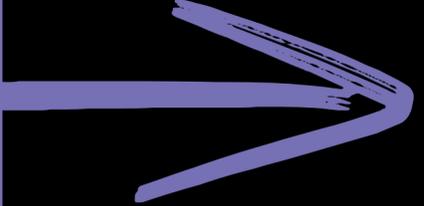




**ON
AIR**
PlayUP

**INTERNATIONAL
DAY OF SPORT FOR
DEVELOPMENT
AND PEACE**



Join the **On Air PlayUP** team
as they share how to make a

MEDAL

for the

**INTERNATIONAL
DAY OF SPORT
FOR
DEVELOPMENT
AND PEACE!**



Sport has the power to change the world. It's a tool to bring people together through the ideals of peace, solidarity, non-violence and respect. Sport also plays a role in promoting economic development in communities.

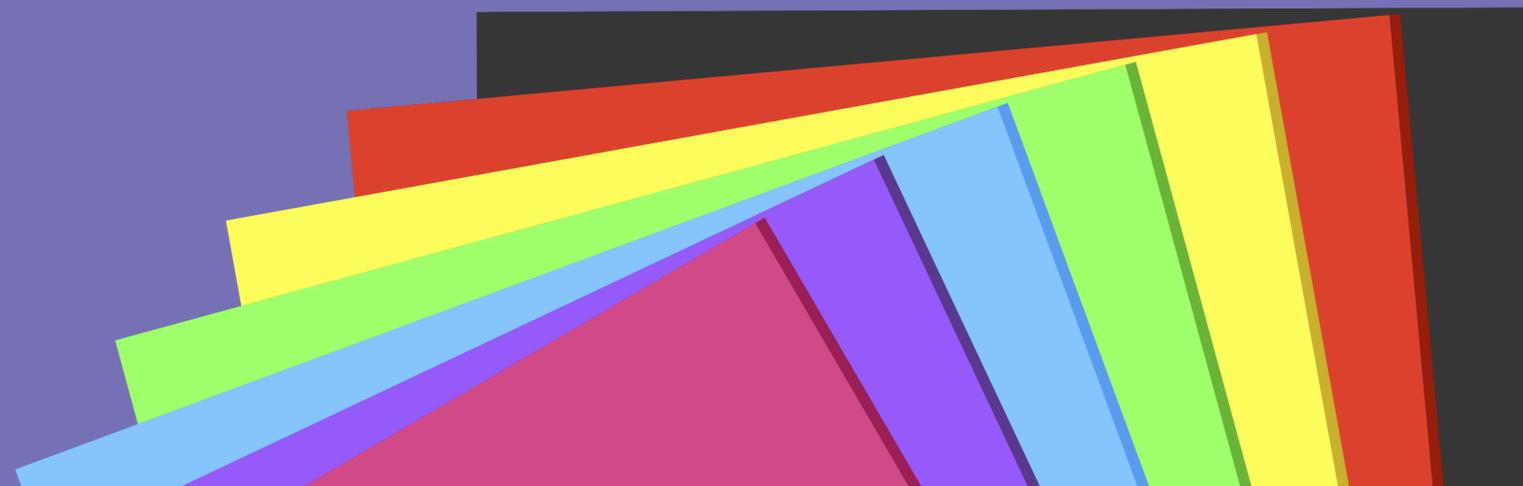
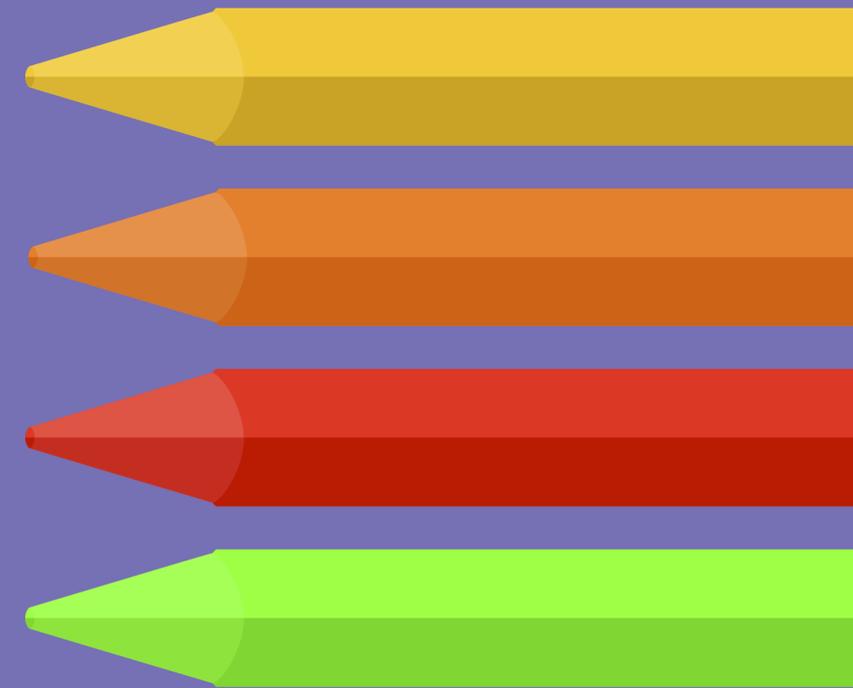
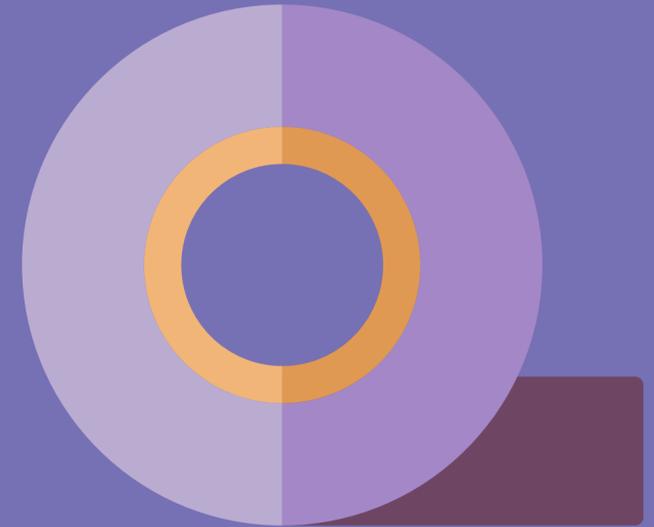
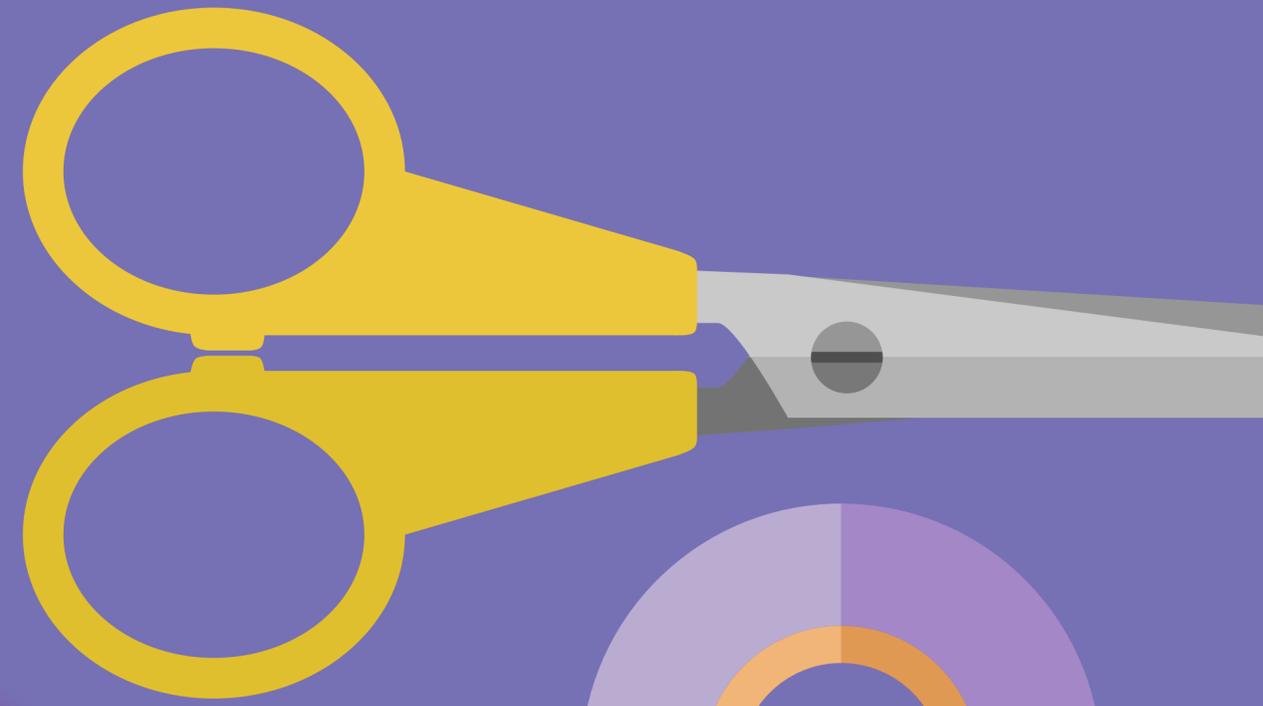
To raise awareness of this potential, 6 April has been declared as the International Day of Sport for Development and Peace by the United Nations General Assembly.

COVID-19 has made it harder to participate in sports, but that shouldn't stop us being physically active! Let's stay connected to the coaches, teammates, instructors and fellow fans who help us to stay both physically fit and socially active.

Explore this Family Guide for fun ideas for staying active together at home, both indoors and out.

Materials

- Cardboard
- Coloured Paper
- Paper
- Foil
- Scissors
- Crayons/Pencils/Textas
- Glue Stick or Sticky Tape
- Ribbon or String





Instructions

1. Cut a circle out of your cardboard for the medal. You could trace a cup or tin to get the circle shape.
2. Decorate your medal. You might like to wrap it in foil, cut and stick paper onto it or draw pictures!
3. Measure your piece of ribbon or string around your neck, add a bit of extra length so that it will dangle down.
4. Sticky tape your string or ribbon to the back of the medal.

Think about sports and activities you are good at and make a medal for it! It could be running, jumping, soccer or even reading or crafting!

You could also think about things your family or friends are good at, make medals for them and send them through the post!



More fun at home

Finger Soccer (2+ Players)

You will need:

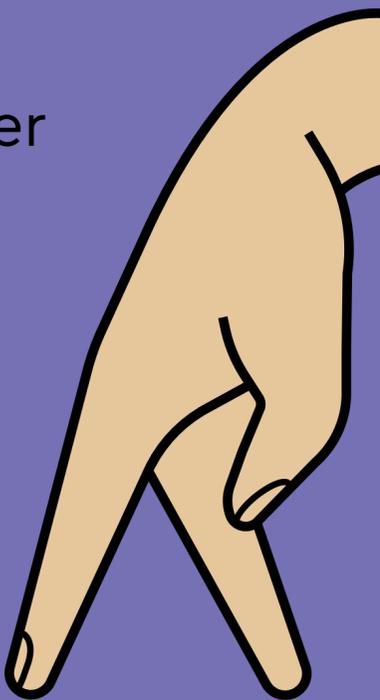
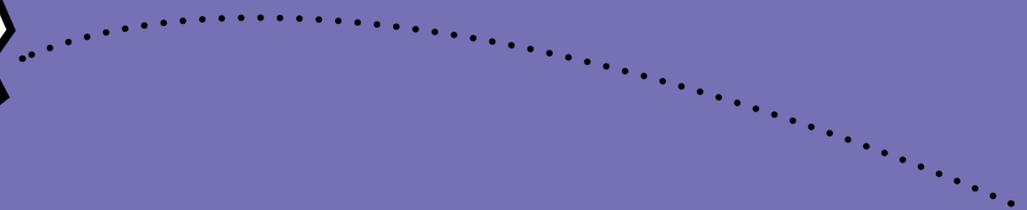
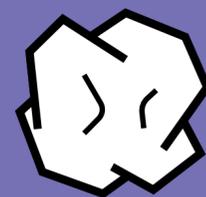
- Paddle pop sticks / sticks or similar (for goal posts)
- Blue tac
- Pens / Crayons to draw on your hands! (check with an adult first)

Instructions:

1. Draw a soccer player on your hand with two fingers for legs.
2. Make a ball by scrunching paper or tinfoil into a ball.
3. Measure out your playing field. You might like to measure a pitch on a large piece of paper/cardboard or use the kitchen table.
4. Using blue-tac stick your goal posts about 15cm apart (half a standard ruler), at opposite ends of your playing field.

How to play:

Take turns flicking the ball towards the other team's goal. First to get three goals wins!



Indoor Games

Indoor Obstacle Course!

Use furniture, pillows and sheets to create an indoor obstacle course!

Follow the leader:

One person does actions (the leader), participants must follow.

The leader will try to trick the others by saying one thing and doing another!

Freeze Dance:

Turn on your favourite music and dance together! Suddenly turn the music off. Everyone freezes when the music stops! Participants that don't freeze, or can't hold their pose for 3 seconds lose a point. When someone loses three points they are out! Last person standing wins!

Indoor Bowling!

If you have a hallway or long room, a ball and some plastic bottles (from the recycling!) can be set up like a bowling alley!

Note: Always take care to ensure playing areas are safe and activities are suited to the age and the ability level of participants! PlayUP recommends adult supervision for all games.



Outdoor Games

Hopscotch

If you have concrete or a paved surface, use chalk to draw your very own hopscotch field!

Have a look on google images for some different hopscotch field configurations!

Mini Olympics!

You could have a mini Olympics in your backyard!

Events might include:

- Running race/relay
- Outdoor obstacle course
- Outdoor game of tag
- 'Ball in hoop': throwing balls into a container, hoop or rope circle on the ground
- Long Jump
- Mini gymnastics: summersaults, cartwheels, hoola-hooping, ribbon displays

Note: Always take care to ensure playing areas are safe and activities are suited to the age and the ability level of participants! PlayUP recommends adult supervision for all games.



Music

We think dancing should be an Olympic Sport. It's also really good for getting rid of the wiggles when you're stuck at home. Discover some new music with On Air PlayUP! We've put together a playlist of songs to get you started.

Check out the side bar for more information.

Books

There are heaps of great books that celebrate sport. A few of our favourites include:

Title	Authors/Illustrator
<i>Women in sports: 50 fearless athletes who played to win</i>	Written and Illustrated: Rachel Ignatofsky
<i>Wow I didn't know that: Surprising facts about the human body</i>	Amy McSimpson Illustrated: Rachel Ignatofsky
<i>Kick with my left foot</i>	Paul Seden & Karen Briggs
<i>Franklin plays the game</i>	Paulette Bourgeois
<i>You can't win them all Rainbow Fish</i>	Marcus Pfister

Learn More

un.org/en/observances/sport-day

olympic.org/idsdp

unesco.org/new/en/unesco/events/prizes-and-celebrations/celebrations/international-days/international-day-of-sport-for-development-and-peace/

who.int/news-room/q-a-detail/be-active-during-covid-19

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[Links to the Early Learning Framework – Belonging, Being and Becoming:](#)

Outcome 2 Children are connected with and contribute to our world:
Children become aware of fairness

Outcome 3 Children have a strong sense of wellbeing:
Children take increasing responsibility for their own health and physical wellbeing

Outcome 4 Children are confident and informed learners:
Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

Learn More

[Links to the Australian Curriculum](#)

Ethical Understanding Levels 1-3

Exploring values, rights and responsibilities
– examine values

Understanding ethical concepts and issues
– recognise ethical concepts

Personal and Social Capability Levels 1-3

Social management – work collaboratively

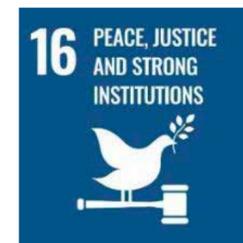
Self-awareness – recognise personal qualities and achievements

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Aligns with the United Nations Sustainable Development Goal 4 (4.7)

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.



Aligns with the United Nations Sustainable Development Goal 16 (16.A)

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.



Aligns with the United Nations Sustainable Development Goal 17

Revitalize the global partnership for sustainable development

SUSTAINABLE DEVELOPMENT GOALS

ON
AIR
PlayUP

**Don't forget to tune
into On Air PlayUP next
Wednesday @ 10:30am
for more fun.**



Old
Parliament
House

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