<http://www.short-term4china.org.uk/>

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| **F****A****S****H****I****O****N** | Collect lots of photos, magazine pictures, materials, etc. to illustrate fashions and what you can use to make them. Use slides and paper images that trainees can use and take away. Paper and coloured pencils required.Interested in fashion? How do you choose clothes? Where do you buy? Small groups: A customer and design team. Customer describes needs for an outfit (wedding/hot weather/formal/party etc) and team makes suggestions and agree a design. Group design time ; draw the design.Then role play delivery of the design to the customer, with descriptions, reasons for choices and price.Vote on best design.  |
| **C****A****R****T****O****O****N****I****N****G** | Collect selection of comics and cartoons; as many styles as possible. Pencils and paper required1. Describe UK cartoon culture; strip cartoons, single cartoons; films, etc.
2. Ask teachers about Chinese cartoons
3. Everyone can draw cartoons; do simple lesson using a text book e.g John Byrne’s book
4. Group work : one cartoon or a short strip
5. Compare and how to use them….greetings cards, postcards, magazines, t shirts, own notepaper
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| **T****H****E****A****T****R****E** | Collect photos/slides/fliers. Theatre buildings (inside and out), seating arrangements, show posters/adverts. Different sorts of shows – comedy, straight, ballet, musicals, stand up….Ask teachers about theatres in their city/area. Their experiences.Pair work: Using theatre seating plans ask them to book their tickets. Choose seats/advise customer/prices/start timesExplain ‘improvisation’ and model a couple of scenarios.Group work: Small groups to pick a subject and write/rehearse a 5 minute show/play. Set room up as a theatre and with two trainees acting as presenters, groups perform their plays.  |

**Olympics**

**Teacher Games**

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| **Fishing**6 team members to participate.* Each team has a big fish made out of paper.
* Each team member takes a fan and has to fan the fish along to the chair, round the chair and back again.
* The next team member does the same until all 6 members have finished.
* First team to complete and sit down wins.
 | **Diving**5 team members to participate.* A plastic cup is on the floor.
* Each team member has three toothpicks.
* You must stand one arm’s length away from the cup and raise your arm so that it is level with your shoulder.
* Try and drop the toothpicks into the cup.
* Each team scores the number of toothpicks they get into the cup

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| **Discus**5 team members to participate.* Each team member throws 3 paper plates.
* Each plate which crosses the 30ft line is counted for the team
 | **Long Distance Running**6 team members to participate. * Each team member must lie down on the floor, head to head and feet to feet in a line.
* The longest team wins
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| **Chainlink Race**5 team members to participate.* Each team forms a line facing forwards.
* Everyone bends forwards, passing right hand between legs and grabbing the right hand of the person in front with their left hand.
* You have to run like this, clockwise round the chair and back, without breaking the chain.
* If the chain breaks, they must stop, re-connect, and then carry on.
* First team round the chair and back, sitting on the floor wins.
 | **Hockey**5 members from each team to participate.* Each member is given a number 1 to 5.
* 4 rolled up newspapers, 1 tennis ball in the centre.
* A number is called out.
* Each member with that number must try to hit the ball into the opposition’s goal.
* If a goal is scored against your goal, you are out for that round. The other people playing are still active for that round until they are scored against.
* The player to score against all 3 opposition member’s goals is the winner for that round.
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| **Tennis Doubles*** Get into pairs, link both arms behind your backs.
* Each pair has to run like that clockwise around the chair at the end of the hall and back.
* Then next pair go until all the team have been.
* You must run to the chair and back 4 times.
* If you do not have 8 people in your team, somebody must go twice.
 | **Newspaper Walk**5 team members to participate.* Each member has 2 pieces of newspaper.
* You have to walk to end, clockwise around the chair and back, shuffling only on the newspaper.
* First team to complete and sit down wins.
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| **Volleyball*** 7 (or 6) team members to participate.
* Pass the ball first between the legs, then next person passes it over the head, next between the legs etc.
* The first team to get the ball to the end of the line wins.
 | **Javelin**6 members from each team to participate.* Team member have three barbecue sticks.
* There is a line about 30ft away.
* Throw the sticks as far as you can.
* The Team with the most sticks over the line wins.
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| **Swimming**4 members from each team to participate.* A bucket of water with a cup at the bottom with a coin in the bottom of the cup.
* Each team member has three small coins.
* They must stand one arm’s length away from the bucket, with their arm held level with their shoulder.
* They drop the coins into the bucket, trying to get the coin into the cup and touching the coin at the bottom
* One point for each coin in the cup, two points if the coin is touching the other coin.
 | **Ladders Race*** 7 (or 6) members from each team to participate.
* Teams sit facing each other, legs out straight, feet against feet of the other team.
* Each team is numbered from 1 to 7.
* When a number is called, that number has to run down their line, stepping between each pair of legs, to end, then run round the back and then again down their line, stepping between each pair of legs, till they reach their own place.
* First one to sit down wins.
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| **Obstacle Race*** 7 (or 6) team members to participate.
* Each team has a long string with a key on the end.
* First person has to put the string down, inside their clothes from their neck to their ankles and so on, until all the team is strung up together.
* First team to be strung together wins.
 | **Ping Pong**4 members from each team to participate.* There is a basin with cloth at the bottom, about 3m away from the starting line.
* Team members have three ping pong balls.
* You must bounce each ball once, and then it must go into the basin.
* The number of balls you get into the basin will be scored.
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| **Cross Country*** Teams are numbered 1-8. If you don’t have enough team members, somebody must have 2 numbers.
* Numbers are called out, followed by an object which you must bring to Dave who is stood in the centre.
* The object must be carried in your hand and you must not leave your team until the object is in your hand.
* The first team to bring the item to Dave wins that round.
 | **Marathon*** 7 (or 6) team members to participate.
* Teams line up at one end of the room, with a chair for each team at the end.
* First person runs up the room, round the chair and back, takes the hand of the second person and they run round the chair.
* Then second person takes the third person’s hand and so on until the whole team runs around.
* The chain must not be broken.
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| **Shot Putt*** 2 members from each team to participate. Each team member has 2 throws.
* Each team member has a bean bag and must throw it as far as they can.
* The furthest distance thrown by the team will be recorded.
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