

COMMONWEALTH GAMES

THEMED PROGRAMME



AIM

The Commonwealth Games are taking place in Birmingham this summer. Use our themed programme to take on some Commonwealth inspired challenges and activities, including learning about some of the Commonwealth countries (Commonwealth Games, 28th July to 8th August 2022).

ACTIVITIES

-  **Where in the World? Commonwealth Countries**
-  **3x3 Basketball**
-  **The Flat Volleyball**
-  **Did You Know Quiz: Commonwealth Games**
-  **Lawn Bowls**
-  **Junior Commonwealth Games**

COMMONWEALTH GAMES

» INTRODUCTION

The Commonwealth Games are held every four years, with countries that form the Commonwealth being invited to compete.

The 2022 games will be the 22nd Commonwealth Games and they will take place in Birmingham, England, between 28th July and 8th August.

It is expected that 70+ nations will attend, from every corner of the world. During the two weeks athletes, including athletes with disabilities, will compete across 19 different sports.

? DID YOU KNOW?

- The first Commonwealth Games were held in Canada in 1930.
- Since then, there have been 21 Commonwealth Games, with Birmingham 2022 being the 22nd Games.
- It is expected that 72 nations will compete, featuring 5,000+ athletes.
- In 2022 women's cricket will be included. This will be the first time cricket has been played at the Games since 1998.



GET LEARNING: ME & MY WORLD WHERE IN THE WORLD? COMMONWEALTH COUNTRIES

The Commonwealth Games usually feature over 70 nations from every corner of the world. But can you find some of these countries on a map? Its time to find out!

- 1  Download the 'Where in the World? Commonwealth Countries' PowerPoint. You'll need to make sure you have a projector / large TV to display this to the group.
- 2 Split the group into small teams.
- 3 Explain that each slide on the PowerPoint will ask the groups to try and find a Commonwealth country. Groups will need to place a 'pin' in the world map, based on where they think the country is. 'Pins' could be in the form of a post-it note / small sticker placed on the projector screen, or as simple as a volunteer from each group placing their finger on the screen to indicate their guess.
- 4 Once each team has made their guess, reveal the answer. Any team that finds the country should be awarded 3 points. If no team has found the country, then the closest team should be awarded 1 point.
- 5 After all 10 countries have been found, the team with the most points is the winner.





GET ACTIVE: PLAYING SPORT

3X3 BASKETBALL

3x3 basketball is a fast-paced version of basketball, which is a new sport for the 2022 Commonwealth Games. Give 3x3 basketball a go with your young people.

A summary of the rules can be found below. For a fuller understanding of the rules, including a short video, head to <https://fiba3x3.com/en/rules.html>

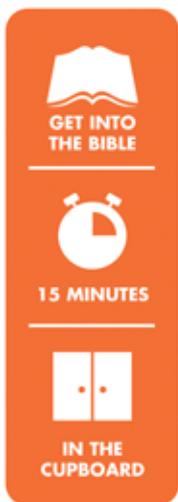
Playing Area: Half a basketball court, with just the 1 hoop for both teams.

Teams: Each team is usually made up of 4 players. 3 on the court and 1 on the sub bench.

Shot Clock: Teams only have 12 seconds, from when they first get possession, to score. If they don't score, play must be handed to the other team. The shot clock is reset whenever possession changes from one team to another. If a team gains possession inside the scoring arc, they must get the ball outside the arc before they can take a shot.

Scoring: There is a scoring arc, drawn at a radius of 6.75m from the centre of the hoop. Anything scored inside the arc is worth 1 point. Anything scored outside is worth 2 points.

Winning Team: The first team to score 21 points in the winner. If this hasn't been achieved, the team with the most points after 10 minutes is the winner.



GET INTO THE BIBLE: DEVELOPING MY FAITH

THE FLAT VOLLEYBALL

A Get into the Bible activity themed around one of the 2022 Commonwealth sports, Beach Volleyball.

- 1 Play a game of volleyball. After a while replace the ball with a flat volleyball. Don't say anything, but just encourage the group to carrying on playing, the best that they can.
- 2 After the game is finished, sit the group down and ask them how they found their game. How did the game change when the ball was replaced? What was the problem with the ball?
- 3 A volleyball's purpose is to be filled with air and then keep the air inside, to allow a game to be played successfully. When the ball has no air in it the volleyball isn't living up to its purpose and isn't achieving its potential. We saw the impact of that in the final part of our volleyball match.
- 4 We too were created for a purpose, just like the volleyball. God created each one of us and designed us in a particular way to fulfil his plan. God gave us a purpose, but are we living up to it? Or are we like a flat volleyball, not reaching our potential and missing the task he has set us?
- 5 Imagine that each of us are like a flat volleyball. We all have a God shaped gap in our lives that only he can fill. We may try to fill it with other things, but that then prevents us from fulfilling our purpose that God planned. That would be like filling our volleyball with sand or water. It would fill the space, but it wouldn't allow the ball to achieve what it was designed for.
- 6 How do we know what God designed us for? How can we fill our lives with 'God shaped things'? Finish in prayer asking God to fill that gap in our life, reduce the distractions around us and for him to use us in a way that fulfils our purposes and praises him.

 **'God is working in you to help you want to do what pleases him. Then he gives you the power to do it.'**
Philippians 2:13



GET LEARNING



15 MINUTES



PREPARATION NEEDED

GET LEARNING: ME & MY WORLD

DID YOU KNOW QUIZ: COMMONWEALTH GAMES

Learn more about the Commonwealth Games and some of the countries involved, with this 'Did You Know Quiz'.

- 1  Download and print a copy of the flags sheet. You'll need a copy for each small group that you split into. Cut the 15 flags into their individual cards.
- 2 Read out a question from the question sheet. Groups will then need to provide an answer by using the flag cards. Some questions require more than one country to be selected.
- 3 After the groups have decided their country, share the answer and read out the accompanying fact. You could award points for each correct answer. The group with the most points at the end of the activity win.



GET ACTIVE



20 MINUTES



PREPARATION NEEDED

GET ACTIVE: PLAYING SPORT

LAWN BOWLS

Lawn Bowls has featured at every Commonwealth Games, apart from in Jamaica in 1966 where they didn't have the facilities. Play bowls with your group to experience the game for yourselves.

- 1 Split into two or more teams.
- 2 Flip a coin to decide which team goes first. The first team must bowl the 'jack'. This is the small white ball used as the target for the rest of the game.
- 3 Each team now take it in turns to roll a bowl, aiming to get as close to the jack as possible. Any bowls that have been bowled, including the jack, can be moved by another shot, with their final resting place being the position that counts.
- 4 After all the bowls have been rolled, go and see which bowl is the closest.
- 5 The winning side get a point for each bowl that is closer to the jack than their opponent's nearest bowl.
- 6 Play another round, with the winning team from the previous 'end' going first.
- 7 Continue to play, either going until the first team scores so many points or until a set number of games.



GET INVOLVED



1 HOUR



IN THE CUPBOARD

GET INVOLVED: SHAPING OUR WORLD

JUNIOR COMMONWEALTH GAMES

Challenge your young people to run their own Commonwealth Games with the Juniors age group in your Company.

As event organisers the group will need to consider which sports they will feature in their games, what space they will use, the timings, what equipment they will need, who will deliver what and so on. Encourage the group to sit down and work through a plan. Ideally the games should be planned at least a week before they are delivered to the Juniors.

Encourage your young people to split the Juniors into countries (teams) and have medals (or something similar) for the winners of each game.

DID YOU KNOW QUIZ: COMMONWEALTH GAMES

Where were the first ever Commonwealth Games held in 1930 (then known as the British Empire Games)?

Canada – The first games were held in Hamilton in August 1930. They were attended by 11 teams.

Which country has hosted the most Commonwealth Games?

Australia – Australia have hosted the Games five times (1938, 1962, 1982, 2006 & 2018)

Which six nations have attended every Commonwealth Games since they began in 1930?

Australia, Canada, England, New Zealand, Scotland & Wales

Which country is the most successful country at the Games, having the won the most medals?

Australia – Australia has won 2,415 Commonwealth medals, 932 of them being gold. England sit in second place (2144 medals) and Canada in third (1555 medals).

There have been 21 Commonwealth Games since 1930, but only nine countries have hosted.

Which nine countries?

Australia (1938, 1962, 1982, 2006, 2018), Canada (1930, 1954, 1978, 1994), New Zealand (1950, 1974, 1990), Scotland (1970, 1986, 2014), England (1934, 2002), Wales (1958), Jamaica (1966), Malaysia (1998) and India (2010).

Two cities have hosted the Games twice. Auckland (New Zealand) in 1950 & 1990. Which country's city has also hosted twice?

Scotland – Edinburgh hosted the Games in 1970 and 1986. Scotland also hosted in 2014, but these Games were held in Glasgow.

Which country won their first ever Commonwealth gold medal at the 2018 Games?

British Virgin Islands – Kyron McMaster won the men's 400m hurdles, securing the British Virgin Islands not only their first ever gold medal, but also their first ever Commonwealth Games medal of any colour.

At the 2018 games, which African country won bronze, silver and gold in the men's 3000m steeplechase?

Kenya – Athletes from Kenya took all three of the podium finishes, completing something called a 'podium sweep'.

The 2022 Commonwealth Games are due to take place in Birmingham. Which country was originally meant to host?

South Africa – The South African city of Durban was originally due to host, but withdrew in 2017 due to financial issues.



AUSTRALIA



BRITISH VIRGIN ISLANDS



CANADA



CYPRUS



ENGLAND



GHANA



INDIA



JAMAICA



KENYA



MALAWI



MALAYSIA



NEW ZEALAND



SCOTLAND



SOUTH AFRICA



WALES