

## Gillespie's Games 2020 Event Information Pack

**Monday 15 June 2020**

Dear Parent/Carer and new S1 pupil at James Gillespie's High School,

WELCOME to the Active Schools 'Gillespie's Games' event 2020!

I invite you to watch the **opening ceremony video**, just [click here](#).

A reminder that all the information you need is on [www.jamesgillespies.co.uk/p7-transition-2020/](http://www.jamesgillespies.co.uk/p7-transition-2020/) and included in the following pages of this event information pack.

We hope your child has their resources ready to go (listed below for you to double check) and is excited about their first experience of sport and physical activity at James Gillespie's High School.

### TIMETABLE

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<b>11 am</b>	<b>Opening Ceremony</b>	(creative pen and paper activity)
<b>11:30 am</b>	<b>Gillespie's Games</b>	<a href="#">Athletics</a>   <a href="#">Basketball</a>   <a href="#">Dance</a>   <a href="#">Football</a>   <a href="#">Netball</a>
<b>2 pm</b>	<b>Medal Ceremony</b>	(creative pen and paper activity)

### RESOURCES

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- ✓ **Internet access** to school website (link above) – short videos demonstrate each challenge
- ✓ **P.E. Kit** or comfortable leisure clothing
- ✓ **Water** bottle (and a snack as the event runs during lunchtime)
- ✓ **Paper, coloured pens** (plus optional scissors and tin foil)
- ✓ **Socks** (ideally 3-5 pairs rolled up)
- ✓ **Ball** (e.g. football/netball/soft or sponge ball)

Please note the following reminders before we begin:

1. If you would like to, please share any pictures or videos of your child participating in the event on Twitter by tagging the official Twitter accounts of JGHS ([@GillespieHigh](#)) and Active Schools ([@ActiveSchoolsED](#)), using the hashtag **#GillespiesGames**. This is purely optional, at your discretion.
2. Please ensure that any activity your child chooses to do outside of the home is in line with current Government guidance on Covid-19 and social distancing measures ([click here for Scot Gov website](#)). The health and wellbeing of pupils at James Gillespie's High School is our utmost priority.

Wishing you a fun Gillespie's Games 2020, thanks for taking part!

**The info pack starts overleaf.**

*Eliot Ambrose*

**Active Schools Co-Ordinator** (James Gillespie's High School & Cluster Primary Schools)  
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11 am

## OPENING CEREMONY

Welcome and “let the games begin”! Have you watched the welcome video? If so, let’s go!

The opening ceremony launches the event – in the Olympics and Paralympics this is an explosion of colour, movement and celebration. We’re going to create that for ourselves! To play your part you will need the following items; **pens/pencils (preferably coloured) and paper**

### ACTIVITY – Your Gillespie’s Games

This challenge is all about your own Gillespie’s Games experience, and has three tasks;

1. Design a **logo** for Gillespie’s Games
2. Create a **mascot** for Gillespie’s Games – this could be an animal or a cartoon
3. Come up with a **motto** for Gillespie’s Games

Be as creative as you can – think about using different shapes, patterns and colours.

You could even take inspiration from your Primary School badge or colours, or your new High School badge and colours (see the top right-hand corner of this page).

Here are some examples from previous Olympics if you need an idea or two:



#### EXAMPLE OLYMPIC MOTTOS

- Tokyo Olympics – ‘**United by Emotion**’
- Rio Olympics – ‘**New World**’
- London Olympics – ‘**Inspire a Generation**’

Why not share a picture of your designs on Twitter? You can tag the official Twitter accounts of JGHS ([@GillespieHigh](https://twitter.com/GillespieHigh)) and Active Schools ([@ActiveSchoolsED](https://twitter.com/ActiveSchoolsED)) and use the hashtag **#GillespiesGames**.

If you have time to spare why not search for some other opening ceremony videos on YouTube?

Or write a few sentences about what you hope to gain from today?

**Well done** for completing the first part of your Gillespie’s Games P7 Transition Day!

11:30 am

## GILLESPIE'S GAMES – Active Challenges

It's time for the main event!

Are you ready to get active and **go for gold**?

Ready... set... go!

### Athletics

Video demonstration available on the [JGHS website transition page](#) and [Active Schools YouTube](#)

Could you be the next Usain Bolt or Jessica Ennis-Hill?!

1. **Shuttle Run** – Set out a 5 metre distance with 2 markers (these can be socks). Run back and forwards and touch each marker as you go. How many shuttles can you run in 20 seconds?
2. **Long Jump** – Stand feet together and jump forward as far as you can, landing with both feet still together. Mark your distance and use a measuring tape or ruler to record your score.
3. **Speed Bounce** – Jump sideways over an object (you can use a jumper or other marker) as many times as you can in 20 seconds.

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	<b>Shuttle Run</b> (how many shuttle runs can you do in 20 seconds)	16 or more	11-15	5-10		
2	<b>Long Jump</b> (how far can you jump)	1.80m	1.50m	1.0m		
3	<b>Speed bounce</b> (how many jumps could you do in 20 seconds)	More than 30	16 -30	5- 15		

## Basketball

Video demonstration available on the [JGHS website transition page](#) and [Active Schools YouTube](#)

1. **Stef Curry 3 pointers** – Get 5 pairs of rolled up socks and a large bin or bucket. Take 3 large steps back and see how many socks you can score into it. Complete 5 times and count your total score from 25 shots. Tip – if you multiply your score by 4 it will become a percentage.
2. **LeBron James turnarounds** – Use the same 5 pairs of rolled up socks and a large bin or bucket. Spin around on the spot 5 times and then shoot into the bucket. Count your score out of 5 shots.

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	<b>Stef Curry 3-pointers</b>	20-25	11-19	5-10		
2	<b>LeBron James Turnarounds</b>	More than 4	2-4	1		

## Dance

Video demonstration available courtesy of Live It Dance Studios on the [JGHS website transition page](#) and [Active Schools YouTube](#)

It's time to move to the beat and shake it like a polaroid picture!

**CHALLENGE** – Can you learn the steps in time with the dance coaches in the videos?

Keep your eyes peeled for the dance coach who is dancing at the beach – she teaches our very own lunchtime dance club at JGHS. She's looking forward to teaching you guys some new moves when you come up to the High School.

There is no score for this activity – just do your best and give your all as if you were performing to a live audience at... say... the Royal Albert Hall!

## Football

Video demos courtesy of City of Edinburgh Football Development Officer Jack Beesley available on the [JGHS website transition page](#) and Active Schools YouTube as follows:

Ronaldo Toe Taps = [click here](#) | Messi Shuffle = [click here](#) | Rapinoe Shuttles = [click here](#)

Have you ever dreamt about scoring the winning goal for your favourite team?

Or playing alongside the likes of Lionel Messi or Megan Rapinoe? Now's your chance!

1. **Ronaldo Toe Taps** – Alternating between your left and right foot, how many times can you touch the ball with the bottom of your feet like Cristiano Ronaldo in 30 seconds?  
**Each touch = 1 point.**
2. **Messi Shuffle** – Alternating between your left and right foot, how many times can you touch the ball with the insides of your feet like Lionel Messi in 30 seconds?  
**Each touch = 1 point.**
3. **Rapinoe Shuttles** – Starting in the middle, how many shuttle runs can you complete like Megan Rapinoe in 30 seconds?  
**4 touches of the ball + 1 sprint = 1 point.**

**Record your score and check the medal table below to see if you achieved a GOLD, SILVER or BRONZE medal.**

Challenge		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	<b>Ronaldo Toe Taps</b>	51-70	31-50	1-30		
2	<b>Messi Shuffle</b>	61-80	41-60	1-40		
3	<b>Rapinoe Shuttles</b>	5+	4	1-3		

## Netball

Video demos courtesy of Active Schools Edinburgh Coordinators Neil & Shirley  
available on the [JGHS website transition page](#)  
and [Active Schools YouTube](#) as follows:

Body Pass = [click here](#) | Knee Pass = [click here](#) | Passing Drill = [click here](#)

1. **Body Pass** – Pass the ball around your body, without dropping the ball, practice passing the ball in both directions. How many times can you repeat this in one minute?
2. **Knee Pass** – Stand on your right leg and raise your left knee. Pass the ball under your left knee, try and stay well balanced. Then switch legs. How many times can you repeat this in one minute?
3. **Passing Drill** – Stand opposite a partner (or a wall if you don't have a partner), about 3 meters apart. Pass the ball using your right hand only and then pass the ball using your left hand only. How many passes you can do in one minute?

**Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.**

Challenge		Gold	Silver	Bronze	Your Score / Time	Your Medal
<b>1</b>	<b>Body Pass</b> (how many times in one minute)	45 or more	31-45	5-30		
<b>2</b>	<b>Knee Pass</b> (how many times in one minute)	45 or more	31-45	5-30		
<b>3</b>	<b>Passing Drill</b> (how many times in one minute)	More than 50	25-49	10-24		

PTO

*For the Medal Ceremony!*

2 pm

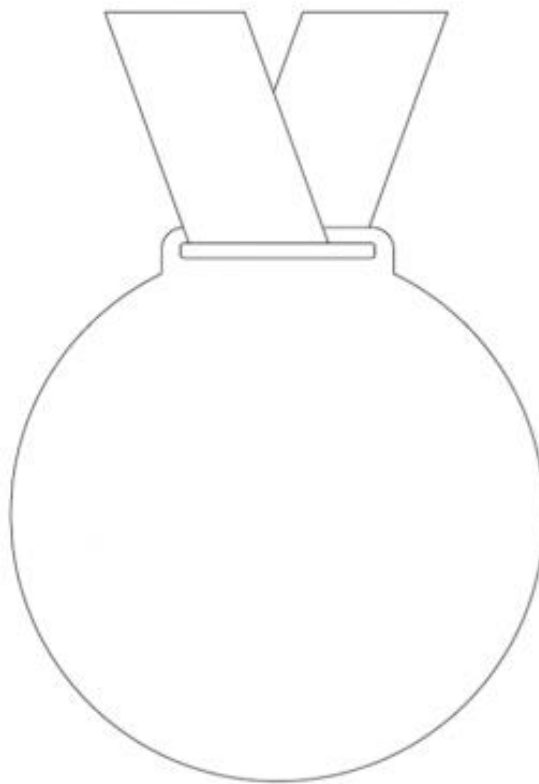
## MEDAL CEREMONY

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If you've made it this far, I think **you deserve a medal** – and that's exactly what you're going to get!

Below is a template of a medal (sorry it's not made of real solid gold!) for you to decorate and design. Maybe you could use some of your designs from your opening ceremony activity?

- Get creative – use different colours, shapes, patterns (great practice for art lessons in S1).
- You could cut it out and wear it – or stick it on your bedroom wall.
- You could wrap it in tin foil or write your name and total score on the back.



**Thank you so much for taking part in Gillespie's Games!**

Watch the **well done video** on the [JGHS website transition page](#) and [Active Schools YouTube](#)

**Remember** to keep your eyes peeled on [www.jamesgillespies.co.uk](http://www.jamesgillespies.co.uk) and [@ActiveSchoolsED](#) Twitter for up to date information on extra-curricular sport and physical activity at James Gillespie's High School and citywide.

I look forward to seeing you at James Gillespie's High School in S1 for 2020-21.

*Eliot Ambrose*

**Active Schools Co-Ordinator** (James Gillespie's High School & Cluster Primary Schools)  
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