

# OPENING CEREMONY

## KEY INFORMATION

**AGE GROUP:** Open

**GENDER SPECIFICATIONS:** Open

**NUMBER IN A TEAM:** Open

## DESCRIPTION

We are looking for exciting performances for the Opening ceremony . These can be singing, playing in a band, dancing or even reciting poetry. Send in your performances to be part of the Opening Ceremony!

Please send in your videos, along with your monitoring sheet, to your local School Games Organiser.



# TASK #1: SINGING

## HOW TO PARTICIPATE



Write your own song around any of the following themes

One or all of the School Values                      Honesty, Self belief, Passion, Determination, Respect, Teamwork

One or all of the Olympic Values                      Respect, Excellence, Friendship

One or all of the Paralympic Values                      Determination, Inspiration, Courage, Equality

**OR**

choose a current song that you would like to sing that is inspirational for athletes volunteers and officials in an Opening ceremony

# TASK #2: BIG BAND SOUND

Write your own piece of music around any of the following themes

One or all of the School Values                      Honesty, Self belief, Passion, Determination, Respect, Teamwork

One or all of the Olympic Values                      Respect, Excellence, Friendship

One or all of the Paralympic Values                      Determination, Inspiration, Courage, Equality

**OR**

choose a piece of music that you would like to perform that is inspirational for athletes volunteers and officials in an Opening ceremony



## TASK #3: DANCE

### HOW TO PARTICIPATE

Create your own dance routine by yourself, with a partner or in a group around any of the following themes

One or all of the School Values                      Honesty, Self belief, Passion, Determination, Respect, Teamwork

One or all of the Olympic Values                      Respect, Excellence, Friendship

One or all of the Paralympic Values                      Determination, Inspiration, Courage, Equality

## TASK #4: POETRY

### HOW TO PARTICIPATE

Write your own poem around any of the following themes

One or all of the School Values                      Honesty, Self belief, Passion, Determination, Respect, Teamwork

One or all of the Olympic Values                      Respect, Excellence, Friendship

One or all of the Paralympic Values                      Determination, Inspiration, Courage, Equality



The Spirit of the Games values of honesty, determination, teamwork, self belief, passion and respect were developed by young people to identify what the experience of school sport should be built around. The values focus on personal excellence through competition.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



### RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

