

# Commonwealth Connections Changemaker Workbook

Name:

School:

Supported by:





# What is Commonwealth Connections?

Welcome to Commonwealth Connections. 2022 sees the Commonwealth Games coming to Birmingham and the West Midlands, and you and your school are going to play a part in making sure that the event has a lasting impact on young people all around the Commonwealth.

**During the Commonwealth Connections project, you'll be part of a team which:**

- 1** Plans and leads a new sports club in your school
- 2** Runs a festival of sport for other young people during National School Sports Week during National School Sport week, 18th-24th June 2022
- 3** 'Twins' with another school from a part of the Commonwealth that's very different to your own
- 4** Use traditional sports, arts and culture from all over the Commonwealth to bring your events to life

**Congratulations. You're a Changemaker!**

# Congratulations.

## You're a Changemaker!

Your teacher has seen the potential in you to become a great leader and has nominated you as one of just ten students from your school to become a Commonwealth Connections Changemaker

**Who is my  
Commonwealth  
Connections lead  
teacher?**

Changemakers change the world around them through their energy, their commitment, their leadership skills and their passion

**Who are the  
other Changemakers  
in my school?**

**Who is my  
Commonwealth  
Connections Athlete  
Mentor?**

# Changemaker Training

When you know, write in the times, dates and locations of these important Changemaker activities:

**My Cluster Changemaker training event:**

**My virtual Changemaker event with my Commonwealth Connections twinned school:**

**My weekly Commonwealth Connections sports club will run from:**

\_\_\_\_\_ to \_\_\_\_\_

on a \_\_\_\_\_

from \_\_\_\_\_ o'clock to \_\_\_\_\_ o'clock

**My Festival of Sport will take place on:**

# What are my main roles as a Changemaker?

## Communicating

Communicating with my other Changemakers, my school mates, and my twinned school. What communication skills will I need?

## Inspiring

Inspiring other people to be more active and to learn more about the Commonwealth: How will I be a great role model?

## Leading

Leading a sports club and a festival of sport: What leadership skills and qualities will I need to use?

# Changemaker Training:

## What did I learn about myself?



Use the lists of leadership skills and qualities on pages 20 and 21 to help you to fill these tables in

**What new skills did I develop?**

**What did I learn about myself as a leader?**

**What are my goals for improving as a leader?**

# My twinned school and Commonwealth nation



The Commonwealth Games is known as the Friendly Games and its three values are:

**humanity, destiny  
and equality**

My twinned school is called:

Here are three similarities between my nation and my twinned nation:

It is in the Commonwealth nation of:

Here are three differences between my nation and my twinned nation:

Here are three interesting things I've learned about my twinned nation:

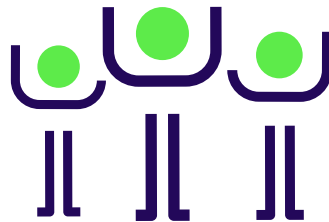
Here are my school and my twinned school on a map of the world:

# Traditional Games

For our sports club, we are going to introduce these traditional games:

During this programme, I have learned some new traditional games from around the Commonwealth:

We chose these particular games because:





# Commonwealth Connections Sports Club



**Our sports club is  
going to include:**

**Its goal is to:**

**My roles in the sports  
club are going to be:**

**To be successful, I will need  
to show these leadership  
skills and qualities:**

# Running our sports club

Before the sports club starts, we will need to:	During the sports club sessions, we will need to make sure that:	After each session, we should:

# Reviewing our sports club

What am I  
most proud of about  
the Commonwealth  
Connections sports club?

What leadership skills and qualities do I  
need to keep working on to improve?

If we were running the sports club  
again, what would we do differently  
to make it even better?

What  
leadership skills and  
qualities did I develop  
whilst I was planning and  
leading the sports club?

How am I  
going to do this?

# Notes



# Running our festival of sport

**Our festival of sport is going to include:**

**Its goal is to:**

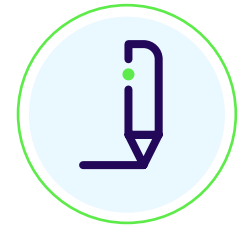
**My roles in the festival of sport are going to be:**

**To be successful, I will need to show these leadership skills and qualities:**

# Running our festival of sport

Before the festival of sport starts, we will need to:	During the festival of sport, we will need to make sure that:	After the festival of sport, we should:

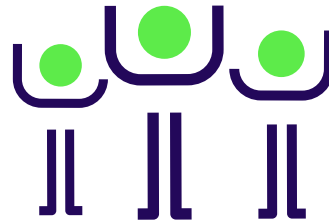
# Notes



# Traditional games in the festival of sport

What  
traditional games are  
you going to include in  
the festival of sport?

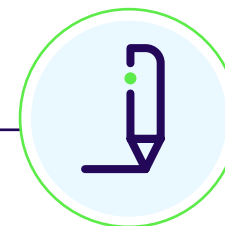
What do you hope that your school mates  
will learn by taking part?



Why have you chosen these sports in particular?

How will you  
make sure everyone  
is able to take part  
successfully?





## Draw out your plan for the traditional games.

Include spaces, tasks (rules), equipment and people (how you are going to organise them into groups or teams)

# Arts and culture in your sports club

Learning about the Commonwealth includes learning about the culture and arts of your twinned school and nation

**What have you learned about the art and culture of your twinned school?**

**How are you going to share what you've learned with the students at your sports club?**

## Ideas for introducing arts and culture might include:

- 1 Life-size action portraits
- 2 Design a logo for your school's Commonwealth Connections project
- 3 Design trophies, medals and banners for a festival or sports day using only recycled materials
- 4 Use found materials to make a collage about your twinned nation
- 5 Make puppets and use them to tell stories from your own nation and your twinned nation
- 6 Write a List Poem about your city or neighbourhood to share with your twinned school
- 7 Create a song to sing at your festival of sport. Work with your twinned school to write different verses
- 8 Mix past and present by creating a dance that combines traditional and modern styles from both nations

# What have I learned about myself?

Now that the Commonwealth Connections programme is coming to an end, you should reflect on what you've learned

**What new skills  
did I develop?**

**What did I learn about  
myself as a leader?**

**What are my goals for  
improving as a leader?**

**How am I going to  
keep getting better  
as a leader?**

# Leadership skills

Here is a list of verbs that will help you to think about what it takes to be a great Changemaker and leader. Choose some of these verbs when you are reflecting on what you've learned as a leader:



# Leadership qualities

Here is a list of qualities that great leaders need. Choose some of them when you're thinking about yourself as a leader:



# Teachers' guide to this resource

**This resource is designed to support the leadership journey of your school's Changemakers. It will help them to understand their roles as a Changemaker in:**

- Communicating with other Changemakers around the Commonwealth
- Planning and delivering a sports club and festival of sport that includes traditional games, arts and culture from around the Commonwealth, including your twinned nation

It will also help them to reflect on what they have learned about themselves as a leader and to make plans to continue to improve

Older and more secure students may be able to work through the booklet independently, but younger and less confident students will need more support and guidance. As their teacher, you will have the best idea as to how to use the workbook with your particular students.

The sections are designed to work through in order as the Changemakers progress through their training, supported by their athlete mentors to deliver their sports club and festival of sport in June 2022.



# Teachers' guide to this resource:

## Additional resources

1

The most important supporting materials for this programme can be found in the **Commonwealth Games Schools Resource**. The resource includes a variety of activities based around the Scheme of the Commonwealth and the Commonwealth Games, to promote thinking, leadership, communication, collaboration and creativity.

2

For ideas around incorporating traditional games into the sports club and festival of sport, students can refer to the following **resources from UNICEF** and **The British Council**.

3

You can find suitable activities and formats designed for different ages and abilities on the **School Games website**. For overseas schools, please ask your twinned school to download and share the appropriate sport card with you.

4

For ideas about making your extra-curricular club and festival of sport fully inclusive, refer to the **Top Sportsability website**. The access code for this programme is INCLUSION65.

5

The **Queen's Baton Relay** will connect communities in every corner of the Commonwealth, embracing unique cultures and sharing stories.

6

The **Queen's Jubilee** is a year-long Platinum Jubilee celebration throughout the United Kingdom, the Commonwealth and around the world as communities come together to celebrate The Queen's historic reign.

7

The **Commonwealth Games 2022** takes place in Birmingham and the West Midlands from 28 July to 8 August 2022. 72 nations will compete in twenty different sports.

8

Both arts and sports are part of our culture along with heritage, languages, food, traditions and so on. Find ideas here on how to incorporate **creative writing**, **music** and **dance**.



Supported by:

