



Road from Rio

Legacy Programme



It's an action-packed Road from Rio



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OUR AIM

What an exciting summer it was! Team GB won a total of 67 medals in Rio, with 27 Gold, 23 Silver and 17 Bronze. So, coming off the back of such a successful Olympics, now is the time to get children involved in all the sporting fun!

It's a great opportunity to create wonderfully memorable experiences, encourage children, staff and parents to discover and learn about new sports, and harness the power of sport to help improve physical and mental wellbeing. Together, we can support children to chase their dreams, achieve their goals and become the best they can be.



Bringing it to Life!

Through a variety of different sessions, our celebration of sport will embed the following key, intrinsic values and their core meaning to educate children that being the best they can be isn't always about finishing first.



Respect – Learning to respect the environment you're in, others around you and yourself through fair play, etiquette and winning / losing gracefully.

Excellence – Understanding that this is about being the best you can be, giving the best you've got and celebrating personal progress rather than just that of whoever comes first.

Friendship – Harnessing the power of sport to come together, communicate effectively and share experience of success and failures to build strong bonds and lasting friendships.

Determination – Supporting each other to have the drive to succeed, overcoming barriers by working together to achieve personal goals.

Courage – Building confidence and self belief to take part and overcome adversity.

Equality – Using the school values to educate children to treat others as they would like to be treated themselves.

Inspiration – Be inspired by something or someone to help motivate you to be the best you can be!

HOW IT WORKS

The programme is flexible, and can be adapted to suit the needs of your school. Choose from the following Sports categories and events – each is available for children from Reception up to Year 6.

Every session has specific outcomes, allowing participants to gain a variety of skills and experiences. The key learnings for children are to gain an understanding of the rules of these sports and also to develop the skills and understanding to be able to compete in them. All sessions are underpinned by reminding children of each of the sporting values and their meaning.



Track & Field:

Hurdles
Sprints
Long Distance
Foam Javelin
Foam Shot Putt & Hammer
Long Jump & Triple Jump

Invasion Games:

Hockey
Basketball
Football
Tag Rugby
Handball
Goal Ball

Net & Wall:

Tennis
Volleyball/Sitting Volleyball

Target:

Archery
Boccia
Golf

Combat:

Fencing



Road from Rio Experience

Typically a one-day programme offering children the opportunity to try some Olympic sports, learn the rules, techniques and terminology – then share their knowledge with family and friends.

You choose the sports you would like us to deliver and the year groups / classes for us to work with and we will do the rest. Here's an example of a typical timetable:

TIMETABLE

Here's how an example timetable may look:



Road from Rio Sports day option

9am – 9.45am Session 1

9.45am – 10.30am Session 2

10.45am – 11.45am Session 3

1.10pm – 2.10pm Session 4

2.30pm – 3.30pm Session 5

If preferred, the programme can be run over several mornings / weeks to accommodate availability.



Inspire to dream The Road from Rio

This 2-day programme involves every class in the school. You just need to agree a timetable and the sports you would like to try.

We start by delivering a whole-school assembly, typically one week before, to introduce the programme, promote the values and inspire the children. Why not invite parents into the assembly so they can help plan and share the values, and embed them into family life to support the learning. We then provide teachers with cross-curricular resources and ideas to use in class in the build-up to create buzz and excitement whilst linking the 'Road from Rio - Inspire to Dream' themes into the school curriculum, inspiring all pupils to engage.

The day itself starts with an 'opening ceremony' whole-school assembly based on the values and expectations for the day. After all classes have had their sessions we finish with a 'closing ceremony' assembly with awards linked to the values.

TIMETABLE

Here's how an example timetable may look:



Day 1

Day 2

9am – 9.30am
Opening Ceremony

9.30 – 10.30am
Session 5 – Year 4

10am – 11am
Session 1 – Reception

10.45am – 11.45am
Session 6 – Year 5

11am – 12pm
Session 2 – Year 1

1pm – 2pm
Session 7 – Year 6

1pm – 2pm
Session 3 – Year 2

2.30pm – 3pm
Closing Ceremony

2pm – 3pm
Session 4 – Year 3



Road from Rio Sports Day

With this multi-day programme we work alongside school staff* to facilitate an inclusive and/or competitive sports day which can replace or supplement your annual school sports day.**

Prior to the whole-school sports day our Activity Professionals practice each event with each class to help them fully prepare for the day, enabling them to be the best they can be with no anxieties or uncertainty as to what to expect.

The day itself is based on a carousel format so that all children are active and engaged at all times rather than sitting and waiting. The carousel typically consists of 9 stations (depending on school size) with the 9th station being a drinks station.

The day starts and ends with an 'opening ceremony' assembly to promote the values and a 'closing ceremony' awards presentation assembly.

TIMETABLE

Here's how an example timetable may look:



Road from Rio Sports Day option

9am – 9.30am Opening Ceremony

10am – 12pm ks 1 carousel

1pm – 3pm ks 2 carousel

3pm – 3.30pm Closing Ceremony & awards

Preparation option:

Premier Sport can come in and work with each class prior to the sports day to practice each event.

*9 School staff/volunteers will be needed to operate and score carousel stations. The Premier Sport Activity Professional will be the timekeeper and organiser. Full brief and instructions will be provided for school staff / volunteers.

**School decides whether the events are to be competitive or not. If not, no scoring will be kept.



HERE'S AN IDEA!

We can circulate questionnaires to each class for the children to decide which sport/event they'd like to try.

Why not invite parents into the assembly so they can help plan and share the values, and embed them into family life to support the learning.



Inspire your Pupils with a Sporting Ambassador...

Olympic Inspiration...

Following the amazing Rio Olympics we've Premier Sport the UK's leading sports coaching provider has teamed up with Dame Kelly Holmes Trust to provide inspirational athlete visits to over 10,000 UK primary school children.

The Trust's athletes include Olympians, Paralympians and top athletes, all of which have experienced the highs and lows of world-class competition. There's an inspirational story in every athlete and they know what it's like to overcome adversity and still have the will to succeed.

"I'm pleased Premier Sport will be supporting us to make even more of an impact across the country's schools in the future. It's great to work with partners who share that vision in supporting young people and making lasting change."

Double Olympic gold medallist, Dame Kelly Holmes

Inspire the next generation...

The athletes will share their journeys in sport and allow children the opportunity to reflect on their own aspirations. The athlete visits will help motivate children to simply take part or strive for their personal best. This world class attitude can be applied into both sport and other areas in school and their personal lives, ensuring every inspirational athlete visit will live long in the memory, many years after Rio...

An ambassador visit includes a personalised video from the athlete to the children, an inspirational 'Olympic values' school assembly, Q&A session with the athlete so children will get their chance to fire questions in a press conference format. An ambassador visit also includes an interactive training session delivered by the athlete, classroom visits and an Olympic style awards ceremony.

To find out more about our this amazing opportunity please contact schools@premier-education.com



RESOURCES PROVIDED AS PART OF THE PACKAGE

To help you create a 'WoW' experience for the children and perhaps an 'Inspire to Dream' notice board in school, we'll provide the following resources:

- Opening Ceremony assembly videos from Olympic Gold medallist Duncan Goodhew.
- Format and planning for the day – the school will be asked to allocate children to teams (countries) in the weeks prior.
- Countries flag decorations – children can colour and create their flags to walk out to.
- Rules of each session.
- Cross-curriculum, values-linked planning ideas and resources for the build-up.
- 'Inspire to Dream' notice board resources including the values.
- Sport-specific quiz questions.
- Family challenge – resource for children to take home and share the experience with loved ones to promote an active lifestyle.



A Premier Kit for you school...
By enrolling with Road from Rio!



Road from

Rio



Find out more!

For further details about
the programme, just call
or email us:

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