

RECYCLED SPORTS DAY



Hold a Sports Day with a difference this summer!

Plastic bag footballs, barefoot races and water weightlifting might not be the usual games you will find during a Sports Day, but they are if you have a Send a Cow Sports Day - with an African twist!

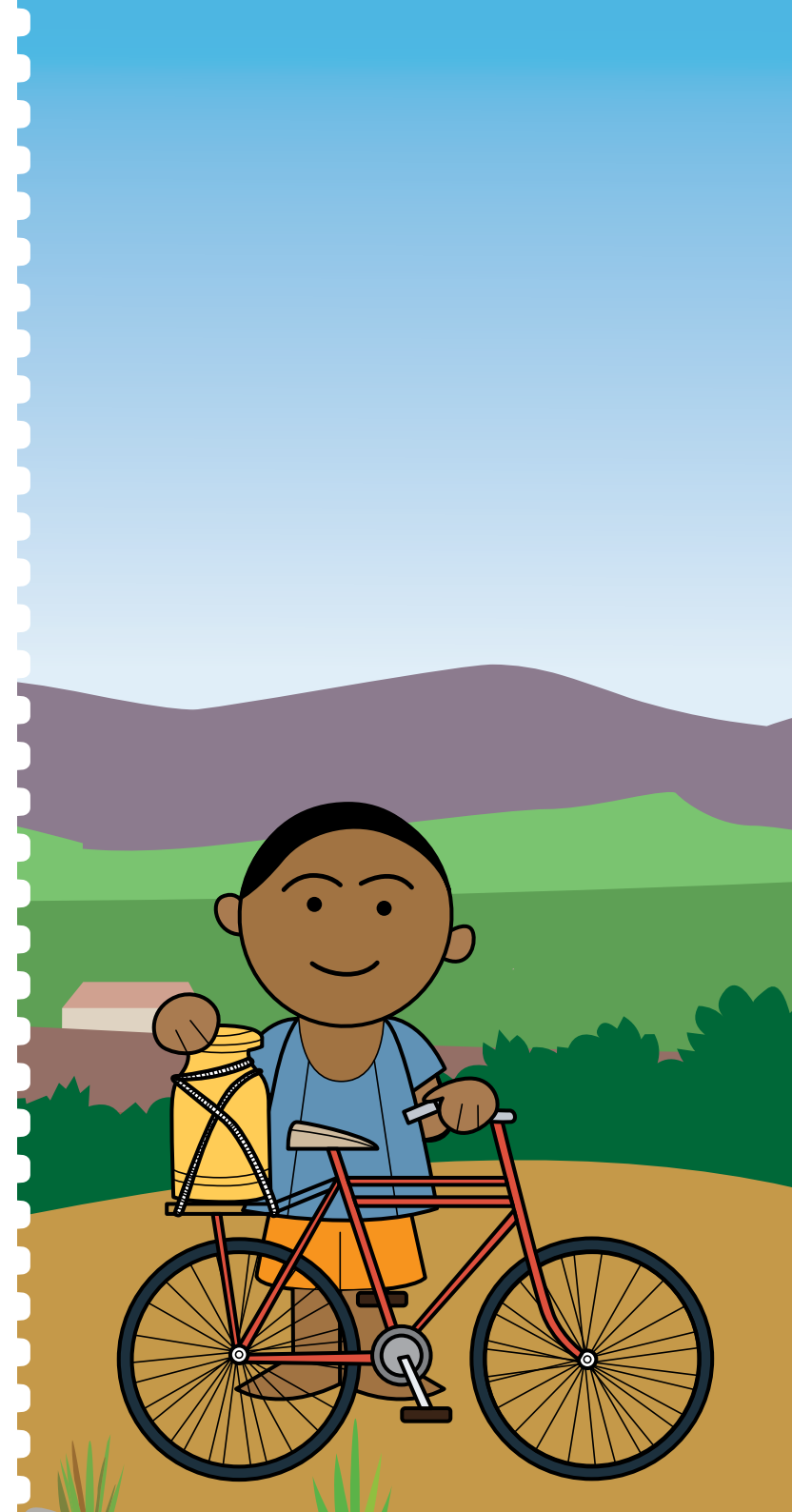
Creating games out of recycled materials is second nature to children in the families that we work with. Whether they are making plastic bag footballs, creating stilts from coffee tins or chasing a tyre around with a stick, there's lots of fun to be had for African children with scrap. In fact, the same principle of using whatever materials you have to hand is what makes Send a Cow's work so effective, low-cost and transformational.

We've got lots of ideas about how you can hold your own Recycled Sports Day games; some of them are inspired by Olympic events, others real African games and the rest are simply recycled fun! By holding a day like this, you will

be helping to raise awareness of the lives of children in African countries and the work of Send a Cow.

For schools, these recycled Sports Day events make a real perfect alternative sports day and are all inspired by African recycling and children's games!

We'd love it if your school or group chose to support Send a Cow through your event by charging an admission fee, running sponsored events or by collecting donations from spectators - by doing this, you will be helping more African parents provide their children with the food that will help them to grow up healthy.



Let the Games begin...

The Plastic Bottle Shuttle Relay

It's not only in the UK that plastic bottles are thrown away as waste by the thousands of tons (1.5 million tons of plastic worldwide are used to make bottles each year). In African countries they can also cause a lot of litter, even though they have many uses, and re-uses! Start your class thinking about their re-use with a relay race - and use a bottle as the shuttle!

Take a look at our video to see more uses for plastic bottles:

<http://lessons.af/plbttl>





The Plastic Bag Football Tournament

The most fun you can have with plastic bags!

A firm favourite with both teachers and pupils, making plastic bag footballs is a great way to show that waste can be useful, and pupils will be joining the thousands of African children who make these footballs across the continent. Why not hold a mini tournament and a competition for the best made ball?

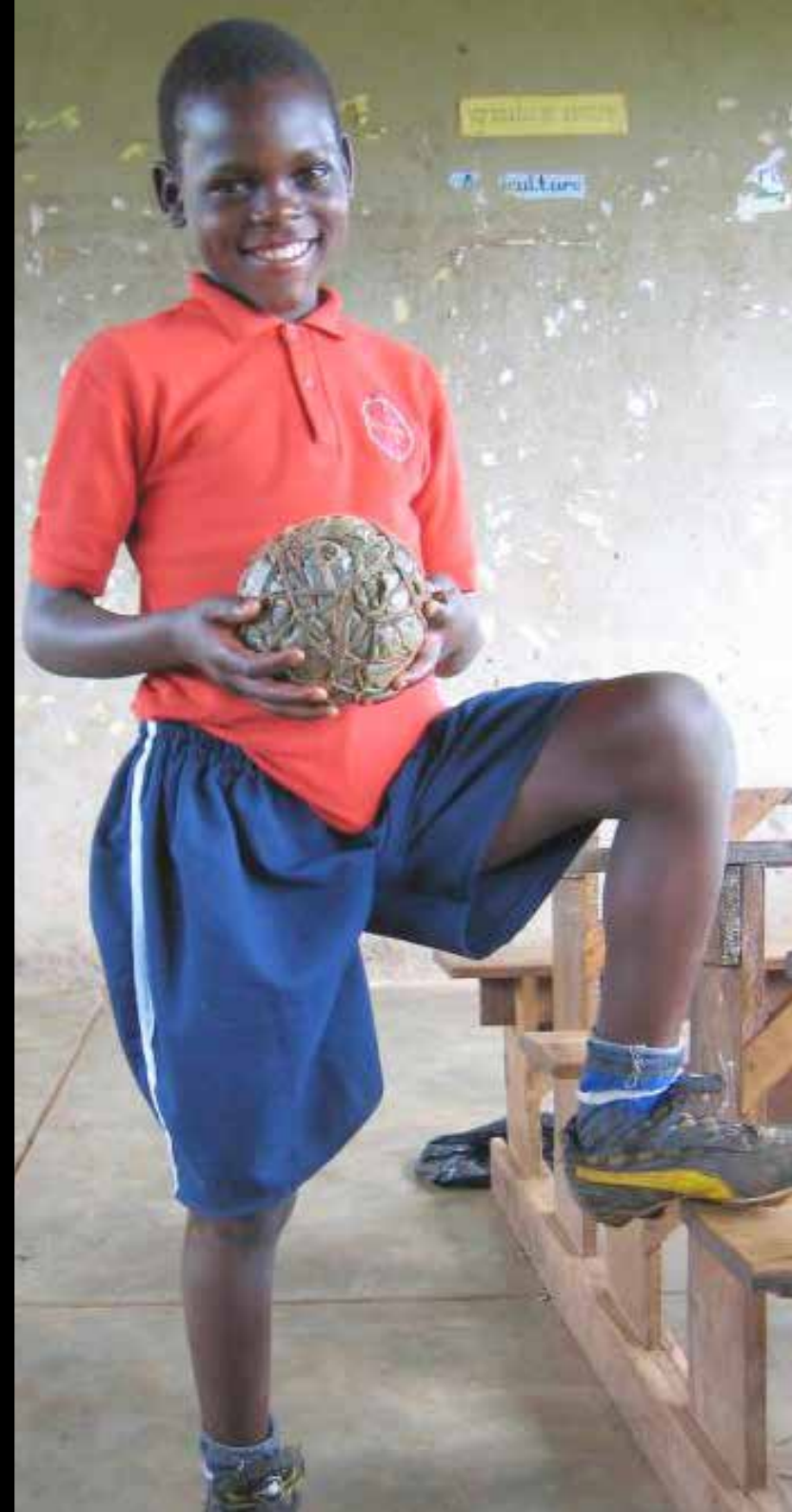
Take a look at our video to find out how to make one:

<http://lessons.af/plbgfb>

The Plastic Bag Volleyball Tournament

Re-use your footballs...

Put up a net made out of old sheets suspended between posts and use the plastic balls that you've made already to play a volleyball tournament.





Inner Tube Hoop-la

A fun challenge for all ages

A test of skill and some problem solving in finding the right sized recycled objects. Hoopla isn't an official sport, but maybe it should be? Try starting with old inner tube cut into loops as hoops and use 2 litre bottles as the posts.



200-metre Dash

In flip-flops or bare feet!

It's common for children in many African countries to go barefoot if they can't afford shoes. In poor communities, children are fortunate if they can afford flip flops and are used to running around with no shoes on. And Kenyan runners are famous for completing marathons barefoot!



Recycled Obstacle Course

Race up, down, in and out of used items

Not yet an Olympic event, but a lot of fun to design, set up and get involved in. With a selection of old netting, tyres, ropes, drinks bottle 'cones' and wooden pallet obstacles, this event is sure to be a winner.





The Safari Animal Race

Race across your school 'savannah'!

For children, Africa is synonymous with big, wild animals. So to make your Recycled Sports Day even more fun, add the challenge of creating face masks of lions, giraffe and elephants out of recycled materials. Anything is possible with a collection of egg boxes, cereal packets, loo rolls and plastic bottles.



Stilt Race

Get a coffee lift - in a new way!

Use old coffee tins and rope to create sets of stilts. Then see who can stay on them the longest. This event requires skill, balance and co-ordination. These home-made stilts are popular with African children, especially in areas where lots of coffee is drunk, like Ethiopia, the fifth largest coffee producer in the world.



Weightlifting

get more goodness out of milk bottles...

An everyday task for many African children, carrying water long distances is hard work; many have to walk for 2 or 3 miles every day carrying water. But making it into a race event as part of your Sports Day will make carrying water a lot more enjoyable. Set up a team relay where water needs to be transported across the school field.



Tyre and Stick race

no need for pedals - just give it some stick!

Who can keep the tyre rolling longest just using a stick? Get some old tyres from a local bike shop, grab a few sticks and you're ready. Many African children can keep these tyres going for miles - yours may need some practice beforehand!



Cycling

cheaper than a velodrome - but just as fun!

Riding a bike in many African cities can mean taking your life into your own hands. You can safely re-enact the bike riding that children do by making your own course in your school-grounds. Use ropes laid on the ground, chicanes with tyres, and chalked out routes on the playground. Don helmets and pads then why not crush tins on the way round too?

Trophy Time: create your own recycled awards!

To round everything up at the end of your day, you'll want to award the quickest, most nimble and best team-players somehow. This is another chance to get creative and you can make your very own recycled trophies in art lessons beforehand. Old tins, yoghurt pots, crisp packets, CDs and ketchup containers will never have looked so good! Take a look at our video to see more uses for plastic bottles: <http://lessons.af/plbttl>



Could you raise money to help African children during your Recycled Sports Day?

While you are having fun and getting fit in your event; it's a great time to help African children get out of poverty and enjoy their childhoods. Why not add a sponsored or fundraising element to your Recycled Sports Day? Not only will you be having fun, you'll be helping poor African families to grow enough food to keep their children healthy, have fun and just 'be children' - giving African children the same opportunities as children in the UK have.

Send a Cow's work enables families to grow and produce more food on their land, meaning healthier homes, happier children and increased

income. Once they start selling crops, families start small businesses and are no longer reliant on handouts, able to buy essentials such as medicines and bedding that children need to give them a good start in life. You can find out more about our work online at:

www.sendacow.org.uk

Please consider raising some money during your Recycled Sports Day, and make a massive difference to the lives of children in Africa.

Thank you!

Find more resources at:
sendacow.org.uk/lessonsfromafrica





We did the **RECYCLED SPORTS DAY** and raised:

Send a Cow

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www.sendacow.org.uk

Registered Charity No 299717



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EDU-Recycle 2013