



## Tynecastle Games 2020 Event Information Pack

**Monday 15 June 2020**

Dear Parent/Carer and new S1 pupil at Tynecastle High School,

WELCOME to the Active Schools Tynecastle Games event 2020!

We hope you have your resources ready to go (listed below for you to double check) and are excited about your first experience of sport and physical activity at Tynecastle High School.

A reminder that all the information you need is on <https://tynecastlehighschool.org.uk/school-information/student-support/p7-transition-information/> and included in the following pages of this event information pack.

Let's get started with the timings of the day ahead, and the things you will need to join in.

### TIMETABLE

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<b>11 am</b>	<b>Opening Ceremony</b>	(creative pen and paper activity)
<b>11:30 am</b>	<b>Tynecastle Games</b>	<b>Athletics   Basketball   Dance   Football   Netball</b>
<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 Tynecastle High School (@TynecastleHigh) and Active Schools (@ActiveSchoolsED), using the hashtag **#tynecastleHigh**. 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 Tynecastle High School is our utmost priority.

Welcome Video - <https://www.youtube.com/watch?v=3vkDu-waAwg#>

Wishing you a fun Tynecastle Games 2020, thanks for taking part! **The info pack starts overleaf.**

*Ricky Karoyan*

**Active Schools Co-Ordinator** (Tynecastle High School & Cluster Primary Schools)  
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11 am

## OPENING CEREMONY

Welcome and “let the games begin”!

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 Tynecastle Games

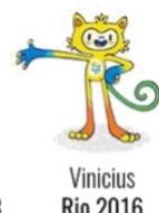
This challenge is all about your own Tynecastle Games experience, and has three tasks;

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



London 2012  
Wenlock

Vancouver 2010  
Quatchi and Miga

Beijing 2008  
Beibei, Jingjing,  
Huanhuan, Yingying, Nini



### 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 Tynecastle High School ([TynecastleHigh](#)) and Active Schools ([@ActiveSchoolsED](#)) using the hashtag **#TynecastleGames**.

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 Tynecastle Games P7 Transition Day!



11:30 am

## Tynecastle 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 at <https://tynecastlehighschool.org.uk/school-information/student-support/p7-transition-information/>

<https://www.youtube.com/watch?v=hl2CBJ9vSAY&t>

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 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 <https://tyneastlehighschool.org.uk/school-information/student-support/p7-transition-information/>

(Video demonstration available at...)

<https://www.youtube.com/watch?v=cFtNQbJEVW4&t>

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 times 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 demo courtesy of Live It Dance Studios Edinburgh

<https://tyneastlehighschool.org.uk/school-information/student-support/p7-transition-information/>

<https://www.youtube.com/watch?v=6nAseCh6R7U>

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?

We have an excellent dance programme at Tynecastle High School delivered by Miss Clarke and our amazing Dance Leaders, they can't wait to meet you all!

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  
<https://tyncastlehighschool.org.uk/school-information/student-support/p7-transition-information/>

Ronaldo Toe Taps = <https://www.youtube.com/watch?v=XfsioENo6Fg>

Messi Shuffle = <https://www.youtube.com/watch?v=zZX2ksprSSk>

Rapinoe Shuttles = <https://www.youtube.com/watch?v=dCwZRIAox-w>

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!

- 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.**
- 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.**
- 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		

We work closely with Hearts of Midlothian Football club and have a fantastic football programme at Tynecastle High School delivered by Tynecastle Staff and Hearts Coaches.



## Netball

Video demos courtesy of Active Schools Edinburgh Co-Ordinators Neil & Shirley  
<https://tynecastlehighschool.org.uk/school-information/student-support/p7-transition-information/>

Body Pass = <https://www.youtube.com/watch?v=umu7Db0-0Rg>

Knee Pass = [https://www.youtube.com/watch?v=WOFqHp\\_AzYk](https://www.youtube.com/watch?v=WOFqHp_AzYk)

Passing Drill = [https://www.youtube.com/watch?v=556yYc\\_Uc3s](https://www.youtube.com/watch?v=556yYc_Uc3s)

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

We have a netball club running at Tynecastle High School ran by Dunedin Netball Club so make sure you get yourself signed up.

2 pm



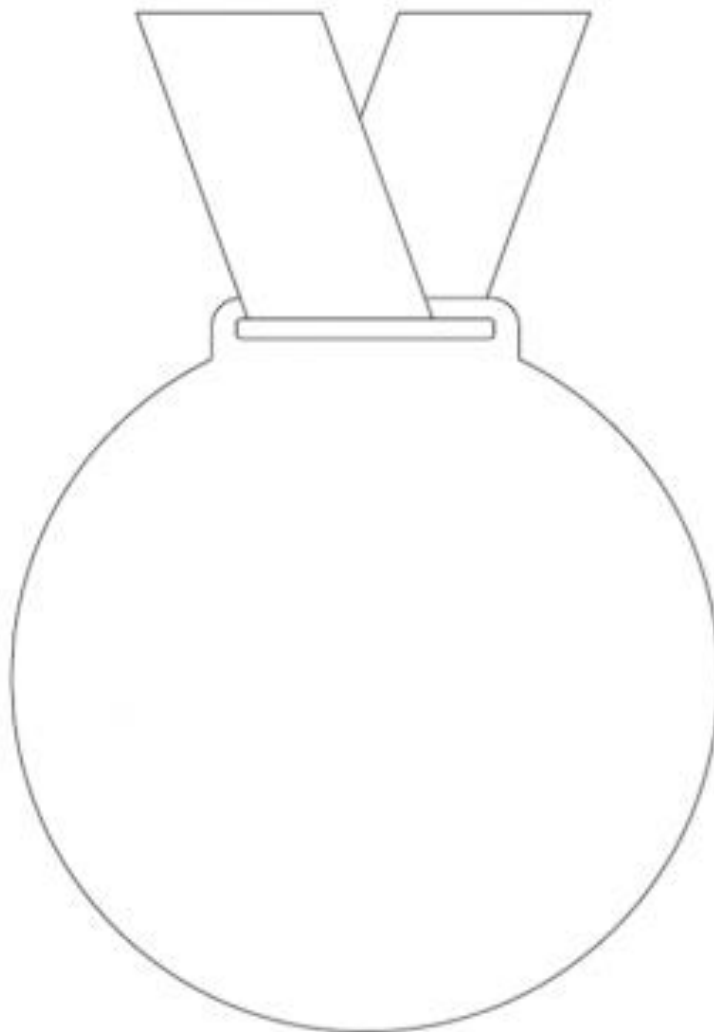
## MEDAL CEREMONY

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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 the opening ceremony?

- 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 the Tynecastle Games!**

<https://www.youtube.com/watch?v=DtCaQlxbQo0>

**Remember** to keep your eyes peeled on <https://tynecastlehighschool.org.uk> and [@ActiveSchoolsED](#) Twitter for up to date information on extra-curricular sport and physical activity at Tynecastle High School and citywide.