



# The Woodland Workout

## Commonwealth Games Activities



### SET UP ACTIVITIES

The aim of these activities is to create a sense of pageantry and also a sense of participation at all levels of the games. Creating the space in which the games take place helps in setting a mood of friendly competition, as is the spirit of the games.

### GAMES

Not all commonwealth sports are suitable for transplanting to woods or green spaces. Contained are several examples of adapted sports. Create spaces and 'arenas' from the natural surroundings; utilise branches and sticks for marks and lines.

Materials needed from school: Tennis ball, foam javelins, ropes.

### RETURN ACTIVITIES

These activities can take place at the end of your session in the woods/trees or as a 'homecoming' to the school. They represent the winding up of the games and the celebration of achievement.



*Humanity, equality and destiny*



**GLASGOW 2014**

XX COMMONWEALTH GAMES



This pack contains supplementary activities to The Woodland Workout relating to the Commonwealth Games

## Commonwealth Games Links

<http://www.gameonscotland.org>

<http://www.glasgow2014.com/games>

<http://www.thecgf.com/games/>

<http://thecommonwealth.org/>



## SET UP ACTIVITIES

### Collecting Materials

Collect materials from the woods – for wreaths and medals to present to your winning teams.

Create a podium area and an area for a presentation ceremony.

Create a medal tally board using a stick grid – use leaves, stones and seed pods as tally marks. Use this grid to keep score and show the overall winning team.

Also decide on what natural materials will represent your gold, silver and bronze medals. At the end of the session have a medal giving ceremony.



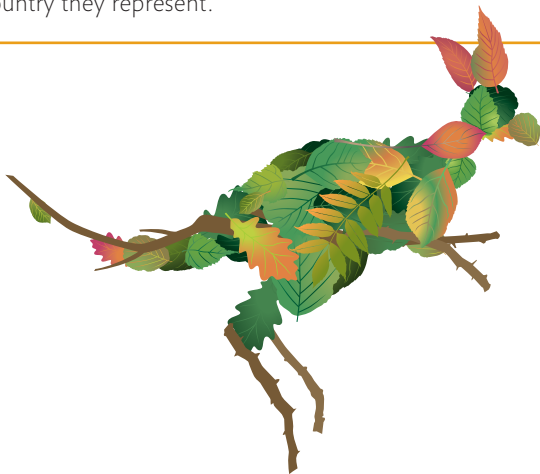


## SET UP ACTIVITIES

### Creating Representations

Choose countries for teams to represent.

Using natural materials create a representation of your country e.g. a kangaroo for Australia. This can be done as a guessing game where each team is allocated a country in secret and teams must guess from the teams' creations what country they represent.





## SET UP ACTIVITIES

### Make a Flag

In groups use natural materials to make a representation of your country's flag.



Bangladesh

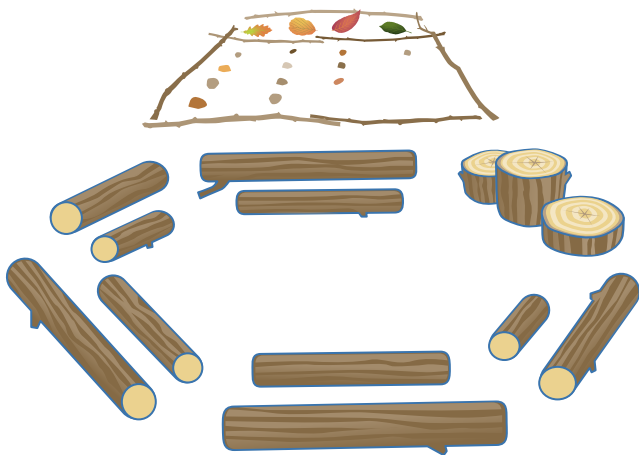


## SET UP ACTIVITIES

### Eco Stadium

Design and build an eco-stadium out of found materials.

Describe its features and take the other teams on a tour of your stadium.





## SET UP ACTIVITIES

### Commonwealth Symbol

Design a symbol using found materials for the entire Commonwealth denoting the Commonwealth Games' motto – the virtues of *Humanity, Equality and Destiny*.

Describe how your sculpture/symbol represents these virtues of the commonwealth.





**Forestry Commission** Scotland  
Coimisean na Coilltearachd Alba





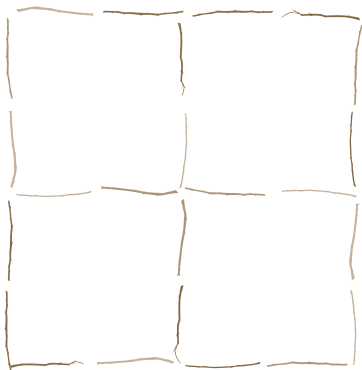
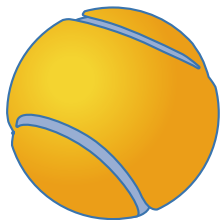
## GAMES

### Table Tennis

Use a tennis ball.

Create a down-ball court (square court divided into four) from sticks.

Play a 'round robin' tournament – each participant plays every other participant once. Try to have continuous play for added excitement.





## GAMES

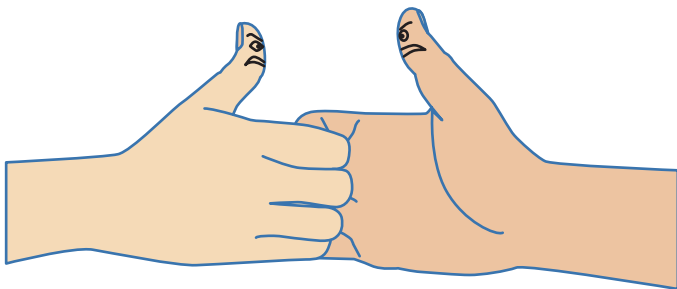
### Judo

Replace the actual judo with thumb wrestling.

Create a space, a ring and create a sense of drama.

Bouts are best of three.

Teams can nominate their champion wrestlers by knockout rounds if desired.





## GAMES

### Hockey

Using pine cones as putts, create a goal space and line up cones.

Winner is best of three shots on goal.

No goalie and participants stay behind the line.





## GAMES

### Bowls

Use pine cones or small sticks.

Follow the rules of *Bocce*. Instead of rolling the 'balls' you throw them and try to get as close to the 'jack' as possible





## GAMES

### Triathlon

Best of any three activities.

For example, running, hockey and bowls.



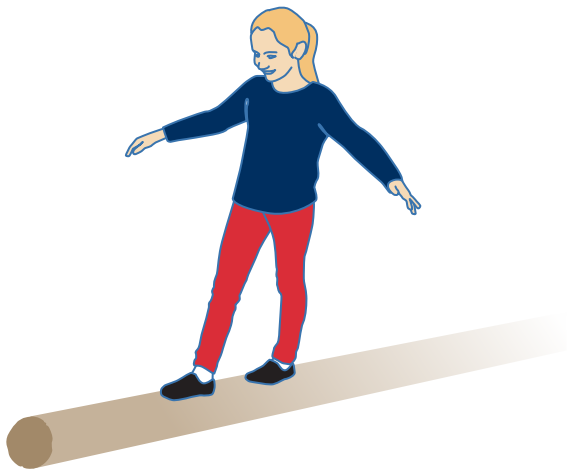


## GAMES

### Gymnastics

Create a balance beam on a log (low level), or create a balance track from logs that participants must traverse.

Time the successful traverses, with time penalties for slipping off.



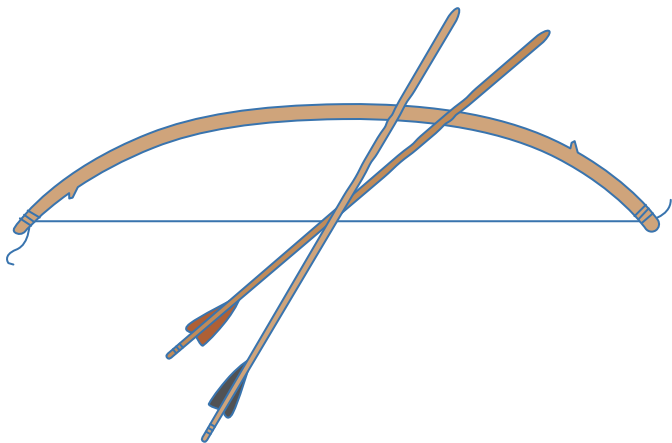


## GAMES

### Archery

Make bows and arrows and create targets or sculptures of wood with varying target points for areas and accuracy.

Each participant has three shots.





## GAMES

### Cross Country

Field area or track through woodland.

Space staff appropriate to staffing numbers along the length of the course.

Depending on the age of participants, vary the number of laps.

**Scoring:** Only the first member of a team scores when they cross the line. So if two members of a team cross the line after each other they would get only the gold, not gold and silver.

The next team to cross after that would get silver and so on.







## GAMES

### Shot Putt

Most P.E. stores have wooden shot putts. However pine cones are equally useful and possibly more accessible.

Use marker sticks as flags to record the landing area and best of three for each participant.





## GAMES

### Javelin

Foam javelins are available in most P.E. stores.

Use marker sticks and best of three throws.



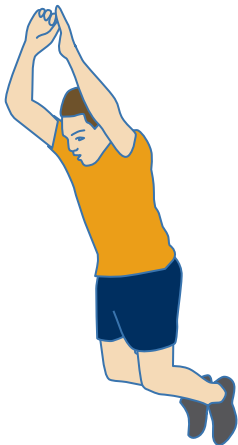


## GAMES

### Long Jump

Rather than a running jump into sand, run this event as a standing jump, with feet together.

Again use marker sticks (laying down flat) to record participants jumps, with the best of three jumps scored.





## GAMES

### Relay

Race against the other teams, use the woodland workout exercises and a short running course.

At each point teams must complete a number of exercises, run back to their team and the next member completes the next exercise, and so on, until all team members have completed a run.





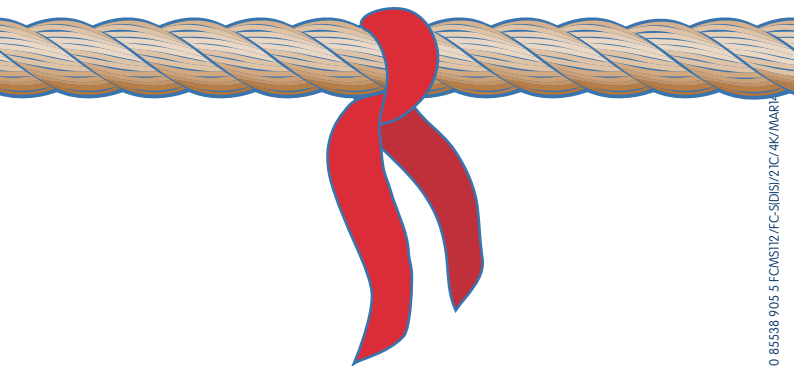
## GAMES

### Tug of War

Two teams face off with equal lengths of the rope on their sides.

Tie a flag or marker cloth to the centre of the rope and place markers at the feet of the first member of each team.

Teams win by pulling the flag over their marker line.





**Forestry Commission** Scotland  
Coimisean na Coilltearachd Alba

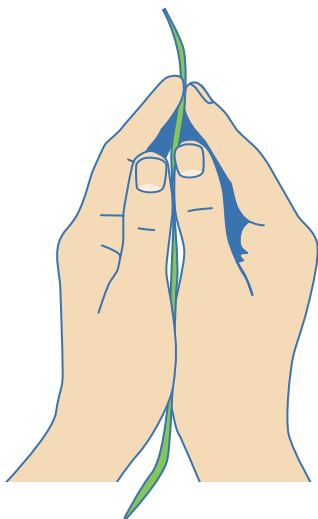


## RETURN ACTIVITIES

### National Anthem

Based on sounds of the woodland, create a cacophony to perform when your team wins.

Remember, practice, practice, practice!





## RETURN ACTIVITIES

### Picture Perfect

Create a three-frame montage (freeze frames – where students freeze in a position depicting some aspect of the event), using forest materials as props.

Tell a story through these three images. For example the winning of a race, the medal giving and the home-coming.

These can be shown to other classes as a gazette of the Commonwealth Games.

