



HULL ACTIVE SCHOOLS

Activity Ambassador
Student Booklet



Your Name

Your School

SCHOOL GAMES





SCHOOLS GAMERS

Congratulations! You have been selected by your primary school to become a Hull Active Schools Activity Ambassador. We asked all Hull primary schools to select a group of young people who enjoy helping others and are enthusiastic about promoting sport and physical activity.

You should be very proud to already be considered for this role at your school - well done!

The role of an Activity Ambassador is to encourage and support your friends, family and peers to become more physically active, every day. We want every young person in Hull to do at least 60 minutes of physical activity every single day! Through the Activity Ambassador scheme you will help;

- ❑ *Increase physical activity opportunities at your school during break and lunch playtimes*
- ❑ *Increase physical activity opportunities at your school during lessons*
- ❑ *Increase physical activity opportunities outside the school day, in after school clubs or through competitions*

We have three Activity Ambassador levels to achieve; Bronze, Silver and Gold. For each level completed you will receive a certificate and medal, plus other exciting opportunities and rewards.

This booklet will be used to record your Activity Ambassador tasks, so please make sure to keep this safe! Your teacher may provide a safe place in the classroom to keep your booklet.

Further support!

Scan the QR code to visit our website
www.hullactiveschools.org/activity-ambassadors

Here you can find links to lots of games and ideas to help you in your role as an Activity Ambassador!



SCAN ME

Be physically active

Spread activity
throughout
the day



All activities
should make you
breathe faster
& feel warmer

Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



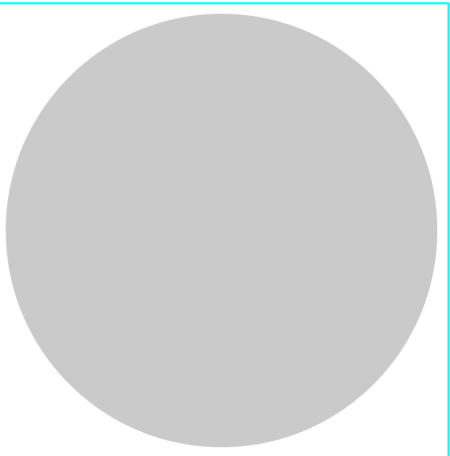
Sit less

Move more

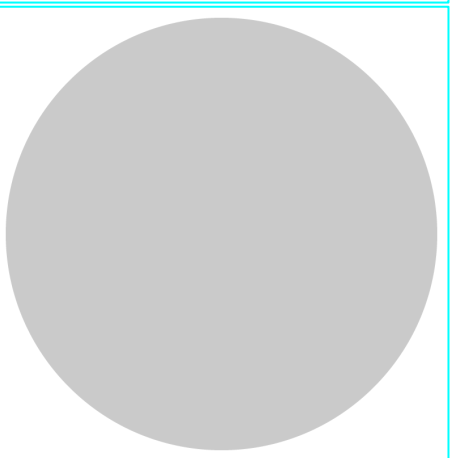
To be a successful Activity Ambassador you need to understand the School Games values and how these can help you.

Complete these School Games Value tasks to refer back to later!

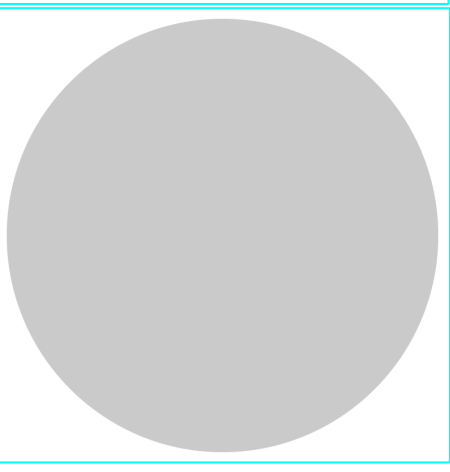
Match your stickers (or write the value) next to each statement!



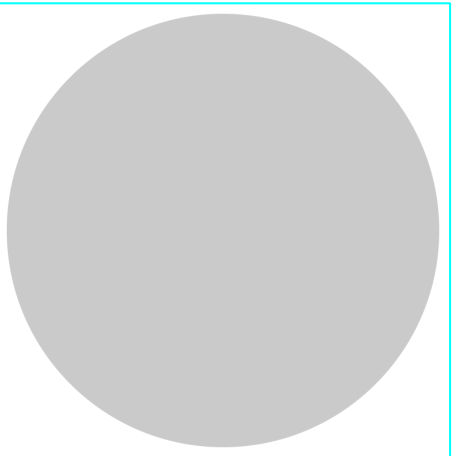
The journey you go on to push yourself and achieve your goals. Have the mental strength and self-discipline to overcome obstacles. Keep working every day to be the best you can be!



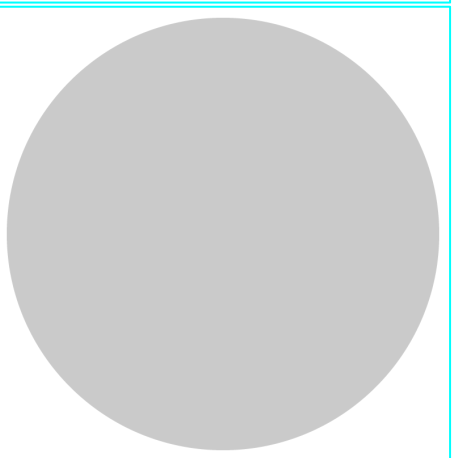
Putting your heart and soul into something and never giving up. Encouraging others to take part with your enthusiasm and motivation.



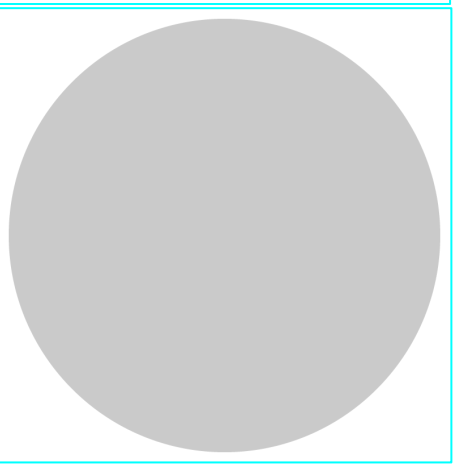
For the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory or defeat with grace, treating others politely.



With others and with yourself. Having the courage to do the right thing and what you know is right.



Treating everyone equally, supporting each other and working together to achieve. Celebrate each others successes and be a team player



You've got to believe to achieve. Have the confidence to succeed and reach you personal best!

Now you have matched the 6 school games values, what other skills or qualities do you think you may need to be a successful Activity Ambassador? Can you think of 4 more?



Four empty circles arranged horizontally for ranking.

Now that you have decided on your 10 activity ambassador values and skills, rank them in the activity ambassador diamond below (top being most important to you, this should be personal and your diamond may look different to your friends!)

A single horizontal rounded rectangle for ranking.

Two horizontal rounded rectangles for ranking.

Three horizontal rounded rectangles for ranking.

Five horizontal rounded rectangles for ranking.



Activity Break ideas for the classroom

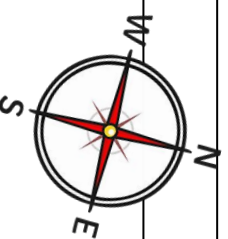
- Number 1** = Right Arm raised
- Number 2** = Left Arm raised
- Number 3** = Right Leg raised
- Number 4** = Left Leg raised



All players should be stood behind their chair. The Activity Ambassador calls out a number and players raise that body part into the air! Then call out any number between 5 and 30 (e.g 15) and a player has to make that number with body parts!

North, East, South, West

Label each side of the classroom. Call out a direction and all children must face that direction by jumping to face that direction



- **Opposites** - Call out direction and children face the opposite direction-
- **Combination** - Call out 5 directions then say go - children must remember sequence-
- **Lottery** - Teacher turns around, Children jump 5 times and settle on a direction to face. Teacher calls a direction, if children are facing that way they must do 3 squats.

How many in 10!

Activity Ambassador times 10 seconds. Players count how many repetitions of the following moves they can do in the time for each of the following;

- Fast feet
- Side to side bouncing
- High knees
- Hops
- Calf raises
- Star Jumps



Active Maths idea for the classroom

Maths Battles

Children walk around the space. Teacher calls 'partner' and children stand opposite a partner. Children then say 3,2,1, GO. On 'Go' children hold out as many fingers as they choose. The fastest child to add together, find the difference or multiply the numbers gets a point.



Active English idea for the classroom

Be Original



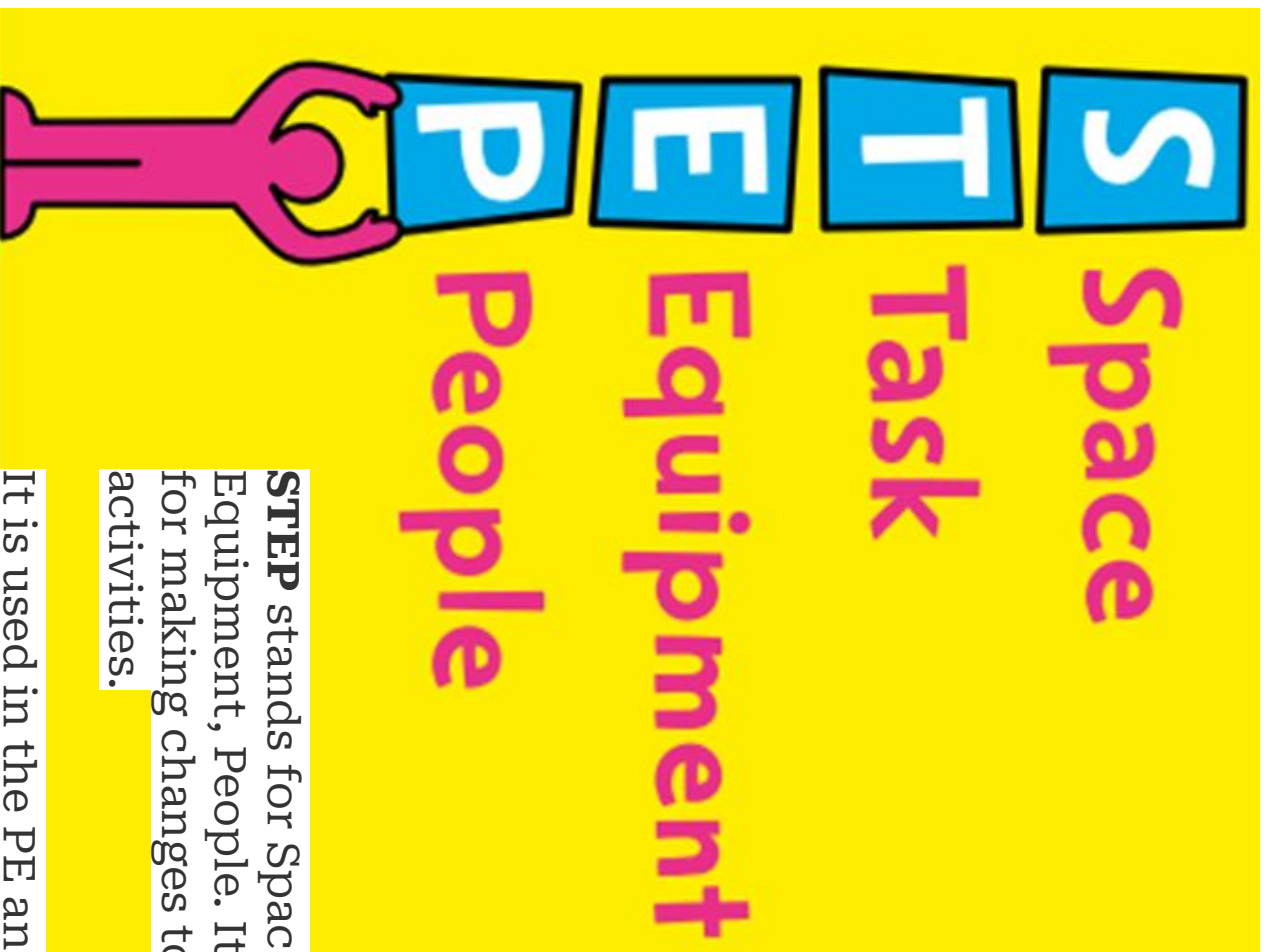
Show an image on your table - players pass a ball around a circle. Everytime they receive the ball they must think of an adjective to describe the picture. Any repetition or hesitation (5 seconds) player does a movement (E.g. 5 star jumps). If a child drops the ball they must pass the ball on to the right and do a movement.

To access more ideas and games for the classroom, active maths and active english ask your teacher to download more; <https://www.hasactivehub.com/>

ACTIVE  **HUB**



SCAN ME



STEP stands for Space, Task, Equipment, People. It's a simple way for making changes to any play activities.

It is used in the PE and school sport so that everyone can join in and take part together.

As an Activity Ambassador you should learn the **STEP** principle and always consider how you can use this to make your games fun, safe and exciting for all players.

You can change one or more parts of a game – that's the **Space, Task, Equipment or People**, to make it more accessible and inclusive for everyone.

Design your own activity challenge game!

Challenge Name:

Try to think of an exciting, catchy name

Age Groups:

Which year groups should attempt this challenge?

Equipment:

List the equipment needed;

Scoring:

How do you score your challenge?

Challenge:

How do you complete your challenge?



BRONZE ACTIVITY AMBASSADOR



**HULL
ACTIVE
SCHOOLS**
...
BRONZE
...

Each task below must be completed 4 times. A member of school staff needs to watch you doing the task and their signature must be placed in the white arrow.



In pairs or a small group, sensibly collect equipment that is required for a lunchtime game or activity of your choice and then safely put this back away to where it belongs.

1

2

3

4

In pairs or a small group, deliver a short 2-minute activity break during a classroom lesson. Permission from your class teacher must be obtained beforehand.

1

2

3

4

In pairs or a small group, accurately keep the score of a game or challenge and make sure the activity is played for the correct amount of time

1

2

3

4

Once your card is complete you'll receive your BRONZE Activity Ambassador rewards, certificate and badge!



SILVER ACTIVITY AMBASSADOR



**HULL
ACTIVE
SCHOOLS**
...
SILVER
...

Each task below must be completed 4 times. A member of school staff needs to watch you doing the task and their signature must be placed in the white arrow.



In pairs or a small group, work together to give clear instructions to explain a lunchtime game or activity you've played before, including encouragement when the game is played.

1

2

3

4

In pairs or a small group, deliver a short 5-minute activity break during classroom lesson time with permission from your class teacher obtained beforehand.

1

2

3

4

In pairs or a small group, explain how to play a games activity using both verbal and non-verbal communication skills

1

2

3

4

Once your card is complete you'll receive your SILVER Activity Ambassador reward, certificate and badge!



GOLD ACTIVITY AMBASSADOR



**HULL
ACTIVE
SCHOOLS
GOLD**

Each task below must be completed 4 times. A member of school staff needs to watch you doing the task and their signature must be placed in the white arrow.



In pairs or a small group, design and create a new game or physical activity challenge to play during lunchtime for at least 20 minutes. This should be a safe game to play and have clear rules.

1

2

3

4

In pairs or a small group, deliver an Active English or Active Maths activity during a classroom lessons with permission from the class teacher obtained beforehand.

1

2

3

4

In pairs or a small group, organise a small intra-school competition at lunchtime or after school in a sport chosen by school students. You must explain the rules, decide fixtures and referee games.

1

2

3

4

Once your card is complete you'll receive your GOLD Activity Ambassador reward, certificate and badge!