

Calddecott Park

Sport and entertainment



Teachers' notes



The Importance of keeping fit

Society's attitude towards health and fitness has changed over the past few years and we are all much more aware of the need to be positive about our health and recognise the importance of physical fitness then ever before.

Health and fitness is determined by what we eat, how we live our lives, our choice of leisure activities and what we do to keep ourselves physically fit. Keeping fit is about how we as individuals choose to live our lives and the levels of fitness we aspire to. We all need a certain amount of the right type of exercise to keep us healthy, regardless of our lifestyle, age or physical ability.

Remaining physically fit is important for the following reasons:

- » Maintaining a good level of physical fitness will give you a feeling of better health through increased energy and vitality, making you feel better about yourself and about your life.
- » Being fit helps the activities in your life easier to manage; it keeps your body in shape and keeps you looking good, which in turn provides 'the feel good factor' making you work more efficiently and effectively.
- » Keeping fit can help improve your quality of life and help maintain a good standard of health, preventing or delaying heart related diseases.
- » Exercise helps reduce stress & improves personal performance.
- » Exercise helps you control your weight and body shape.

This pack is designed to give schools, youth groups or friends ideas on how to use facilities within Caldecott Park and to encourage outdoor play. The pack is only a guideline and does not have to be strictly followed. If you have further ideas on how to improve the pack or any other questions, please contact the Park Ranger on 01788 547621.

Note: All of the facilities in Caldecott Park are free if pre-booked by a school, youth group or other community based organisation; however for individuals there will be charges.



Suggested Sports That Can Be Played Within Caldecott Park

Football

An all weather pitch is available at no cost to use for football training, tournaments or general play. Suitable for 10-12 players at any one time.

Circuit Training

The park is approx 560 meters around the perimeter of the park. There is plenty of space on grass and pavement to complete a simple fitness circuit for all fitness levels.

Tennis

There are two tennis courts available free of charge if booked by school, youth group or other community based organisation.

Dodgeball

The MUGA (Multi Use Games Area) can be used for this simple but enjoyable game for all ages.

Tag Rugby

This fun and fast flowing game can be played on both the grassy areas and the MUGA in the park.

Basketball/Netball

There are basketball hoops available in the MUGA for both these sports. Great on your own! But even better with two or more friends.

Cricket/Rounders

Lots of open grass areas make Caldecott Park an ideal location for these games. If school books in advance, quick cricket/rounders equipment will be available.

Play Parachute

If school has play parachute, Caldecott Park is an ideal location to use this.





Football

Equipment Needed:

- Balls
- Whistle
- Bibs
- Cones
- Pens and Pencils
- Appropriate footwear
- Water Bottle
- Stopwatch

Suggested rules:

1. Ball to be kept under head height
2. If ball goes over side barrier, a throw in is awarded.
3. Teams can only shoot in the opponents half of the pitch.
4. Goalkeepers can only roll the ball out to team members.
5. No sliding tackles.

Other suggested games:

- i. **Wembley Singles** - one person in goal, all against all, one goal scored puts the person through to the next round, last person not to score is out of the game. Continue until one person is left..
- ii. **Penalty Shootout** - Pick two teams, each team takes it in turn to try and score a penalty, each player gets one shot and the team who scores the most penalties wins.
- iii. With large class sizes a **mini tournament** can be played. **Football tournament templates are included at the back of this pack to assist.**





Circuit Training

Equipment Needed:

- Sportswear
- Sports Trainers
- Water Bottle
- Stopwatch
- Cones (To identify what each station is)

Suggested rules:

1. The group completes the circuit together.
2. There are five stations throughout the park all with different activities on them.
3. Circuit lasts no more than 10 minutes.

Suggested Circuit:

- i. **Station 1 - Press ups** - Each participant completes five press ups before jogging to the next station.
- ii. **Station 2 - Squat Thrusts** - Each participant completes five squat thrusts before jogging to the next station.
- iii. **Station 3 - Sit ups** - Each participant completes five sit ups before jogging to the next station.
- iv. **Station 4 - Burpees** - Each participant completes five burpees before jogging to the next station.
- v. **Station 5 - Star Jumps**
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Each exercise is explained and sho

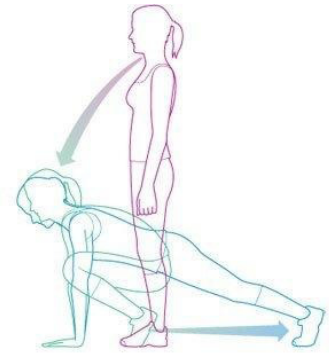




Examples of Circuit Training Exercises:



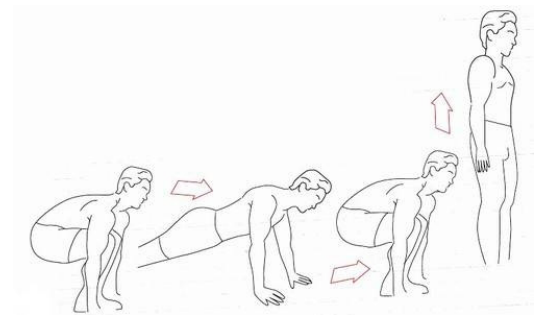
Press ups



Squat Thrusts



Sit ups



Burpees



Tennis

Equipment Needed:

- Tennis rackets
- Tennis balls
- Sports Trainers
- Sportswear
- Water Bottle

Suggested rules:

1. Divide the court in half.
2. Have one child either side of the net but divided into their half of the court and begin to hit the ball back and forth to each other creating a rally.
3. The ball may only bounce once and then must be hit and returned to the other side of the net but inside the lines of the divided court.
4. Once a rally can be achieved, they can then begin to try and score points against each other.
5. A point is counted when:
 - The ball bounces more than once in the opponents half of the court.
 - The ball is hit outside of the lines.
 - The ball hits the net and lands in the shot takers side of the court.

Other suggested games:

- i. **Champion of the Court** - A designated champion competes against a line of challengers. Players who win two points in a row to become the new champion. The champion starts the game by hitting the ball to the challenger and they then rally until a winner is decided.





Dodgeball

Equipment Needed:

- Soft ball/beach ball
- Bibs
- Whistle
- Water Bottle

Suggested rules:

1. Divide the children into two teams.
2. One team forms a circle; the other team stands inside the circle.
3. Players forming the circle throw the ball at the other team.
4. Players inside the circle should run around and avoid being hit.
5. Only players in the outside circle may throw the ball.
6. Players who get hit join the outside circle.
7. The last player in the inside circle wins.
8. Only players hit **below the knees** are out.





Tag Rugby

Equipment Needed:

- Rugby Ball
- Tag Rugby Belts (if school books, can be supplied)
- Bibs
- Whistle
- Sports Trainers
- Sportswear
- Water Bottle

Suggested rules:

1. Each player wears a belt with two tags attached
to be involved in the game.
2. Object of the game is to score a try over the opponents try line.
3. Ball must be passed sideways and backwards.
4. Only the player carrying the ball can be tagged. (Tagged is the removal of one tag from the belt)
5. Once tagged player must stop within three paces and pass the ball to another team member.
6. The tagger must return the tag to the player once the ball has been passed.
7. If the ball is dropped, passed forward or a try is scored the other team obtain possession.

Other suggested games:

- i. **Bulldog** - There are two end zones. One person is in the middle trying to obtain tags from the runners. Objective of the game is for runners to get from one end zone to the other without losing a tag. If tag is lost they join the person in the middle to help steal tags. Winner is last one left with tag.





Basketball/Netball

Equipment Needed:

- Basketballs/Netballs
- Bibs
- Whistle
- Sportswear
- Sports Trainers
- Water Bottle

Suggested rules:

1. No contact.
2. Players can only dribble with one hand, if they stop and hold the ball in two hands they must then pass to another team member. **(Netball: there is no dribbling allowed in this game)**
3. If a player who stops then begins to dribble again, a free pass is given to the opposite team.
4. To score players must shoot the ball through the hoop
5. Players can pass the ball in any direction.

Other suggested games:

- i. "PIG" or "PIGGY" - The object of the game is to spell a word. If a player does not score with their shot they remain without a letter. The first person to spell a word continues until there is a winner.





Cricket/Rounders

Equipment Needed:

- Cricket Set - Bats, balls and stumps
- Rounders - Bats, balls and poles
- Sportswear
- Sports Trainers
- Whistle
- Water Bottle

Suggested rules: Quick Cricket

1. There is a designated bowler and batsman, the rest of the group is fielders.
2. **Only the bowler** can dismiss the batsman from the crease by bowling the ball at the wickets.
3. The fielders can only dismiss the batsman by catching the ball after the batsman has taken his shot.
4. The idea of the game is for the batsman to score as many runs as they can by running back and forth to a marker 7m either side of the wickets.
5. After every bowl the batsman **must run** whether they hit the ball or miss.
6. The fielders have to get the ball back to the bowler immediately for the bowler to bowl the ball at the wickets regardless if the batter is back from running or not.
7. Once the batsman is out, the bowler then becomes the new batsman and a new bowler is





Play Parachute

Equipment Needed:

- Play Parachute
- Trainers
- Whistle

The play parachute is a simple but exciting piece of equipment for children of all ages.

Parachute Play

Parachute games encourage cooperative, non-competitive play and reinforce turn-taking and sharing. While most gross motor activities for young children develop muscles in the lower body more than the upper torso, parachutes strengthen primarily shoulder, arm and hand muscles. When children work together to make the parachute billow, they also refine perceptual motor skills and develop a sense of rhythm. Language activities can also be incorporated into most parachute games.

Warm up play

See-Saw pull:

From a sitting position, have the children pull the chute back and forth in a seesawing motion.

Make Waves:

While gripping the parachute, everyone moves their arms up and down to make small and large waves.

Bag Roll:

Have the children try to roll balls into the hole in the center of the parachute.

Chute Lift:

Ask the children to lift the parachute high over their heads and down again. Talk about the soft sounds and breezes that are created. Move the parachute faster and notice the different effects.

Mushroom:

From a standing position, lift the parachute from the ground to waist height, counting one (lift from ground) and two (lift from waist). On three (lift over head), have everyone raise the parachute high over their heads and then (DROP!) crouch down, pulling the parachute tightly behind them. A mushroom effect is created as the parachute settles.

Variations:

- Everyone mushrooms, and then let's go.
- Everyone mushrooms, takes one step in, sits down pulling the chute behind them, so everyone is sitting in a tent.
- Everyone mushrooms, and then runs to the center, still holding the chute.

**Parachute Tag:**

Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.

One Hand Run:

Have each child hold the parachute with one hand, extending the opposite arm out for balance. Run around in one direction, then change and run around in the other direction. A variation would be to use music as the cue for changing direction (i.e. direction can be changed every time the music stops).

Parachute Run:

Have the children take turns running on the parachute as it lies on the ground, while the other children make waves. See how long the children can manoeuvre on the waves before falling down. The length of turns can be determined by songs that the children choose to sing (i.e. everyone's turn lasts the length of one song).

Beginning play**Tent Pole:**

Everyone spreads evenly around the parachute sitting down with one person under the parachute. This person is to be the tent pole and stands in the middle, holding the center of the chute as high as possible. The tent-pole person calls out someone's name and goes and sits down in that person's place. The person called has to rush to the middle and take up the role of the tent-pole before the chute comes down. Repeat the procedure as long as you feel like it.

Variation:

Jellyfish - all the seated people sway about as much as possible for the tent-pole to stay upright. From the outside, the chute should look like a gigantic quivering jellyfish.

Upside-down Tent:

An alternative way to make a tent is to have everyone lie on their backs under the chute, heads to the middle with their feet up in the air. Stretch the chute tight and tuck the chute under your backs so it holds your legs up. You can bring in a soft ball and use your hands to bounce it around inside the tent.

Air Conditioning:

This game is good for recuperation after an energetic game. Hold the chute stretched out and have about a third of the people lie on the ground under it (best with heads near the middle). The rest mushroom the chute up and quickly pull it down again repeatedly. Air rushing in and out cools those underneath like a giant fan, and the sensation of watching the chute rise up and then come down on top of you is very strange.

The Ocean:

Pretend the parachute is the ocean. The leader then gives a weather report and the children move the parachute in response to the report they heard. For example, "I heard on the weather report this morning that there was a slight breeze over the Atlantic. What would that look like?" The children respond by making small waves



in the parachute. Other suggestions have been high winds, snow (pull it tight to make ice), hurricanes, etc. Once they get the hang of it the possibilities are endless.

Ball games (suggested ages 5 - 11)

Most of these games can be played with balls of different kinds: tennis balls, footballs, beach balls, or even a giant earth ball. Different sized balls will change the way in which the game plays, so feel free to experiment.

Parachute Volleyball:

Children stand around the parachute, holding it with both hands waist high. Put the ball on the parachute and start flapping and waving the parachute around.

Try a contest. Split the parachute into two teams, (i.e. this half versus that half) and have the teams try to cause the ball to go off the other side of the parachute. Also, you can have everyone kneel down, place the parachute on the ground and pull it taught, and then put the ball in the middle. At the same time have everyone stand up and raise the parachute high above their heads. If done properly, this should propel the ball high into the air.

Parachute Volleyball II:

- Two large parachutes are needed for this activity

Split into two teams with one team around each parachute. Each team should be standing, holding the parachute with both hands. Place the ball on one of the parachutes. The object is for the team with the ball to launch the ball in the air and make it land on the other team's parachute. This process then repeats itself going back the other direction. Once they have accomplished this move the teams increasingly further apart.

ABC Volleyball:

Everyone stands around the parachute holding its edges. The children must then bounce the ball once for each letter in the alphabet without dropping the ball. If the ball is dropped, begin again. This game is best played with younger children. It's great for under 5s who are beginning to learn their ABC's. The game can also be played without a parachute by having the children stand in a circle and tap the ball up volleyball style, with each person saying the next letter of the alphabet when they hit the ball. This is better for older players.

Chute Ball:

This game is best played with an earth ball (a large beach ball). You simply place the ball in the middle of the chute and by pulling upwards and outwards; throw the ball as high in the air as possible.

Competitive Chute Ball:

Mark a line across the diameter of the chute. Have equal teams hold the edge of the chute on either side. Throw a ball into the middle. The aim is to get the ball off the chute on the other team's side of the line, and stop it coming off your own side of the line



(ie: to throw it over the other team's heads). You mustn't let go of the chute or touch the ball with any part of the body. Keeping score is optional.

After several minutes of wild flapping and little progress the group should realize that coordination and strategy are needed to flick the ball off the chute.

Popcorn:

Start with everybody holding the chute stretched out. Throw as many soft balls as you can find on to the chute. Then see how quickly you can bounce them off without letting go of the chute. Alternatively you can have half of the children trying to bounce the balls off and half trying to keep them on.

Bouncing Balls:

Start as above and this time have two or three children under the chute. The children under the chute have to try and push off the balls while everyone else tries to keep them bouncing.

Rollerball:

Everyone holds the chute taut. Place a large ball near the edge. Try to make the ball roll around the edge of the chute. To do this, someone starts the ball rolling. As it comes towards you, you lower the edge you are holding, and as it goes past you raise your edge. When all the players do this in synchronization, it creates a kind of wave going round the edge of the chute which pushes the ball in a smooth steady circle. It can not be done without concentration and co-operation, but it is very rewarding for a group to eventually achieve the correct motion. Once you have mastered the correct motion try changing the direction or speeding up.

Ball in the Bucket:

Two plastic balls are placed on the parachute while held waist high. Each team tries to shake its ball into the center pocket and keep the other team from putting its ball in the center pocket. A point is earned each time a team puts a ball in the pocket.

Safe from the Storm:

The ball is placed on the parachute, representing a canoe. Participants wave the chute so it ripples. This is the waves and the stormy sea the canoe has encountered. Participants have to get their canoe to safety as soon as possible (through the hole in the center of the parachute).

ABC Volleyball: (large parachute, 10-25 children)

Have the children stand around the parachute holding its edges. The group must then bounce the ball once for each letter in the alphabet without dropping the ball. If the ball is dropped, begin again. This game is best played with younger children. It's great for 5 years and younger who are beginning to learn their ABC's. The game can also be played without a parachute by having the children stand in a circle and tap the ball up volleyball style, with each person saying the next letter of the alphabet when they hit the ball. This, more challenging style, is better for older players.





Other games (Suggested ages 5 - 11)

Change Over:

Mushroom the chute and call out a command, i.e. "Change over if you are wearing red." Everyone wearing red has to run under the chute to the opposite side, before the chute lands on them (although that is part of the fun) changing places with someone else (or at least finding an open spot).

All Change:

Have the children hold onto the edge of the parachute. On the count of three, have them lift it high into the air. Call out the names of two players. These players quickly change places under the canopy. By calling three or four names at a time. When the game is at its ending point, call out "all change" to have all the players switch.

Caution: Watch for kids running into each other while trying to switch.

Musicless Chairs:

Number the children by threes around the chute, so that you have an equal number of ones, twos and threes evenly spread out. Mushroom the chute, and then call out a number and also a description of who you would like them to act as. For example, if you call out: "Mushroom...Number ones are ballerinas", all of the number ones have to cross under the chute, acting like ballerinas on the way.

Jaws:

- You may want to play this game with mats under the players

Everyone should sit on the floor in a circle, holding the parachute stretched out with their legs underneath it. The chute is the sea, and the children are all sitting on the beach, happily dipping their toes in the water. By shaking the edge of the chute, you will produce a realistic rippling wave effect. Once the waves are going well, choose someone to be the shark, and tell them to disappear under the chute. They should move around underneath, and because of the waves, it is difficult to know where they are. The shark chooses a victim and grabs them by the feet. The victim will then let out a scream and disappear under the chute. The new person then becomes a shark. The old shark can become a bather, or continue being a shark (depending on the teacher's decision).

Alligator Attack:

The children sit around the parachute with their legs underneath. Their legs should be straight and the parachute should be held at the waist. Choose one or two children to be alligators and two or three to be medics. The alligators hide under the parachute and eat people by tugging on their victim's feet and pulling them under. The victim then becomes an alligator. The medics run around the outside of the circle and hold people when they begin to be pulled under and are yelling for help. After there are so many alligators that the integrity of the parachute circle collapses, start a new game.



Caution: With both versions of the game, warn the children not to play tug-of-war with victims. If a person is being saved, then the alligator has to find a new victim, not continue to pull. Also, victims should allow themselves to be pulled under. This will help to avoid rug burns and other injuries.

Cat and Mouse:

Everyone should stand in a circle holding the chute stretched out at about waist height. Someone becomes a mouse and goes underneath. Someone else becomes a cat and goes on top. The cat tries to catch the mouse, but with everyone billowing the chute, it is impossible to see where it is.

Every now and then you can give the cat a clue by lowering the chute to reveal the mouse, and then raise it again to help the mouse get away. You can try the game with two or three mice and two or three cats.

Shark Hunter: (large parachute, 10-25 children)

Everyone should sit around the outside rim of the parachute. Choose one player to be the hunter and two or three players to be the sharks. The hunter is on top the parachute (no shoes) while the sharks hide below. When the game starts, all the players around the rim wave the parachute up and down to simulate water and to mask the sharks' movements. The hunter must crawl around the top of the parachute and find each of the sharks within a predetermined amount of time (up to two minutes). When a shark is caught they leave from under the parachute and take their place around the rim. The hunter wins if they catch all the sharks, if there are any sharks remaining, the remaining sharks win.

Caution: Sometimes the children around the rim like to give away where the sharks are hiding, this should be discouraged.





Tournament Sheets

GROUP 1
1.
2.
3.
4.

Group 1 Winner _____

Group 1 Runner Up _____

GROUP 1 FIXTURES	
1.	VS 2.
3.	VS 4.
1.	VS 3.
2.	VS 4.
1.	VS 4.
2.	VS 3.

GROUP 2
5.
6.
7.
8.

Group 2 Winner _____

Group 2 Runner Up _____

GROUP 2 FIXTURES	
5.	VS 6.
7.	VS 8.
5.	VS 7.
6.	VS 8.
5.	VS 8.
6.	VS 7.

KNOCKOUTS – SEMI - FINALS		
G1 Winner	VS	G2 Runner up
G2 Winner	VS	G1 Runner up

FINAL	
	VS





Tournament Sheets

GROUP 1	
1.	
2.	
3.	
4.	

Group 1 Winner _____

Group 1 Runner Up _____

GROUP 1 FIXTURES	
1.	VS 2.
3.	VS 4.
1.	VS 3.
2.	VS 4.
1.	VS 4.
2.	VS 3.

GROUP 2	
5.	
6.	
7.	
8.	

Group 2 Winner _____

Group 2 Runner Up _____

GROUP 2 FIXTURES	
5.	VS 6.
7.	VS 8.
5.	VS 7.
6.	VS 8.
5.	VS 8.
6.	VS 7.

KNOCKOUTS – SEMI - FINALS		
G1 Winner	VS	G2 Runner up
G2 Winner	VS	G1 Runner up

FINAL	
	VS

