need a starter, a couple of volunteers at the finish line to decide the places and someone to write and record the results. For the field events at least two helpers on each station will be adequate. It is wise to brief all helpers/judges before the events start to ensure they fully understand the event they are undertaking.

1 Example Decathlon



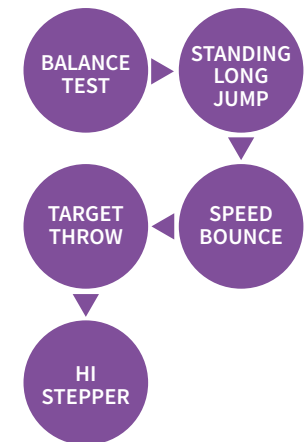
2 Example Short Programme

Time	Track Events	Boys or Girls	Field Events	Boys or Girls	
Start	Obstacle Relay	Girls	Round 1		
	Obstacle Relay	Boys		Standing Long Jump	Girls
	1 + 1 Pairs Race	Boys		Standing Triple Jump	Girls
	2 + 2 Pairs Race	Boys		Vertical Jump	Girls
	Over/Under	Boys		Balance Test	Girls
				Standing Long Jump	Boys
	Over/Under	Girls		Standing Triple Jump	Boys
	1 + 1 Pairs Race	Girls	Vertical Jump	Boys	
	2 + 2 Pairs Race	Girls	Balance Test	Boys	
			Round 2		
	4 x 1 lap Relay	Boys		Sitting Throw	Girls
	Soft Javelin*	Boys		Chest Push	Girls
				Speed Bounce	Girls
				Sitting Throw	Boys
			Chest Push	Boys	
			Speed Bounce	Boys	
Finish	4 x 1 lap Relay	Girls			

 **Presentations**

*these events should take place outside of the running area or infield

3 Example Pentathlon



Example Score Sheet

If it is decided that pupils will score points for their team/house, it's up to you how many you allocate for each event.

Perhaps the simplest is 1st = 4 points, 2nd = 3 points, 3rd = 2 points and 4th = 1 point.

On the example table below you list your events in the left hand column and record accumulative scores as you progress through the sports day programme.

You can have some pupils help on the adding up to improve their numeracy skills.

Example Score Sheet:

Event	Red House Points	Red House Accumulative	Blue House Points	Blue House Accumulative	Yellow House Points	Yellow House Accumulative	Green House Points	Green House Accumulative
Sack Race Year 4B	4	4	3	3	2	2	1	1
Sack race Year 4G	3	7	1	4	2	4	4	5
Standing Long Jump Yr6B	1	8	4	8	2	6	3	8
YR3G Sprint	2	10	3	11	4	10	1	9
YR3 Boy Sprint	1	11	2	13	4	14	3	12
YR5G Shot	3	14	2	16	4	18	1	13
Total Points =		14		16		18		13
Final Position =		3rd		2nd		1st		4th

Adapting Activities, Making your Sports Day Inclusive

At the Commonwealth Games, para athletics events are integrated into the main programme while at the Olympics and World Championships they have their own separate games. It offers a wide range of competitions and events and is open to male and female athletes in all eligible impairment groups.

Athletes are grouped together according to their classification in each event. Some compete in wheelchairs and some with prostheses, while those who are vision impaired can receive support from a sighted guide. There are also events for athletes of short stature and for those with an intellectual impairment.

Your Sports Day competition can be flexible and inclusive to engage all pupils within a school, regardless of ability or disability. The table on the next page outlines what your pupils can do, covering a spectrum of impairment groups, to ensure all pupils are engaged in the activities.

Adapting Activities, Making your Sports Day Inclusive

Group	Examples of pupils and impairments in this group	Additional information	Most pupils will be able to do	Some pupils will be able to do
1. Power chair user	Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe to moderate involvement in all four limbs		Tennis ball/howler throw. Sprint slalom.	Tennis ball/howler throw.
2. Manual wheelchair user or supported ambulant	Athlete with cerebral palsy <ul style="list-style-type: none"> • Athlete with a spinal cord injury • Quadraplegic and paraplegic athletes 	All athletes in this group CANNOT run unaided (including frames and rollators). They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair.	Sprint. Tennis ball/howler throw.	
3 Ambulant - more severe impairment	<ul style="list-style-type: none"> • Athlete with cerebral palsy – ataxic/athetoid – affected in three or four limbs. • Athlete with cerebral palsy – diplegic –functionally affected in both legs • Athlete with a double above knee amputation • Athlete with single above knee amputation or physical impairment allowing similar movement • Dwarf athletes • Blind and visually impaired athletes running with a guide • Athletes with a severe learning disability 	All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner.	Sprint. Tennis ball/howler throw.	
4 Ambulant -minimal impairment	<ul style="list-style-type: none"> • Athlete with single or double arm -amputation or physical impairment allowing similar movement • Athlete with cerebral palsy – Hemiplegic –functionally affected on one side. • Athlete with single above knee amputation or physical impairment allowing similar movement • Athlete with single or double below knee amputation or physical impairment allowing similar movement • Blind or visually impaired athletes who do not run with a guide • Athlete with a moderate learning disability • Athletes on the autistic spectrum, with Asperger’s or behavioural difficulties 	ALL athletes in this group can run unaided	Sprint. Tennis ball/howler throw. Standing Long Jump	

Further Information & Resources



The Daily Mile

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom.

thedailymile.co.uk



Starting Blocs

Starting Blocs is a fun, exciting program to introduce children to the sport of athletics. Children will learn the key movement skills needed for a life in sport, in a safe and positive environment, through games that are designed to teach children the foundations of running, jumping, and throwing.

www.startingblocs.co.uk



Sportshall

Sportshall houses lots of resources around running your own Sportshall athletics competitions along with resources on the events included and how to deliver them.

www.sportshall.org



Welsh Athletics

Welsh Athletics is the governing body for Athletics in Wales. You can find up to date information about how to get involved, taking part in competitions, coach & teacher education opportunities and much more!

www.welshathletics.org

Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

The 2022 Birmingham Commonwealth Games commence on 28th July and finish on 8th August. To help with pupils' knowledge of the host nation we've included a fun quiz to explore Birmingham's culture, history and geography. The answers are included at the bottom of the page.

What Do We Know Birmingham Quiz:

1. What name is most commonly associated to the Birmingham accent?
2. Which sport was invented in its modern form on a Spanish merchant's front lawn in Edgbaston?
3. Cadbury World is a tourist attraction found in which Birmingham model village?
4. London is the biggest city in the UK, how big is Birmingham?
5. What have they named the re-development of Birmingham New Street Train Station?
6. A new major attraction opened in Coventry last year, what was it?
7. How many discs would you count on the outside of Selfridges at Bullring Grand Central?
8. Which famous band was formed in Birmingham? Is it a) Little Mix b) One Direction c) Black Sabbath?
9. What was the name of the dinosaur who made an appearance last year at Birmingham Museum and Art Gallery?
10. The region is well known for its rich history in making and designing, where you could take a behind the scenes tour in the heart of Birmingham?

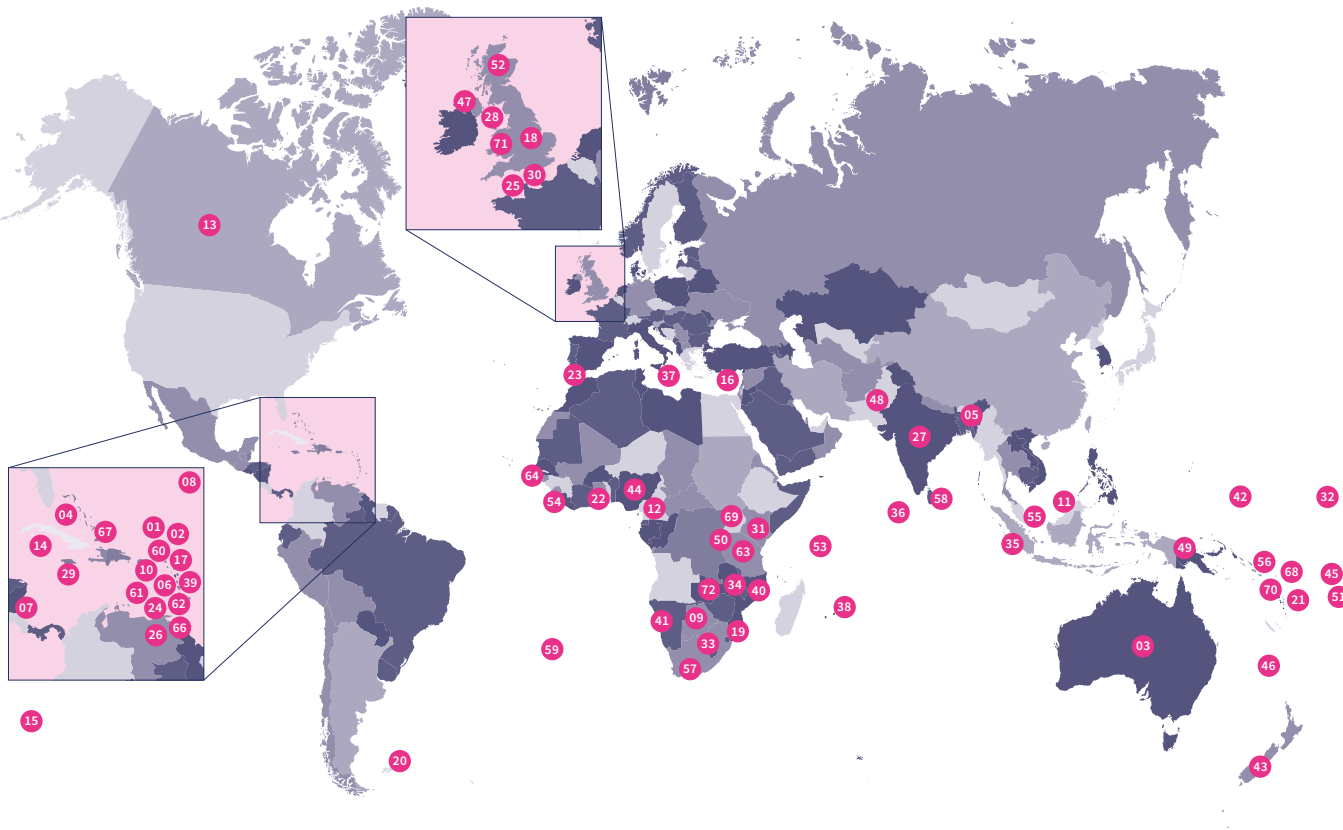


Birmingham Quiz Answers:
1. Brummy, 2. Tennis, 3. Bournville, 4. 2nd Biggest city in the UK, 5. Grand Central, 6. Water Park, 7. 15,000, 8. Black Sabbath, 9. Dippy, 10. Jewellery Quarter

Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

Now match the country to the World map.



- | | | |
|----------------------------|----------------------|-------------------------------------|
| 01. Anguilla | 26. Guyana | 51. Samoa |
| 02. Antigua & Barbuda | 27. India | 52. Scotland |
| 03. Australia | 28. Isle of Man | 53. Seychelles |
| 04. Bahamas | 29. Jamaica | 54. Sierra Leone |
| 05. Bangladesh | 30. Jersey | 55. Singapore |
| 06. Barbados | 31. Kenya | 56. Solomon Islands |
| 07. Belize | 32. Kiribati | 57. South Africa |
| 08. Bermuda | 33. Lesotho | 58. Sri Lanka |
| 09. Botswana | 34. Malawi | 59. St. Helena |
| 10. British Virgin Islands | 35. Malaysia | 60. St. Kitts & Nevis |
| 11. Brunei Darussalam | 36. Maldives | 61. St. Lucia |
| 12. Cameroon | 37. Malta | 62. St. Vincent &
The Grenadines |
| 13. Canada | 38. Mauritius | 63. Tanzania |
| 14. Cayman Islands | 39. Montserrat | 64. The Gambia |
| 15. Cook Islands | 40. Mozambique | 65. Tonga |
| 16. Cyprus | 41. Namibia | 66. Trinidad & Tobago |
| 17. Dominica | 42. Nauru | 67. Turks & Caicos
Islands |
| 18. England | 43. New Zealand | 68. Tuvalu |
| 19. Eswatini | 44. Nigeria | 69. Uganda |
| 20. Falkland Islands | 45. Niue | 70. Vanuatu |
| 21. Fiji | 46. Norfolk Island | 71. Wales |
| 22. Ghana | 47. Northern Ireland | 72. Zambia |
| 23. Gibraltar | 48. Pakistan | |
| 24. Grenada | 49. Papua New Guinea | |
| 25. Guernsey | 50. Rwanda | |

Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

What do you think of when you think of the commonwealth? Encourage children to research facts about the Commonwealth Country's to help with this task, you can direct them towards the various cultures included in the Commonwealth, the history etc.

Design your own Commonwealth Games Relay baton!



Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

Use the clues to work out which event these Welsh athlete's compete in!

Match the correct event to the athlete, using the clues provided.



Jeremiah Azu

Clue: Jeremiah's events are two of the quickest on the track!

Answer: 100m & 200m



Aled Davies

Clue: Aled has won a Gold Paralympic medal for both his events, he competes in the F42 category. The implements he throws total a weight of 9.26kg!

Answer: F42 Shot Put & F42 Discus Throw



Bethan Davies

Clue: In Bethan's event you can get disqualified if you don't always have one foot on the ground! What is her event?

Answer: 20km Race Walk



Jenny Nesbitt

Clue: Jenny's main event is a total of 12.5 laps of the track, can you work out the distance Jenny races? Remember 1 lap = 400m

Answer: 5000m

Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

Use the clues to work out which event these Welsh athlete's compete in!

Match the correct event to the athlete, using the clues provided.



Hannah Brier

Clue: Hannah competes in an event that is half the distance of her brother. Can you work out the distance Hannah races in?

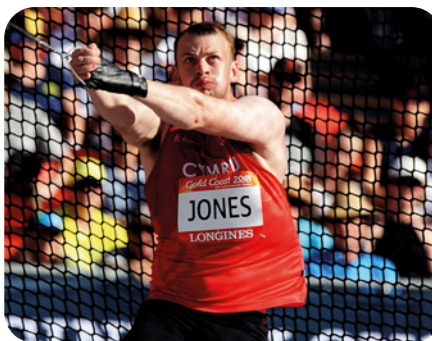
Answer: 200m



Joe Brier

Clue: Brother to Welsh Sprinter Hannah, Joe competed in the Tokyo Olympics and ran a time of 45.96 seconds. Can you work out what his event is?

Answer: 400m



Osian Jones

Clue: Osian's event requires him to turn in a circle and throw an implement that weighs 7.62kg. Can you work out his event?

Answer: Hammer



Olivia Breen

Clue: Olivia competed at the Paralympic Games in Tokyo across 2 events. One requires a 'run up' and the other is a fast sprint. Can you work out her 2 events?

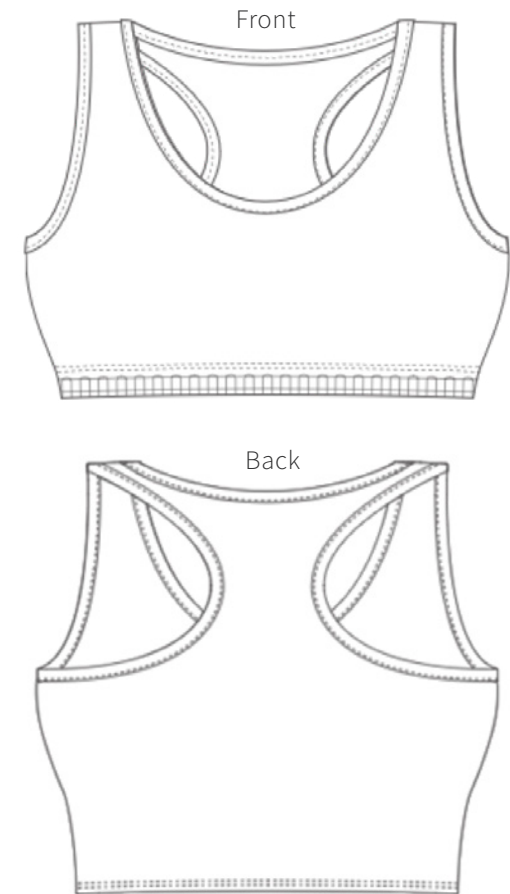
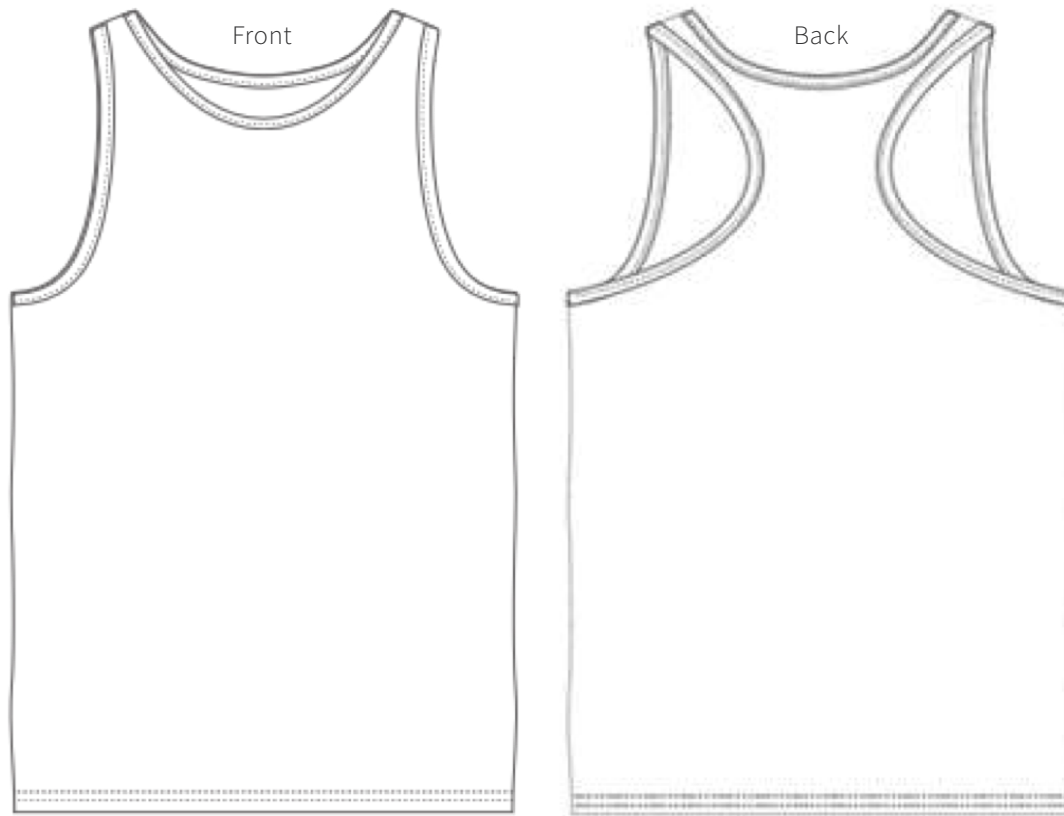
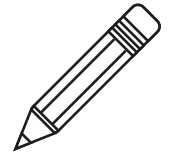
Answer: T38 100m, F38 Long Jump

Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

Draw your own Welsh kit for our athletes!

Can you design a kit that our Welsh athletes would be proud to wear?



Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

Medal Count! Use the results below to work out who received the Gold (1st), Silver (2nd) and Bronze (3rd) at the 2018 Gold Coast Commonwealth Games:

Men's 100m Final

Name	Country	Time	Answer
Akani Simbine	South Africa	10.03	1 ●
Enoch Oluoluwa Adegoke	Nigeria	10.35	7
Henricho Bruintjies	South Africa	10.17	2 ●
Seye Ogunlewe	Nigeria	10.19	4
Kemar Hyman	CAY	10.21	5
Yohan Blake	Jamaica	10.19	3 ●

Women's 1500m

Name	Country	Time	Answer
Georgia Griffith	AUS	4:04.17	5
Stephanie Twell	SCO	4:05.56	7
Katie Snowden	ENG	4:06.55	11
Beatrice Chepkoech	KEN	4:03.09	2 ●
Zoe Buckman	AUS	4:06.76	12
Linden Hall	AUS	4:03.67	4
Caster Semenya	RSA	4:00.71	1 ●
Eilish McColgan	SCO	4:04.30	6
Sarah McDonald	ENG	4:05.77	8
Melissa Courtney	WAL	4:03.44	3 ●
Winnie Nanyondo	UGA	4:06.05	10
Jessica Judd	ENG	4:08.82	14
Mary Wangari Kuria	KEN	4:05.88	9
Ciara Mageean	NIR	4:07.41	13

Men's Hammer Throw

Name	Country	Distance	Answer
Matty Denny	AUS	74.88m	2 ●
Chris Bennett	SCO	65.22m	10
Adam Keenan	CAN	72.15m	4
Mark Dry	SCO	73.12m	3 ●
Dempsey McGuigan	NIR	70.24m	6
Constantinos Stathelakos	CYP	64.87m	12
Osian Jones	WAL	70.14m	7
Taylor Campbell	ENG	72.03m	5
Jack Dalton	AUS	68.28m	8
Nick Miller	ENG	80.26m	1 ●
Tshepang Makhethhe	RSA	67.99m	9
Huw Peacock	AUS	65.19m	11

Women's T38 Long Jump

Name	Country	Distance	Answer
Erin Cleaver	AUS	4.36m	2 ●
Juanellie Meijer	RSA	4.19m	4
Olivia Breen	WAL	4.86m	1 ●
Amy Carr	SCO	3.65m	7
Kailyn Joseph	AUS	4.06m	5
Molly Kingsbury	ENG	3.85m	6
Taylor Doyle	AUS	4.22m	3 ●

Cross Curricular Teachers Resource

Incorporating the Birmingham Commonwealth Games into the Curriculum

Country Profile

Welsh Athletes will compete against 72 teams in Birmingham. At all major athletics championships hundreds and sometimes thousands of athletes will compete across many events. Athletes will represent countries from around the world, meaning that there will be lots of different cultures, languages, and religions coming together for one common purpose!

Task: Choose a country to research and write a fact file about that country.

Country Fact File – Great Britain & NI

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact
Wales	3.17 million	Cardiff	Pounds	Dewi Griffiths, Aled Davies, Melissa Courtney, Bethan Davies, Joe Brier	Wales has competed in every Commonwealth Games since they started in 1930!

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

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Did you know? (5 facts about Birmingham)

- 1. Birmingham has more canals than Venice.**
This may be hard to believe, but Venice has 26 miles of canal, whilst Birmingham has 35 miles!
- 2. Birmingham has the largest public library in Europe.**
It's home to rare books, archives and photography and it also houses one of the largest Shakespeare collections in the world!
- 3. Thomas the Tank Engine was created in Birmingham.**
Thomas the Tank Engine books are read in more than 120 countries!
- 4. The FA cup was made in Birmingham and the first football league in the world started here.**
- 5. Iconic brands Birds Custard, Cadbury Chocolate, Bournville Drinking Chocolate, HP Sauce and Typhoo Tea all started in Birmingham.**





WELSH ATHLETICS
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