

Portobello Games 2020

Event Information Pack

Monday 22 June 2020

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

WELCOME to 'Portobello Games' 2020!

Unfortunately, we cannot be with you in person but it would be amazing if you are able to take part in our Transition event on Monday!

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 Portobello High School.

A reminder that all the information you need is on <https://portobellohighschool.org.uk/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

11 am	Opening Ceremony	(creative pen and paper activity)
11:30 am	Portobello Games	Basketball Dance Football Hand-Eye Coordination Tennis
2 pm	Medal Ceremony	(creative pen and paper activity)

RESOURCES

- ✓ **Internet access** to school website (link above) – short videos demonstrate each challenge...although you can just use the descriptions below 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)
- ✓ **Tennis racquet** (although any bat will do – you can even use your hand!)

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 our Twitter account [@PortobelloPE](#) and [@ActiveSchoolsED](#), using the hashtag **#PortobelloGames2020**. 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 Portobello High School is our utmost priority.

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

Paddy Dearlove

Active Schools Co-Ordinator (Portobello Cluster)
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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 Portobello Games

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

1. Design a **logo** for the Portobello Games
2. Create a **mascot** for Portobello Games – this could be an animal or a cartoon
3. Come up with a **motto** for the Portobello 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 our official Twitter accounts of ([@PortobelloPE](https://twitter.com/PortobelloPE)) and Active Schools ([@ActiveSchoolsED](https://twitter.com/ActiveSchoolsED)) using the hashtag #PortobelloGames2020.

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 Portobello Games S1 Transition Day!

11:30 am

PORTOBELLO GAMES – Active Challenges

It's time for the main event!

Are you ready to get active and **go for gold**? Please complete as many challenges as you want – can you do them all?

Ready... set... go!

Basketball

Video demonstration courtesy of our partner City of Edinburgh Basketball Club can be found at;

<https://portobellohighschool.org.uk/p7-transition/information/>

or

<https://youtu.be/8C3umV5mZeE>

1. **Shooting Challenge** – Get 5 pairs of rolled up socks and a large bin or bucket. Take 4 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. **Dribbling Challenge** – Bounce the ball 20 times with your right hand, followed by 20 times with your left hand and finally right-left-right 20 times – time how long it takes to complete all 3 different dribbles
3. **Passing Accuracy Challenge** – Get a large plate and place it 5 large steps away from you. With your right hand throw a pair of socks at it 10 times. Repeat this with your left hand. Count how many times the socks hit the plate out of 20.

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	Your Medal
1	Shooting Challenge	20-25	11-19	5-10		
2	Dribble Challenge	<50 seconds	50 – 60 seconds	60 – 80 seconds		
3	Passing Accuracy Challenge	More than 4	2-4	1		

Dance

Video demo courtesy of Live It Dance Studios Edinburgh

<https://portobellohighschool.org.uk/p7-transition/information/>

or

<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?

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 demo courtesy of Mr Stewart

<https://portobellohighschool.org.uk/p7-transition/information/>

or

Keepie Uppie Challenge = <https://youtu.be/4veSHkF-JPY>

Try to keep the ball up using the following techniques...

1. **Ronaldo Right** – Just using your right foot how many times can you keep the ball off the ground?
Each touch = 1 point.
2. **Lionel Left** – Just using your left foot how many times can you keep the ball off the ground?
Each touch = 1 point
3. **Mbabe Bounce** – Keep the ball up with just one bounce in between each touch.
Each touch = 1 point
4. **Rapinoe Rules** – Alternating between your left and right foot, how many times can you keep the ball up?
Each touch = 1 point.

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

Challenge		Your Score	Gold	Silver	Bronze	Your Medal
1	Ronaldo Right		-	-	-	
2	Lionel Left		-	-	-	
3	Mbabe Bounce		-	-	-	
4	Rapinoe Rules		-	-	-	
	Total		50+	30 - 50	15-30	

Hand-Eye Co-ordination

Video demo courtesy of Mr Stewart

<https://portobellohighschool.org.uk/p7-transition/information/>

or

<https://youtu.be/VrRP5Rt7YeE>

1. **Right Underarm** – Throw a tennis ball/small ball against a wall underarm with your right hand – and catch again with your right-hand x 10
2. **Left Underarm** – Throw a tennis ball/small ball underarm against a wall with your left hand – and catch again with your left-hand x 10
3. **Right Overarm** – Throw a tennis ball/small ball against a wall overarm with your right hand – and catch again with your right-hand x 10
4. **Left Overarm** - Throw a tennis ball/small ball overarm against a wall with your left hand – and catch again with your left-hand x 10
5. **Alternate hands** – Throw the ball against the wall with your right hand – catch with your left. Throw the ball with your left hand and catch with your right x 10

This will be 50 throws and catches in total – you score one point for every ball caught

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	Your Medal
1	Number of catches	45 or more	31-45	10-30		

Tennis

Video demo courtesy of Mr Stewart

<https://portobellohighschool.org.uk/p7-transition/information/>

or

<https://youtu.be/2dUXpljB2TU>

Equipment - A Tennis Racquet and Ball is ideal for this challenge – the racquet can be replaced with any bat/piece of wood/your hand

1. **Wall Volleys** – How many consecutive volleys against the wall can you do? You can use both forehand and backhand.
2. **Keeping the ball up - Flips** – Keep the ball up on the racket – after each touch you must flip the racket over to the other side before your next touch with the opposite side of the racket

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	Your Medal
1	Wall Volleys	20 or more	15-20	10-15		
2	Keepie Uppie Flips	20 or more	10 - 20	5-10		

Now you have finished your challenges – please send a tweet to **@PortobelloPE** or e-mail Paddy.Dearlove@ea,edin.sch.uk to let us know how many different medals you won!

PTO

For the Medal Ceremony!

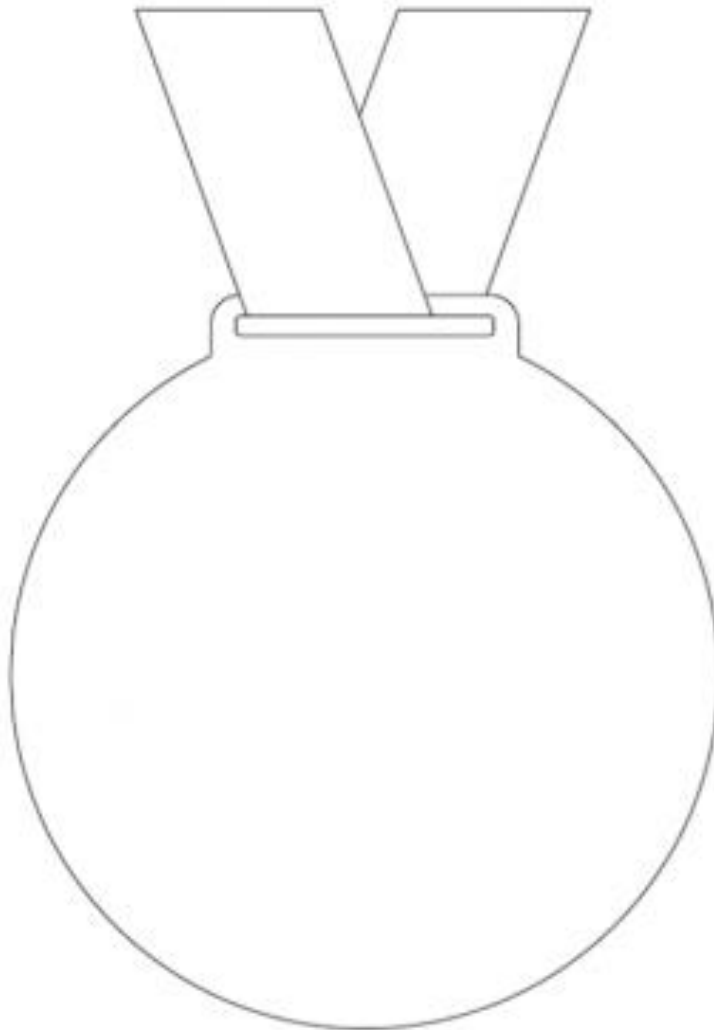
2 pm

MEDAL CEREMONY

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 Portobello Games!

Remember to keep your eyes peeled on [@PortobelloPE](#) and [@ActiveSchoolsED](#) Twitter for up to date information on extra-curricular sport and physical activity at Portobello High School and citywide.