

## Commonwealth Games Activity Pack

At the Canal & River Trust we're getting excited about the Commonwealth Games coming to the West Midlands. We're looking forward to welcoming 4 million visitors to our wonderful region over the summer, but we also want to make sure that the waterways and wildlife are treated with care. We've created this activity pack to help you join in with the celebrations in a fun and sustainable way.



Birmingham

**The Queen's Baton Relay - Page 2**

**Commonwealth Calendar - Page 3**

**Design a Medal - Page 5**

**Make a Celebration Flag - Page 6**

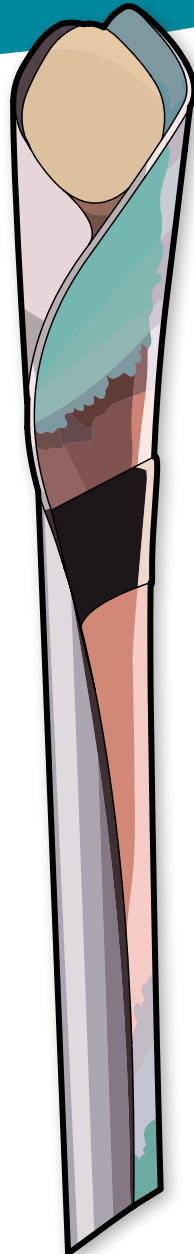
**Teachers:** Please see the Commonwealth Games Activity Plan for guidance and support in the delivery of these activities.



## The Queen's Baton Relay

The design of the 2022 Queen's Baton was a **team effort**.

It has been made with the help of **Birmingham** based craftspeople and local materials.



Before every Commonwealth Games the 'Queen's Baton' travels in a relay around the world. It visits the 72 nations and territories that will take part. [Check out this year's relay route online.](#)



- 1 In teams, choose one of the 72 nations (Try to pick one that you are **not yet** familiar with). A few ideas are given below:

Sierra Leone	Fiji	Grenada
Kiribati	Solomon Islands	Cameroon
New Zealand	Botswana	Cayman Islands
Namibia	Bermuda	New Zealand

- 2 In your team:
  - Locate the chosen nation/territory on a world map.
  - Work out how far away it is.
  - Find some interesting facts about it – At least one per team member.
  - Share what you have found with the whole group.
- 3 Create your own version of the Queen's Baton using scrap material. You could use things like kitchen roll or crisp tubes, rolled up newspaper, tin foil, shiny paper etc. Try to re-use materials that you would normally throw away.
- 4 Now hold your own Queen's Baton Relay with your group!



## Commonwealth Calendar

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**Ready to get excited for the Commonwealth Games?**

This activity calendar runs from the 'Opening Ceremony' (28th July) to the last day of the Games (4th August). How many tasks will you complete?

**28th July 2022**

Opening Ceremony

**29th July 2022**

Look out for swimming, badminton & rugby.

**30th July 2022**

Look out for basketball, volleyball & the marathon.

**31st July 2022**

Look out for the triathlon & artistic gymnastics.

**1st August 2022**

Look out for cycling, boxing & cricket.

**2nd August 2022**

Look out for judo & wheelchair basketball.

**3rd August 2022**

Look out for swimming & cycling (mountain bike).

**4th August 2022**

Look out for hockey & para powerlifting.

**5th August 2022**

Look out for diving, netball & lawn bowls.

**6th August 2022**

Look out for wrestling & rhythmic gymnastics.

**7th August 2022**

Look out for athletics & the cycling road race.

**4th August 2022**

Look out for squash, diving & table tennis.

**This calendar was created by:**

.....



## Calendar Activity Ideas

Pick 12 of your favourite activities and add them to your 'Commonwealth Games Calendar'

Go on a walk by the canal - Count up the number of boats that you pass by.



Go outside & spot wildflowers in the colours of the Commonwealth Games logo.



Roll up a pair of socks & see how many times you can throw them into a target like a bucket or basket.



Pick up at least 1 piece of litter today. Little things like this can make a big difference.



Imagine you're about to compete in an event. Get ready by stretching out your muscles for 5 mins.



Take a trip outside & go cloud spotting. What interesting shapes can you see?



Play 'Follow the leader' during a walk - make a pattern of jumps, hops and skips.



Plan a healthy meal that will fill you with energy for exercise. Make your meal as colourful as possible.



Create a poster welcoming visitors to your city. Think about what's the best thing about where you live.



Find the locations of 4 of the Commonwealth nations on a map.



Create a map of the journey from your home to the nearest canal.



Sit quietly outside for 5 minutes, concentrate on taking long, deep breaths.



Do some bird watching today - how many birds can you spot in 10 minutes?



Practice some balls skills in the park or the garden. Why not try bowls or basketball?



Draw or paint a picture of a waterway animal that is fast and athletic.



Take a walk and look out for evidence of wildlife like tracks in the soil or nibbled nuts.



Write a poem or a song about how important the waterways are to wildlife.



Have a picnic outside today. Don't forget to put your rubbish in the bin or take it home.



Get some fresh air today. How many trees can you recognise by looking at their leaves?



Go out along the waterways & listen. Can you recognise 5 different sounds?



Take a photo of something that makes you smile along a waterway near you.

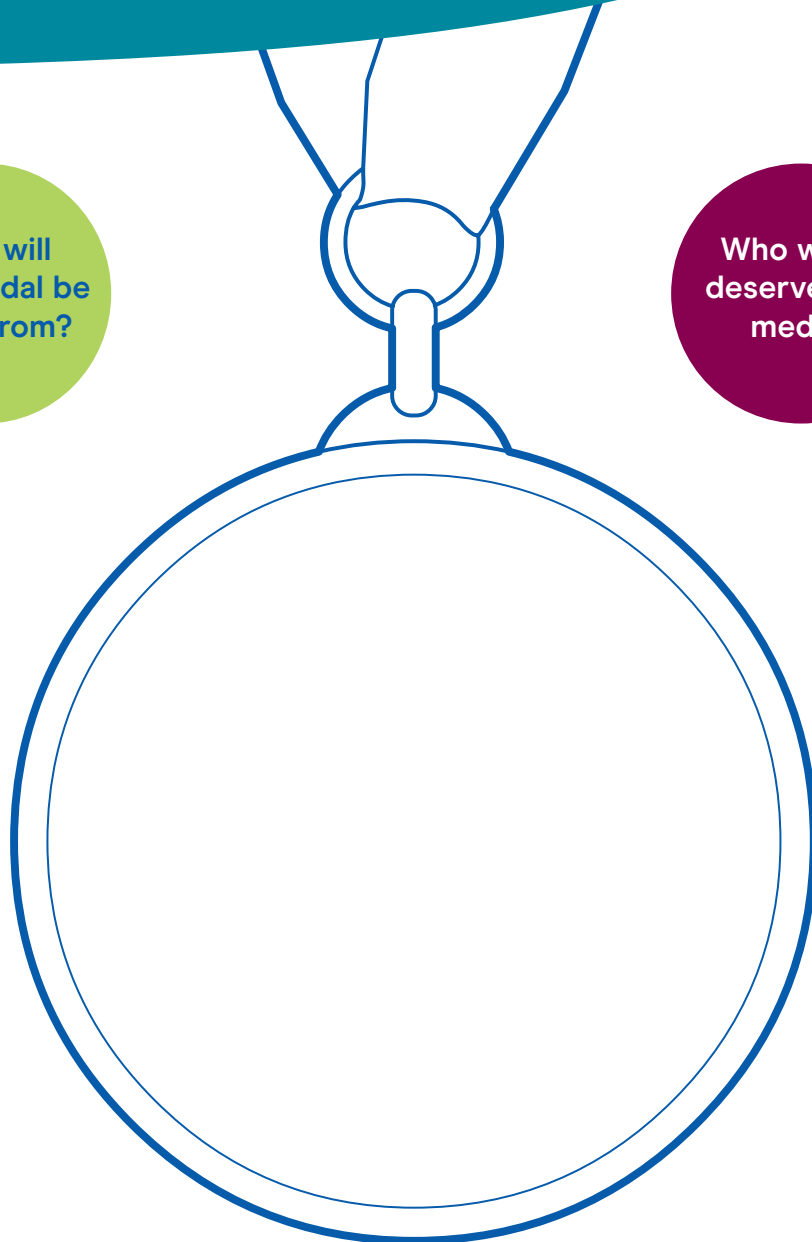


## Design a Medal

Complete your own Commonwealth Games medal design.  
Decide what you would award your medal for.

What will  
your medal be  
made from?

Who would  
deserve your  
medal?



**This medal is designed by:**

.....

**It is made using:**

.....  
.....

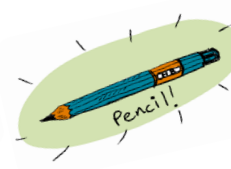
**This medal will be awarded to someone who:**

.....  
.....  
.....

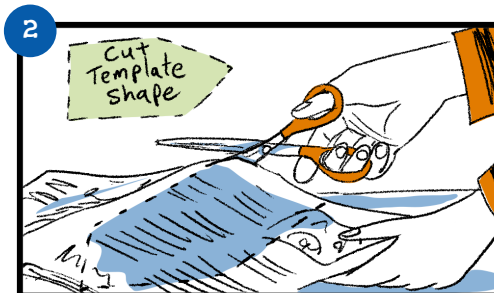
## Make a Celebration Flag

A great way to join in the celebrations is to make a flag or banner. Get inspired by scrap materials you have to hand.

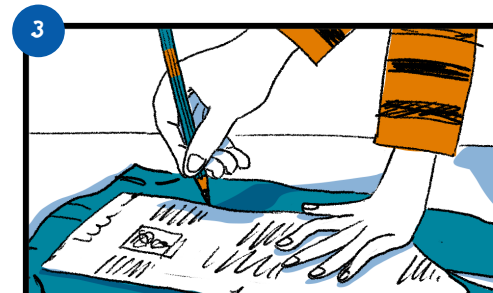
### Things you will need...



1 Take a look at the scrap materials you've gathered – what ideas do they give you? Think about sports, wildlife and water!



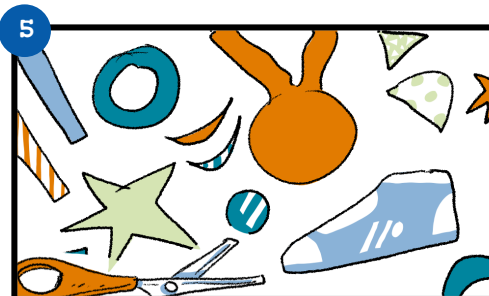
2 Make a template from newspaper to work out the shape and size of your flag. Make it a few centimetres longer so you have enough to wrap around the stick.



3 Draw around your template onto the paper or fabric that you are using for the body of your flag.



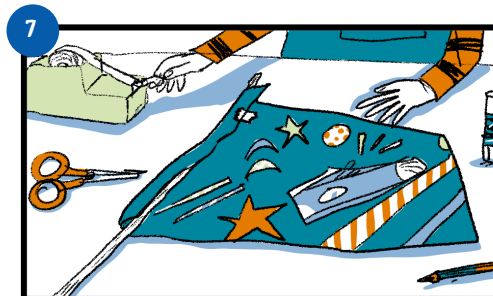
4 Cut out your flag. Now you are ready to start the design!



5 Cut out shapes from different coloured scrap materials to decorate your flag.



6 Glue down all the pieces carefully and allow to dry.



7 Fold one edge of your flag around the stick. Use some tape or glue to stick it down well.



8 Then all that's left to do is give your flag a wave and get ready for the celebrations!

# Commonwealth Games Flag Template



Canal &  
River Trust  
Making life better by water



# Commonwealth Games Bunting Template

