



INSPIRATION

**A TOP TIPS GUIDE TO HELP YOUR ORGANISATION
CONNECT THE YOUNG PEOPLE YOU WORK WITH TO
THE PARIS 2024 OLYMPIC AND PARALYMPIC GAMES**

We're supporting

PATH TO PARIS





INTRODUCTION TO THE GAMES AND OLYMPIC AND PARALYMPIC VALUES

The Olympic and Paralympic Games are global, multisport, celebratory athletic competitions. Taking place every four years, they are two of the world's biggest sporting events – providing a space for athletes from all over the globe to compete at the highest level. This year, the Games are taking place in Paris, which will provide an amazing opportunity for young people in the UK to watch athletes compete live and be inspired to get active.

The Olympic and Paralympic Values are shared by athletes all over the world. Athletes put these Values into action in competitions, training, and everyday life.

The Olympic Values are: Respect, Excellence, Friendship

The Paralympic Values are: Determination, Inspiration, Courage, Equality

Look out for the Values in action this summer at the Paris 2024 Olympic and Paralympic Games. In your activity sessions with young people, we encourage you to consider how you can recognise and reward participants who are displaying these Values.

ABOUT THIS GUIDE

We know that connecting to major sporting events causes an 'inspiration effect' of increased participation in sport and physical activity – but for young people living in low-income, underserved communities, opportunities to do so are all too often limited. StreetGames' [Inspiration campaign](#) aims to change this, creating opportunities for young people across our network to connect to major sporting events through **spectating, participation** and **volunteering** opportunities.

This guide is designed to support community organisations in our network to engage with the 2024 Paris Olympic and Paralympic Games, exploring ideas and resources to help young people connect to the Games through these three strands.



SPECTATE

Tips for creating spectating opportunities to help young people connect to the live action in Paris.

WHERE CAN I WATCH THE PARIS 2024 GAMES?

The Olympic Games will be available to watch live on BBC, BBC iPlayer and the BBC Sport website and app. Information about the BBC's Olympic TV schedule can be found [here](#)

The Paralympic Games will be available on Channel 4, More4, Channel 4 Streaming and Channel 4 Sport's YouTube. Information about Channel 4's Paralympic TV schedule can be found [here](#)



WHAT'S ON WHEN?

Olympics (sorted by sport):

Opening ceremony: 26 July	Hockey: 27 July to 9 August
Archery: 25 July to 4 August	Judo: 27 July to 3 August
Artistic gymnastics: 25 July to 4 August	Marathon swimming: 8-9 August
Artistic swimming: 5-10 August	Modern pentathlon: 8-11 August
Athletics: 1-11 August	Rhythmic gymnastics: 8-10 August
Badminton: 27 July to 5 August	Rowing: 27 July to 3 August
3x3 Basketball: 30 July to 5 August	Rugby sevens: 24-30 July
Basketball: 27 July to 11 August	Sailing: 28 July to 8 August
Beach volleyball: 27 July to 10 August	Shooting: 27 July to 5 August
Boxing: 27 July to 10 August	Skateboarding: 27 July to 7 August
Breaking: 9-10 August	Sport climbing: 5-10 August
Canoe slalom: 27 July to 5 August	Surfing: 27 July to 4 August
Canoe sprint: 6-10 August	Swimming: 27 July to 4 August
Cycling BMX: 30 July to 2 August	Table tennis: 27 July to 10 August
Cycling mountain bike: 28-29 July	Taekwondo: 7-10 August
Cycling road: 27 July to 4 August	Tennis: 27 July to 4 August
Cycling track: 5-11 August	Trampoline gymnastics: 2 August
Diving: 27 July to 10 August	Triathlon: 30 July to 5 August
Equestrian: 27 July to 6 August	Volleyball: 27 July to 11 August
Fencing: 27 July to 4 August	Water polo: 27 July to 11 August
Football: 24 July to 10 August	Weightlifting: 7-11 August
Golf: 1-10 August	Wrestling: 5-11 August
Handball: 25 July to 11 August	Closing ceremony: 11 August

The full Olympic Schedule can be found [here](#)

Paralympics (sorted by sport):

Opening Ceremony: 28 August
Blind Football: 1-7 September
Boccia: 29 August to 5 September
Goalball: 29 August to 5 September
Para Archery: 29 August to 5 September
Para Athletics: 30 August to 8 September
Para Badminton: 29 August to 2 September
Para Canoe: 6-8 September
Para Cycling Road: 4-7 September
Para Cycling Track: 29 August to 1 September
Para Equestrian: 3-7 September
Para Judo: 5-7 September
Para Powerlifting: 4-8 September
Para Rowing: 1-7 September
Para Swimming: 29 August to 7 September
Para Table Tennis: 29 August to 7 September
Para Taekwondo: 29-31 August
Para Triathlon: 1-2 September
Shooting Para Sport: 30 August to 5 September
Sitting Volleyball: 29 August to 7 September
Wheelchair Basketball: 29 August to 8 September
Wheelchair Fencing: 3-7 September
Wheelchair Rugby: 29 August to 2 September
Wheelchair Tennis: 30 August to 7 September
Closing ceremony: 8 September

The full Paralympic Schedule can be found [here](#)

HOW CAN YOU SUPPORT YOUNG PEOPLE TO WATCH THE OLYMPICS AND PARALYMPICS?

Here are a few suggestions of how you can help young people to watch the Games this summer:

- Use a projector or TV at your sessions: If you have access to a projector, why not use it to screen the action live on to a big screen whilst young people are taking part in your activities or having their lunch?
- Share the above TV guide with families to highlight when and where to watch the Games live or on demand.

FAN ZONES

During the Olympic Games (26th July - 11th August), Team GB will be hosting free, accessible, and fun spaces across the UK for fans to watch live coverage with friends and family, featuring sports-related attractions, athlete appearances, and daily schedules of entertainment. Attending the fan zones and watching the action with your young people could provide the ideal inspiration for you to try new activities during your sessions. It also provides an opportunity for your young people to mix with others and collectively celebrate the participation of Team GB athletes.

For Fan Zone locations, click [here](#)

HARNESSING THE INSPIRATIONAL PROFILE OF OLYMPIC AND PARALYMPIC ATHLETES TO HELP YOUNG PEOPLE CONNECT TO THE GAMES

A great way of helping your participants connect to these major events is to follow the players and athletes. You could support your participants to research the athletes from a particular discipline, follow them on social media, and find out where they train/play. You may find that some of the athletes are from nearby, went to the local high school, or played for the club down the road! This will all help to raise the aspirations of your participants, and hopefully help them to feel proud that an international athlete is from their local community.

You could run a social media challenge with your young people, awarding points for connecting with athletes. Could your participants send good luck and congratulations messages to players and squads, or photos and videos of them trying their sport within your Doorstep Sport delivery? Better still, could you empower your young people to come up with the challenge ideas and how to award points throughout the event?

TEAM GB APP

To make sure you don't miss Team GB in action in your favourite sports, why not download the free [Team GB app](#)? Alongside live Paris 2024 scheduling and reporting for every Team GB athlete, sport and medal, the app has fun daily quizzes, information about what's on at the Team GB Fanzones, and the opportunity to win exclusive prizes.





PARTICIPATE

Tips to help you use Paris 2024 to increase young people's participation and highlight the range of sports taking place during the Olympics and Paralympics.

There are so many different things you can do to link your Doorstep Sport activity/sessions to the Paris Olympic and Paralympic Games. We have put together a few suggestions below to help you get started with planning your activity for the summer, and beyond.

'POP-UP' CLUBS/ACTIVITY

Pop-Up Clubs are designed to support local StreetGames partners to deliver new and exciting activities for their young people linked to events taking place on the national or international stage.

A 'pop-up' can be a session or series of sessions that give young people the opportunity to take part in Olympic and Paralympic sports. They could be offered as tasters or 'come and try' activities. The idea is that people see the activity, and make the connection with and are inspired by the Games.

A pop-up offer could include a fun, accessible, modified version of Olympic and Paralympic Sports.

IDEA:

Use a local venue, park or community space, or somewhere a bit different like an athletics track.

WHY?

Expose young people to new settings, increase local awareness and participation.

IDEA:

Give young leaders the chance to lead fun Pop-Up activity sessions.

OLYMPIC-THEMED NEIGHBOURHOOD FESTIVALS

Neighbourhood festivals provide participants with opportunities to take part in sport and compete and celebrate with other young people from their project or neighbourhood. Echoing a larger scale sporting event at a local level can help to grow and sustain young people's participation in sport. You could think about including the following in your festival:

- T-shirts
- Medals, prizes, giveaways
- Music
- Food
- Fitness activities
- Other lifestyle activities such as face painting and nail art

CELEBRATIONS

If there are any community events taking place during the Olympics (26th July-11th August) or Paralympics (28th August-8th September), consider delivering some local sporting activities or festivals alongside these. Projects could also think about putting on their own opening and closing ceremonies for the Games, or running an end-of-Games celebration or festival.

WRAP-AROUND ACTIVITIES

Providing opportunities for social interaction and bonding is as important as the physical activity/sport sessions themselves. These opportunities help to nurture social connections and bring young people together to share common interests. Some ideas for making your offer varied and vibrant are provided below:

THINGS TO DO AT YOUR USUAL VENUE	TRIPS/VISITS/EXPERIENCES
<ul style="list-style-type: none"> • Watch Paris 2024 events with your young people • Include food and drink, e.g. trying traditional French food like croissants and crepes whilst watching the Paris 2024 events • Organise sweepstakes • Follow an athlete/player or country • Organise fun competitions, possibly using social media • Decorate your venue and do some associated arts and crafts, e.g. making flags and banners • Include music in your sessions 	<ul style="list-style-type: none"> • Take your young people to one of the Team GB fan parks • Take your young people to visit, look around and use local sports facilities linked to sports that are part of the Games • Consider outdoor adventure activities as a taster, reward or celebration

Careful planning of 'down-time' and social time can enable conversations and ensure that there is an outlet to check-in with young people. It will also ensure that young people who are not as active within sessions have the opportunity to engage in a different style of activity. You can use these opportunities to engage parents too, or let young people shape and lead these activities!

CULTURAL CELEBRATIONS AND ACTIVITIES

A great way to connect to the Olympics and Paralympics is to celebrate and learn about different cultures of the nations who are competing. Can you theme any of your sessions based on who's taking part? Have a think about how you can connect your participants to different countries – you could have a go at learning some sport related-terminology in a different language, for example learning the names of the different Olympic sports in French:

Artistic gymnastic: Gymnastique artistique	Cycling track: Cyclisme sur piste	Shooting: Tir sportif
Artistic swimming: Natation artistique	Diving: Plongeon	Skateboarding: Skateboard (also called "skate")
Athletics: Athlétisme	Equestrian: Sports équestres (also called "équitation")	Sport climbing: Escalade sportive
Badminton: Badminton	Fencing: Escrime	Surfing: Surf
Basketball: Basketball (also called "basket")	Football: Football (also called "foot")	Swimming: Natation
Basketball 3x3: Basketball 3x3 (also called "basket 3x3")	Golf: Golf	Table tennis: Tennis de table
Beach volleyball: Volleyball de plage (also called "beach volley")	Handball: Handball (also called "hand")	Taekwondo: Taekwondo
Boxing: Boxe	Hockey: Hockey	Tennis: Tennis
Breaking: Breaking	Judo: Judo	Trampoline: Trampoline
Canoe slalom: Canoë slalom	Marathon swimming: Natation marathon (also called "natation en eau libre")	Triathlon: Triathlon
Canoe sprint: Canoë sprint	Modern pentathlon: Pentathlon moderne	Volleyball: Volleyball (also called "volley")
Cycling BMX Freestyle: Cyclisme BMX Freestyle	Rhythmic gymnastics: Gymnastique rythmique	Water polo: Water-polo
Cycling BMX Racing: Cyclisme BMX Racing	Rowing: Aviron	Weightlifting: Haltérophilie
Cycling Mountain Bike: Cyclisme VTT	Rugby sevens: Rugby à 7	Wrestling: Lutte

Find more Olympics vocabulary and phrases [here](#)

If you provide food at your sessions, you could also include some low-cost snacks from different countries and try them as a group!

Please let your StreetGames area team know about any events/sessions you are planning linked to the Olympics and Paralympics – we will support you with them wherever we can.

We also love to see and celebrate your activities – please do share your photos and videos on social media, tagging @StreetGames on X, @streetgamesuk on Instagram and @StreetGamesSportsCharity on Facebook.





VOLUNTEER

Tips to help you use the power of Paris 2024 to encourage young people to engage in local sporting event volunteer opportunities.

LOCAL EVENT VOLUNTEERING

Event volunteer opportunities are a key part of the volunteer pathway; they are often the starting point for young people and are an ideal way of engaging them for the first time. These are one-off opportunities that usually last between 3-6 hours and only require a minimal commitment for the young people involved.

SUGGESTED CONSIDERATIONS FOR ACTIVATING VOLUNTEERING IN YOUR COMMUNITY

1. Consider the opportunities that might exist for young people to volunteer in your own sessions or events – for example, some of the activities suggested in the 'Participate' section above.
2. For those young people that are inspired by the Games, consider what local events/opportunities might be available for them to volunteer at in the near future to maintain their enthusiasm.
3. Consider if any of StreetGames' [Training and Workforce Development opportunities](#) could support your existing volunteers or potential future volunteers.

TOP TIPS TO MAKE EVENTS SUCCESSFUL AND ENJOYABLE FOR YOUNG VOLUNTEERS

- The roles volunteers do are key to the success of an event; they should be achievable yet challenging for the young people. Consult with young people before the event to find out their preferences. Example volunteer roles can be found in the Event Volunteer Managers Pack available on request from the StreetGames Volunteering team.
- Give the young people a briefing at the start of the event, show them around the venue and talk through the plan for the event and any aims or objectives you may have for the day.
- Allocate the young people a support person on the day that they can go to with any questions they may have.
- Ensure the young people are comfortable and enjoy the experience on the day.
- It may be helpful to allow the volunteers to try a variety of roles on the day to avoid them getting bored. Each volunteer can then take away different experiences from the day/role.
- Ensure the young people have enough breaks and give them the opportunity to explore the event for themselves.
- Where possible look to provide lunch and refreshments for the volunteers on the day, and if your event budget allows then give the volunteers a gift to take away with them – e.g. event t-shirt, goodie bag, keyring, certificate, thank you letter.
- At the end of the event call your volunteers together for a debrief, including thanking them for their hard work on the day; this recognition will go a long way with young people.



TRAINING FOR YOUR YOUNG PEOPLE, VOLUNTEERS AND COACHES

StreetGames has a whole range of training workshops available to the network, including a variety of [multi-sport and sport-specific Activator Workshops](#) that are designed to introduce learners to new sports and activities and help develop the confidence to deliver these activities locally.

Visit our [Training Academy webpage](#) for more information about our full training offer, or contact a member of your local StreetGames team.