

Commonwealth Games Activity Book



Name:

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The Origins Of The Commonwealth

WHAT IS THE COMMONWEALTH?

The Commonwealth is a voluntary association between 72 nations and territories, most of which are former British Colonies. The Commonwealth began during the gradual dissolution of the British Empire.

At the 1926 Imperial Conference it was agreed that all countries were equal members of a community within the British Empire and they all owed allegiance to the British King or Queen, however the United Kingdom would not rule over them.

WHO CAN JOIN THE COMMONWEALTH?

As of now, any country can apply to join the Commonwealth, with membership being based on free and equal voluntary co-operation. The last four countries to join the Commonwealth have no historical ties to the British Empire. These countries were Rwanda, Mozambique, Gabon and Togo.

HOW MANY PEOPLE MAKE UP THE COMMONWEALTH?

2.5
BILLION



Members of the Commonwealth account for nearly one third of the world's population - around 2.5 billion. It is believed that 60% of the people in the Commonwealth are under the age of 30.

WHO LEADS THE COMMONWEALTH?



Following the death of Queen Elizabeth II last year, Commonwealth member countries chose to make King Charles III, Head of the Commonwealth.

Commonwealth Nations

The Commonwealth is made up of 72 nations and territories, which range across Africa, Asia, Europe, Pacific, the Americas and Carribean:

Africa:

- Botswana
- Cameroon
- Eswatini
- Gabon
- Gambia
- Ghana
- Kenya
- Lesotho
- Malawi
- Mauritius
- Mozambique
- Namibia
- Nigeria
- Rwanda
- Seychelles
- Sierra Leone
- South Africa
- St Helena
- Tanzania
- Uganda
- Zambia

Asia:

- Bangladesh
- Brunei Darussalam
- India
- Malaysia
- Maldives
- Pakistan
- Singapore
- Sri Lanka

Carribean and Americas:

- Anguilla
- Antigua and Barbuda
- Bahamas
- Barbados
- Belize
- Bermuda
- British Virgin Islands
- Canada
- Cayman Islands
- Dominica
- Falkland Islands
- Grenada
- Guyana
- Jamaica
- Montserrat
- Saint Lucia
- St Kitts and Nevis
- St Vincent and The Grenadines
- Trinidad and Tobago
- Turks & Caicos Islands

Europe:

- Cyprus
- England
- Gibraltar
- Guernsey
- Isle of Man
- Jersey
- Malta
- Northern Ireland
- Scotland
- Wales

Pacific:

- Australia
- Cook islands
- Fiji
- Kiribati
- New Zealand
- Nauru
- Niue
- Norfolk Island
- Papau New Guinea
- Samoa
- Solomon Islands
- Tonga
- Tuvalu
- Vanuatu

The Commonwealth Games

The Commonwealth Games Federation (CGF) is responsible for the delivery of the Commonwealth Games and Commonwealth Youth Games.

COMMONWEALTH
RECORDS



PARA
INCLUSION



72 NATIONS
&
TERRITORIES



Over the years, the Commonwealth Games has been the backdrop for some of sports greatest moments, including Team England's Nicola Adams becoming the first ever woman to win a Commonwealth Games boxing gold medal in 2014.

The seventh edition of the Commonwealth Youth Games will take place in Trinidad and Tobago in August 2023. This will see athletes aged 14-18 battle it out across seven different sports and provide a platform for those athletes to go on to senior championships. For example, the Bello brothers, who won gold at the 2017 Commonwealth Youth Games in the Bahamas, went on to claim the bronze medal in Beach Volleyball at B2022.

*Sport is just the
beginning*

The CGF also aim to inspire Commonwealth athletes to drive the impact and ambition of all Commonwealth Citizens through Sport. The Commonwealth Sport movement focuses around three core values - Humanity, Equality and Destiny.

The next edition of the Commonwealth Games will take place in Victoria, Australia in 2026. This will be the first time that the Games take place across a whole region, bringing economic benefit to more than a single city.

Did you know?

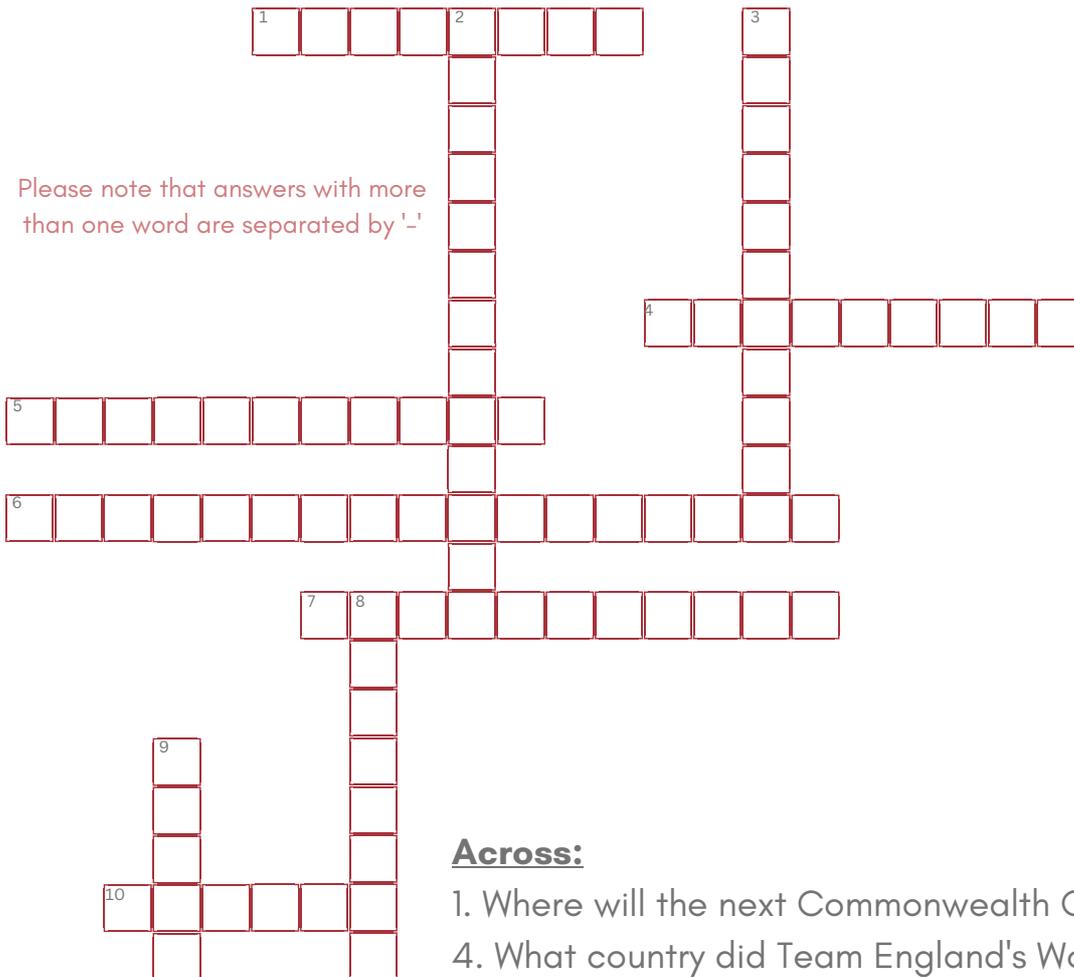
The Commonwealth Games is the only senior multi-sport event to fully integrate Para Sport

Team England

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What do you know?

Put your knowledge of Birmingham 2022 to the test with the crossword puzzle below! Answers can be found at the back of this workbook



Down:

2. What rockstar made a special appearance at the B2022 closing ceremony?
3. How many gold medals did Team England win at B2022?
8. Who won the first gold medal of B2022?
9. How many medals did Tom Dean win in the pool to become England's most successful athlete at a single Games?

Across:

1. Where will the next Commonwealth Games take place?
4. What country did Team England's Womens Hockey team beat in the final of B2022?
5. In what event did Katarina Johnson-Thompson retain her Commonwealth title?
6. In what sport did Zoe Newson win gold and Olivia Broome win silver in B2022?
7. What gymnast became the first to win four gold medals in a single Games?
10. What gender had the most medals available to them in B2022?

Who are we?

Commonwealth Games England leads and manages the participation of the English team, Team England, at the Commonwealth Games working closely with each sport's National Governing Body, our funding partner Sport England, and the Games' Organising Committee.

Sport



Our sports team works to build strong relationships with the different National Governing Bodies to ensure that sports are best prepared for the Commonwealth Games and that all athletes are successfully entered into their events. They also help identify athletes who could potentially benefit from our Hanson scholarship - <https://teamengland.org/scholarship>

Operations



Our operations team are responsible for anything that incorporates getting Team England to the Games and so that everyone enjoys a smooth experience. They work on completing the accreditation process, bed space planning in villages, transport to and from the Games, as well as procuring any required resources to facilitate team preparations.

Organisation



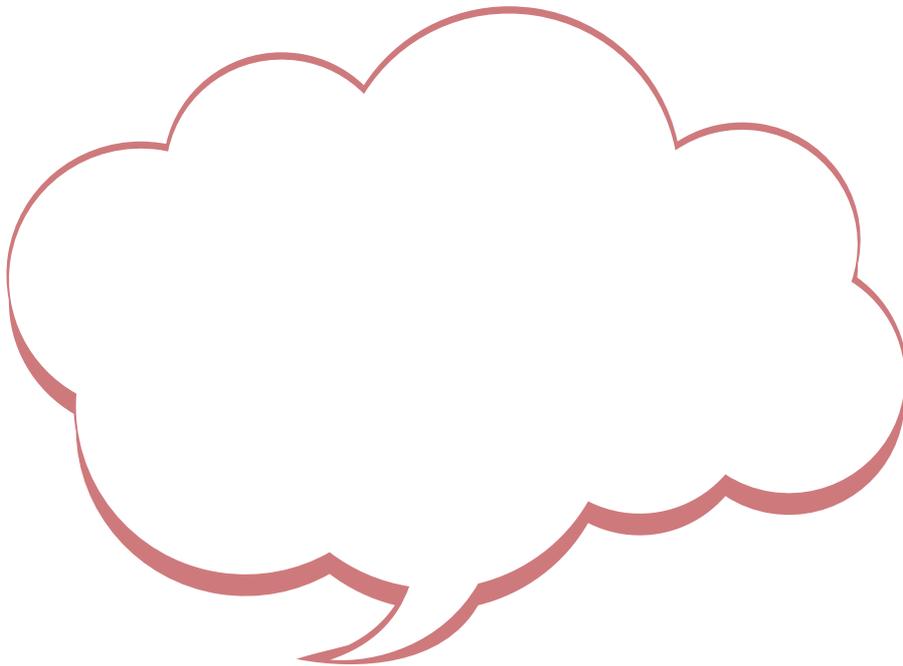
Our organisational team are responsible for anything related to finance, communications, our safeguarding policy and providing all of our staff with training in areas such as GDPR, Unconscious Bias and first aid.

To learn more about what we do please visit -
<https://teamengland.org/about-us>

Who we work with?

To best prepare Team England, we work with a number of different organisations who all have different roles within sport.

1. Using the thought bubble below, identify other organisations that you think we work with within the UK:



2. In the space below, list any organisations that you think we work within the rest of the Commonwealth:

Differences in home and away Games

A **home Games** occurs specifically when the Commonwealth Games takes place in England.

An **away Games** is when the Commonwealth Games takes place elsewhere in the Commonwealth

1. In the space below, list the ways in which you think our preparation would change for a home and an away Games, this may changes during Games too:

Blank space for writing answers to question 1.

2. Identify 3 organisations within sport that you could see yourself working with and why?

-
-
-

In addition to any formal qualifications, many careers in sport require the use soft skills, some of which are listed below:

- Adaptability
- Communication
- Creativity
- Critical Thinking
- Decision Making
- Dependability
- Flexibility
- Integrity
- Interpersonal Skills
- Leadership
- Listening Skills
- Organisational Skills
- Problem Solving
- Public Speaking
- Resilience
- Self-Awareness
- Teamwork
- Time Management
- Work Ethic

1. List three soft skills that you feel confident with and include examples of where you have demonstrated them:

-
-
-

2. List three soft skills that you feel you need to work on and where you may find the chance to practice them:

-
-
-



MEDIA TAKEOVER:

YOU ARE RESPONSIBLE FOR THE
COMMONWEALTH YOUTH GAMES TEAM
ANNOUNCEMENT

In what new ways could we promote the announcement through our social media?

Goal Setting

There are three different types of goals that you can work towards:

PROCESS GOALS:



Process goals are specific actions or 'processes' of performing and can often be 100% controlled by the individual.

OUTCOME GOALS:



Outcome goals are specific and define the end result that we hope to achieve. Some of these we will be able to control

PERFORMANCE GOALS:



Performance goals set the standards at which we perform our process goals and these may align to our core values.

SMART Goal Activity

As well as looking at the different types of goals, there are methods to use when setting goals to give you the best possible chance of being able to achieve them.

M EASURABLE
Be able to track your progress

R ELEVANT
Be relevant to you and other goals

S PECIFIC
Goals should be clear and simple

A CHIEVABLE
Goals should be realistic and attainable

T IME BOUND
Be able to track your progress

1. Set one short, medium and long term SMART goal for your participation in sport:

- Short -
- Medium -
- Long -

Ways to get involved...

The list below aims to create awareness and highlights training options that can help build your skills ahead of a career in sport!

Volunteer:

- Volunteers play a crucial role across the UK and international sporting world. With many roles and responsibilities on offer to volunteers, it is a great way to gain your first event experience!
- There are opportunities to volunteer at a local sports club, all the way through to major international events.
- National Governing Bodies can often look for volunteers at their events through their websites.
- Sport England advertise volunteering opportunities through their careers page - <https://www.sportengland.org/careers>
- The Sport and Recreation Alliance (SRA) offer many volunteering opportunities on behalf of other organisations - <https://www.sportandrecreation.org.uk/pages/volunteering/>
- Local volunteering opportunities could be found through Park Runs, who accept volunteers under the age of 18 - <https://www.parkrun.org.uk/register/> or through the jobs board at UK Sport - <https://www.uk sport.gov.uk/jobs-in-sport/search-all-vacancies>

Brightside Network:

- The Brightside Network periodically offer mentoring opportunities for those interested in a career in sport and have a range of free resources - <https://www.brightknowledge.org/>
- You could get advice on the different opportunities available, ways to get experience and advice on applying to further education.

Team England:

- Once you reach 18, you can apply to volunteer as part of our team at the Commonwealth Games, this opportunity will be advertised through our website - <https://teamengland.org/volunteering>

Crossword Answers:

Across -

1. Victoria
4. Australia
5. Heptathlon
6. Para-Powerlifting
7. Jake-Jarman
10. Female

Down -

2. Ozzy-Osbourne
3. Fifty-Seven
8. Alex-Yee
9. Seven



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