



YOUTH  
SPORT  
TRUST

# NATIONAL SCHOOL SPORT WEEK **2021**

Together Again

*Reconnecting and  
recovering through the  
power of sport and play*

## EVENTS & ACTIVITIES PLANNER

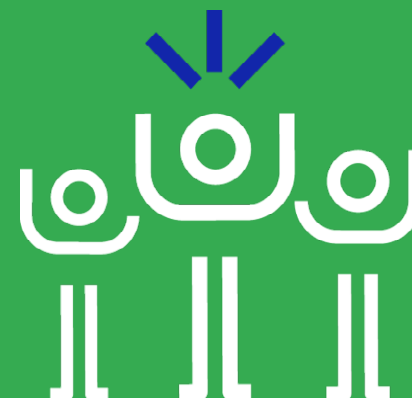
19 -25 June 2021

#NSSW2021 | NSSWTogetherAgain



# How to get started

Follow our simple three-step plan to start planning your event to be as successful as possible



## It only takes 3 simple steps



### Plan

- Use the editable [event planner](#) to work out who, what, where and when for your sports day/Together Again games
- Use the [weekly planner](#) to consider activities across the whole week
- Check out our [top tips](#) to help you plan a successful event



### Participate

- The [event ideas and activities](#) page has links to access plenty of free resources and ideas for activities across a wide range of themes
- Make sure everyone can be involved by considering [inclusion and safety](#)



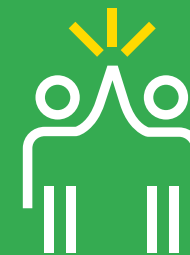
### Promote

- Share your plans and event success with [the comms toolkit](#)
- Celebrate individuals' participation using the make your own [certificate](#)

**Play your part and make 2021 the biggest and best NSSW ever!**



# NSSW 2021 Together Again Ideas



## Traditional sports day games

- **'Old school' sports day**  
*Organise egg 'n' spoon and wheelbarrow races*
- **Teacher v pupils competitions**  
*Make up different challenges*
- **Wacky races**  
*Create your own races*
- **Street sports day**  
*Invite your neighbours*
- **Interhouse multi-skills festivals**  
*Create a carousel of activities within teams/bubbles*



## Euros themed



- **Five-a-side challenge**  
*Form a team and get stuck in*
- **Travel to support your team**  
*Clock up the miles challenge*
- **Footgolf championship**  
*Design a course and play together*

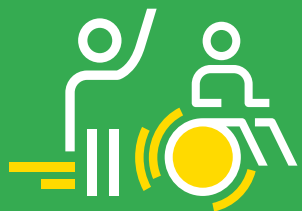


## Olympics/ Paralympics

- **Travel to Tokyo**  
*How can you clock up the miles?*
- **Mini Olympics/Paralympics**  
*Adopt a country for your sports day*
- **Faster, higher, stronger**  
*Can you beat your personal best?*
- **Garden games**  
*Create your own Olympic events*
- **Olympic/Paralympics dance performance**  
*Get creative with choreography*



# NSSW 2021 Together Again Ideas



## Adapted/inclusive activities

- Boccia or seated target games**  
*Great for playing with grandparents*
- Paralympics**  
*Learn about and try new sports*
- Walk/wheel together**  
*Set a target to achieve a goal*
- Seated volleyball**  
*Use a ball or balloon*
- Waste paper bin basketball**  
*Design and play adapted games*
- Table top games**  
*Great fun for all*



## Family and community

- Treasure or scavenger hunt**  
*Find the clues against the clock*
- Garden or park golf**  
*Throw, hit or kick around a course*
- Sock war**  
*Just like tag rugby, protect your socks!*
- Family bike ride**  
*Work as a team*
- Garden Olympics or Wimbledon**  
*Use household items such as frying pan tennis*



## Thank you celebrations

- Dance performance**  
*Create and perform your own routine*
- Recognition awards**  
*Celebrate your superheroes*
- Community events**  
*Use your NSSW activities and ideas and share with others in the community*



# Your event planner

Plan your event by filling out all the details

## Your event (what)

Such as a sports fun day, inclusion festival or mini Olympics

## Date (when)

## Time (start/finish)

## Location (where)

## Event co-ordinator(s) contacts

## Target audience (who)

Who is the event aimed at?

What does the audience need to know?

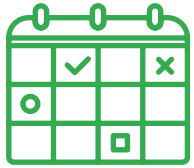
What will attract them / inspire them to take part?

## Message/purpose (what)

What do you want to say to the target audience?

## Objectives (why)

Be clear about what you hope to achieve from the event



# Your weekly planner

		SATURDAY 19 <sup>TH</sup>	SUNDAY 20 <sup>TH</sup>	MONDAY 21 <sup>ST</sup>	TUESDAY 22 <sup>ND</sup>	WEDNESDAY 23 <sup>RD</sup>	THURSDAY 24 <sup>TH</sup>	FRIDAY 25 <sup>TH</sup>
<b>Plan</b> 	Activity							
	Where will it take place?							
	When will this happen?							
<b>Participate</b>	Who will be taking part?							
<b>Promote</b> 	How will you capture the moment?							
	How will you promote it?							
<b>Reflect</b>	What did you learn?							

# 10 top tips to *make your event a success*

## Know your audience and what you want to achieve



Being clear about who you want to take part and why will help you to ensure your event is inclusive for all

## Begin early

Start planning and promoting your event as soon as you can



## Establish your team and assign clear roles and responsibilities

Get the right team in place, break the event into tasks, assign these to team members and make sure they understand their role



## Remain flexible, calm and have a back up plan

Events rarely happen without hiccups, but your ability to respond to them calmly is key

## Spread the word online



Your event is a great way to increase your social media presence. Use **#NSSW2021** so people around the country can discover your content and engage with it. Don't forget to tag us in **@YouthSportTrust**



## Capture the moment

Great photos will bring your event to life and provide great promotional material, as well as memories

## Practice makes 'almost' perfect



Mentally walking through the event process can highlight potential problems and allow time to make changes. Don't forget your checklist!

## Meet & greet

Make sure people feel welcomed and relaxed as this will go a long way to ensuring they enjoy the experience



## Follow up and Thank yous

It's easy to think the job is done at the end of the event, but this is the time to focus on follow ups. Thank those who played a key role and gather feedback which will come in hand for future events

## Enjoy it!

Make sure you enjoy the event and take time to reflect on the role you have played in others' enjoyment too!





# Event ideas and *activity links*

There are hundreds of fantastic, free resources up for grabs to help you plan your event. just check out the links below:

**OVER 300 activity ideas on The Active Recovery Hub. Click Here!**

## Personal/team challenges

 [60 sec. physical activity challenges](#)

## Celebration and recognition

 [Superheroes](#)

## Family activities and garden games

 [Family activities](#)

## Traditional sports days

 [Funetics](#)

## Inclusive/adapted games

 [SEND activities](#)

## Major sporting events

 [Euros](#)  [The FA schools resources](#)

 [The Scottish FA schools resources](#)

## Olympics/ Paralympics

 [Get Set Tokyo](#)







# Inclusivity and safety

Making sure your event is inclusive and safe for everyone is critical for its success. These simple considerations will ensure everyone can get involved and have a great time.

Think **STEP**: Space, Task, Equipment, People



## Space

### Where is the activity happening?

Changing the size or shape of the space can make things easier or harder



## Task

### What is happening?

Help children or young people to understand the task and rules. Adapt the activity by changing the length of time to complete the task or number of goes allowed



## Equipment

### What is being used?

Using different equipment can make the activity easier or harder. Think about the size, weight and type of equipment used to keep things varied and suitable for everyone



## People

### Who is involved?

Consider working alone, in pairs, teams or as a leader and follower so that others can watch and copy

## Get your sports day Sun-Sorted!



The Outdoor Kids Sun Safety Code is a free accreditation resource,

offering a downloadable toolkit to keep sun protection on sports day - and in every outdoor session - up to date and effective. Getting children to take the Sun-Sorted! quiz will also ensure they understand why sun protection is important, making your task easier.

## THE BIG GIVEAWAY

To reward those taking the quiz, the Melanoma Fund is offering NSSW schools 50 Sun-Sorted! kits each containing 30 x bottles of SunSense Kids SPF50 and Sun-Sorted! wristbands. To find out more click [HERE](#)

**melanoma**  
fund

## Remember...



### Stay safe in the sun!

Apply sun cream, wear a hat and sunglasses and keep an eye out for areas of shade to rest



### Keep hydrated

Stay hydrated by drinking plenty of water as you exercise



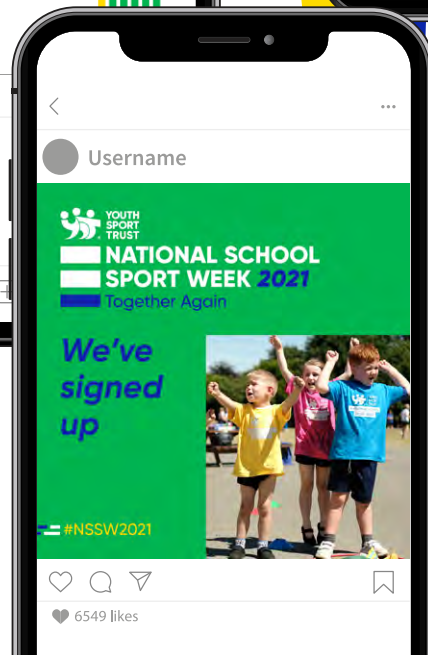
### Wash your hands

It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands



# Promotion: Social media graphics

Social media channels are one of the best ways to help you raise the profile of your event by sharing news and updates. Be sure to include bold images as well to catch everyone's attention and show what your school is doing.



Click [here](#) to download the social media graphics



# Promotion: editable certificate

What better way to celebrate each individual's participation than by creating a personalised certificate, just for them?

Click [here](#) to make your own certificate and show each child or young person how well they've done

