



# SCHOOL GAMES

## HULL ACTIVE SCHOOLS

### Activity Ambassador Teacher Toolkit



Copies of the Activity Ambassador scheme resources, activity resources and further information can all be found on our website; [www.hullactiveschools.org/activity-ambassadors](http://www.hullactiveschools.org/activity-ambassadors)



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# SCHOOL GAMES



## WHAT?

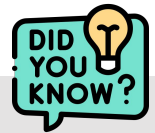
**The Hull Active Schools activity ambassador scheme has been established to provide young people across Hull with a leadership framework to reward their efforts and achievements in helping schools provide additional physical activity opportunities throughout the school day and beyond.**

The scheme encourages students to complete a series of leadership tasks to complete 3 different levels; Bronze, Silver and Gold.



## WHY?

**Each child aged 5 to 18 years should be doing a minimum of 60 minutes of moderate to vigorous physical activity every day, as recommended by the Chief Medical Officer of England.**



This scheme aims to build a workforce of young people to support schools embed additional physical activity opportunities during the school day for their students. Taking part in the scheme will provide students with opportunities to develop key leadership and character skills, equipping them to be responsible, respectful, active citizens who contribute positively to society



## HOW?

To achieve each of the Hull Active Schools Activity Ambassador levels, a student must complete all 3 tasks associated with that particular scheme level. These tasks must be observed by a member of school staff and signed off as completed a minimum of 4 times. Once all 3 tasks have been signed off the student will have achieved that Activity Ambassador Award level and receive their medal and certificate.

The scheme will need a member of staff to 'lead' the scheme in school and communicate with Hull Active Schools when students reach each scheme award level.

## Scheme leader information

To achieve each of the Hull Active Schools Activity Ambassador levels, a student must complete all 3 tasks associated with that particular level.

These tasks must be observed by a member of school staff and signed off as completed a minimum of 4 times. Once all 3 tasks have been signed off the student will have achieved that Activity Ambassador Award level and receive their medal and certificate.

Your role as a scheme leader is to observe and sign off each time a student successfully completes each task in pairs or as part of a group. You can ask other staff members or responsible adults e.g. teachers, teaching assistants, lunchtime supervisors or caretaker



**Do not sign off if you feel the student could improve on that particular skill or task.**

For example, if a group of your students are working towards the bronze task *'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.'* but you observe the group of leaders do not put the equipment back exactly as they found it, we would recommend staff do not sign off and instead, give constructive feedback ready for the next lunchtime.

**Strategies to consider to make play times as effective as possible all year round and to support your new Activity Ambassadors**



## PLAYGROUND RULES

Although most schools already have playground rules or school rules developed it is always useful to ensure these are fit for purpose.

- Ask yourself are these working?
- Do they need revisiting?
- Could we make these more specific
- Do we display these in the playground?
- Do our rules limit or prevent physical activity?

Having simple playground rules on display will give children clear expectations, reduce the risk of injury and help them become more physically active.

## MAPPING THE PLAYGROUND

Organising your playground can ensure children are given a range of activities to enjoy. If you do not already have a map developed, a good starting point is to watch what games the children are already playing and where, what natural boundaries or systems are children already using and are the games in the safest space for the activity?

This will also help how staff position themselves and where the Active Ambassador students can be placed.

Zones could be split up into different categories such as:

- Invasion games
- Tag games
- Net / Wall Games
- Adventure Area
- Game of the Week
- Personal challenge area





## ACTIVITY AMBASSADORS



One of the outcomes of the Activity Ambassador Scheme is to give schools a student workforce to draw upon to maximise the use of playground space at your school.

These leaders will be provided with Activity Ambassador cards to help guide them through tasks to support levels of physical activity. As a school you should utilize these and encourage your activity ambassadors to take responsibility of delivery fun, safe and enjoyable lunchtime activities to their friends or younger children.

We strongly suggest schools create a rota for their activity ambassadors so no student is asked to lead on a lunchtime more than twice a week - they need their own time to play too!

## GAMES / ACTIVITIES

We have provided you with a resource pack which covers a lot of different games but we also have a dedicated website page for school staff to access further resources to support the delivery of lunchtime activities and challenges. Did you know the [www.yourschoolgames.com](http://www.yourschoolgames.com) website is packed full of sport challenges and activity ideas?

We suggest having these activity cards laminated and placed in a folder where the playground equipment is stored for staff and leaders to refer too if needed.

Some schools choose to weatherproof the games making them into posters that can be attached to the playground walls and refreshed each half term.

## EQUIPMENT

We recommend that Activity Ambassadors have their own designated equipment. This will help them develop consistency with organising and delivering activities, but it will also instil a sense of responsibility and respect for their own equipment. Many of the most exciting activities that engage young people in physical activity require very little equipment or specialist sports gear. Every school receives more than £16,000 of ring fenced funding annually through the PE/School Sport premium. This funding allows schools to purchase equipment to improve lunchtime physical activity.

## FIRST AID

To eliminate the prospect of being short staffed in the playground if a first aid situation needs to be dealt with, we recommend setting up an outdoor first aid station. This could be positioned where any outdoor sports equipment is stored.



## MUSIC

Music is a great tool for the playground, it not only adds to the whole positive atmosphere but can really help break down barriers between the boys and girls, as well as different age groups. You will find bigger children taking the hands of little ones and dancing, the children bopping while playing and even staff tapping their feet!

Hull Active Schools play music at our multi-sport festivals as we noticed while students are waiting to take their turn or while they are a substitute, the music encourages them to keep moving and dancing - increasing the levels of physical activity!

## REWARDS

Creating a rewards system to reinforce good behaviour at lunchtime is a great tool. Any system must link to existing school rewards in place during the classroom and normal school life. It is not always appropriate to allow the Activity Ambassadors the ability to give out such rewards and we suggest staff maintain the responsibility for this. That includes giving the Activity Ambassadors rewards for their work and efforts - don't take them for granted!

The Activity Ambassadors scheme provides young people with certificates and medals, plus recognition in the form of letters to be sent home and to headteachers. However, as a school you can add to this by providing the leaders with personal equipment (stopwatches, clipboards, whistles etc. etc.) or even special clothing (high vis tops, hoodies, hats) to identify them as the ambassadors at your school.

## TIMING

Placing a start and finish time on certain activities allows children to work on their organisation skills. This time allocated is for setting up ready to deliver, then packing up and will encourage good habits of tidying and storing equipment.

# HEALTH & SAFETY



Physical activity by its nature presents a challenge to growing children, setting goals which, in order to be met, demand a mixture of skill, fitness and personal judgement. The risk of accident is ever present, but the ability to anticipate hazards and to minimise them should be paramount for schools and school staff. All staff should be aware of their role in creating and maintaining a safe play environment.

## HEALTH & SAFETY CHECKLIST

- ❑ Check equipment is safe prior to use, this should include providing safe and accessible storage.
- ❑ Check facilities are safe for activity, this should include maintenance of facility areas (e.g. Multi Use Game Area is cleared of fallen debris, rubbish and any unsafe substances e.g. water spillages or broken plastic/glass)
- ❑ Check young people are ready for activity and are not asked to perform activities beyond their capability.
- ❑ Check you have relevant First Aid qualifications for staff on duty, and a well stocked, accessible first aid kit
- ❑ Check staff are aware of the First Aid procedures in place at your school
- ❑ Advertise and make clear to students and staff who are the designated First Aid trained members of staff who can deal with injuries and signs of illness

## GENERAL SAFETY POINTS

Activity Ambassadors should always be given the opportunity to explain games and activities to a responsible adult before playing, to allow the activities to be checked from a health and safety aspect. Refer to the STEP principle and get into the habit of asking Activity Ambassadors to conduct a short risk assessment e.g. check for hazards, broken equipment and dangerous obstacles. This is good practice to build awareness of risk in your leaders but it should NOT be the students responsibility to determine what is safe, the final decision must always be made by an adult in charge.

Equipment must only be used in the manner in which it is created.

## Frequently Asked Questions?

### **Do we have to attend the training day to take part?**

No - any member school can access the scheme resources and award program. We strongly encourage schools to try and come along to one of the scheme training days but this would not prevent a school running the scheme. If you are not attending the face-to-face training you must contact Alex Sherwood to notify him your school is running the scheme so he can provide certificates / medals.

### **We already have a sport leader group and it works well, should we do this scheme instead?**

No - our scheme is a citywide award scheme to celebrate schools and students who are helping young people in Hull achieve the 60 active minutes ambition. Do not replace any successful sport leadership programs you already have, either your own or other partner organisations with our scheme. We envisage this scheme complimenting any existing leadership programmes you may do already as a way to reward and recognise the student achievements.

### **Can we involve more than 8 students as our Activity Ambassadors, and do they have to be in year 5?**

Yes - you could include more than 8 students. However, we do place an 8 person limit for the face-face training days simply for capacity and for the scheme awards (medals per school). Extra medals and certificates can be purchased if you decide to include more than 8 students at a cost of £10 per pack of 8. We have designed the scheme to be transferable between years 4, 5 and 6. Please use your own professional judgement when selecting which children to form your activity ambassador group. Selection criteria and information letter can be downloaded from our website.

### **How do we let Hull Active Schools know when a student has reached a certain level of the scheme award?**

Simply contact Alex Sherwood - [alex.sherwood@hullactiveschools.org](mailto:alex.sherwood@hullactiveschools.org) to let him know. Each school will be given the Bronze award pack upon registration for the activity ambassador scheme. Silver and Gold packs will be given once we are notified by your school.

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# ACTIVE HUB

To access more ideas and games for the classroom, active maths and active english ask your teacher to download more



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# SCHOOL GAMES

To access more ideas and games for the lunchtime activities visit



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# change 4 life

Eat well Move more Live longer

To access more ideas and games from Change4Life please visit;



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# SUPERMOVERS

To access more ideas and games from BBC Supermovers



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# YOUTH SPORT TRUST

To access ideas and games for short, 60 second activity challenges



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