



University of
East London

SPORT IN YOUR FUTURES SUMMER FESTIVAL 2023



EVENT SCHEDULE

10.00 – 10.30

Welcoming Schools and Opening Speech
by COO Hilary Lissenden

10.45 – 12.15

Festival Activities

12.20 – 13.00

Lunch

13.00 – 14.00

Festival Activities

14.00 – 14.30

Q+A and Giveaways, Closing Speech
by Director of Sport James Kilden

CRICKET

Delivered by
ESSEX CRICKET CLUB

This activity will provide students with the very basics of Cricket, where they will focus on coordination and getting them involved with the sport.



DID YOU KNOW?

- Cricket bats are made from white willow.
- The longest cricket match was 14 days long.
- A century is when a batsman scores 100 runs without being bowled out.
- The oldest cricket world championship is the ICC Women's Cricket World Cup. The first tournament, which was hosted by England, was held in 1973.
- The small gates through which cricket balls must pass through are called "wickets". The term is used due to the similarity of the stumps to wicket gates which are small pedestrian gates or doors.



CONTINUE YOUR
CRICKET JOURNEY

2

ATHLETICS

Delivered by
NEWHAM SCHOOLS PARTNERSHIPS

Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross-country running, and racewalking.



FIND OUT WHERE YOUR
NEAREST TRACK IS

3

SKIPPING

Delivered by
JUMPROPE UK

No matter if you are a pro skipper or a beginner, with this activity students will learn the many benefits of skipping and how easy it is to practice.

Coach Chris, a personal trainer and jump rope coach who's trying to bring jump rope to schools and gyms across the UK, will be delivering the activity.

“ EVER SINCE I WAS YOUNG, I STRUGGLED TO
FIND A SPORT THAT I BELONGED IN.

I TRIED FOOTBALL, RUGBY, RUNNING,
SKATEBOARDING, TENNIS, SWIMMING TO NAME
BUT A FEW... I DIDN'T FIT IN.

NOT ONLY THAT, WHEN I BECAME OLD
ENOUGH TO JOIN MY FIRST GYM I WAS
BOMBARDED WITH THE WORLD OF
BODYBUILDING AND IMAGES OF HOW I SHOULD
LOOK. NONE OF THIS WAS HEALTHY FOR MY
MIND OR BODY.

I PICKED UP MY FIRST JUMP ROPE WHEN
I WAS 20 AND IT HAS CHANGED MY LIFE
FROM THAT MOMENT. ”



HOW?

4

SKATEBOARDING

Delivered by
SKATEBOARDING UK

Skateboard GB is the National Governing Body for skateboarding in England and the home of Olympic skateboarding in Great Britain.

The organisation exists to give skateboarders the opportunity to “Skate More, Skate Better” ensuring they are skater-focused in everything that they do:

AIMING TO LEAD

SUPPORT

EMPOWER

FACILITATE

Do you want to continue skateboarding around East London?



SKATEBOARDING SPOTS
AROUND THE UK

5

LASER TAG

Delivered by
PENTATHLON GB

As a multi-discipline sport, modern pentathlon is an excellent challenge for both the mind and the body.

Training in more than one discipline allows you to test yourself, improve your health and fitness and learn new skills; all whilst meeting new people and having fun at clubs and competitions around the country.



LEARN MORE ABOUT
PENTATHLON GB

BREAKDANCING

Delivered by
BREAKING GB

Breaking GB was created at the start of 2021 by an established team of passionate professional from the UK breaking scene to provide a vehicle to elevate the culture, community and performance pathways for competitive dancers through funding, training, education, facilities and nationwide initiatives.



LEARN MORE ABOUT
BREAKDANCING

3x3 BASKETBALL

Delivered by
GG3X3

3x3 is an exciting, fast-paced, fun, new form of regular 5v5 basketball. It's as close to street basketball as you can get.

It's like a 10 minute highlight reel of all the best, most intense, energetic and entertaining bits of a regular 5v5 basketball game.

Born from the streetball game, 3x3 will be making its debut on the Olympic stage in the summer of 2021 and will be played in Birmingham as part of the Commonwealth Games in 2022.



TO GET INVOLVED
SCAN THE CODE!

8

WHO IS LEADING THE SPORT IN YOUR FUTURES PROGRAMME

Kevine has been leading the programme since January 2022, he has developed a space for students across East London to partake in sports in a higher education setting.

The programme aims for students to have a day out exercising and engaging with their classmates at SportsDocks, East London University grounds. The goal is to guarantee that students from across all East London boroughs understand the correlation between exercise, physical activity, education, and growth.

Before joining East London Sport Kevine worked as a teacher, which provides him with invaluable experience and understanding of student's needs.

He is also part of 20/20 change, a youth empowerment organisation known for helping young people realise their true potential and cultivate the right mind-set to engage with today's changing society.

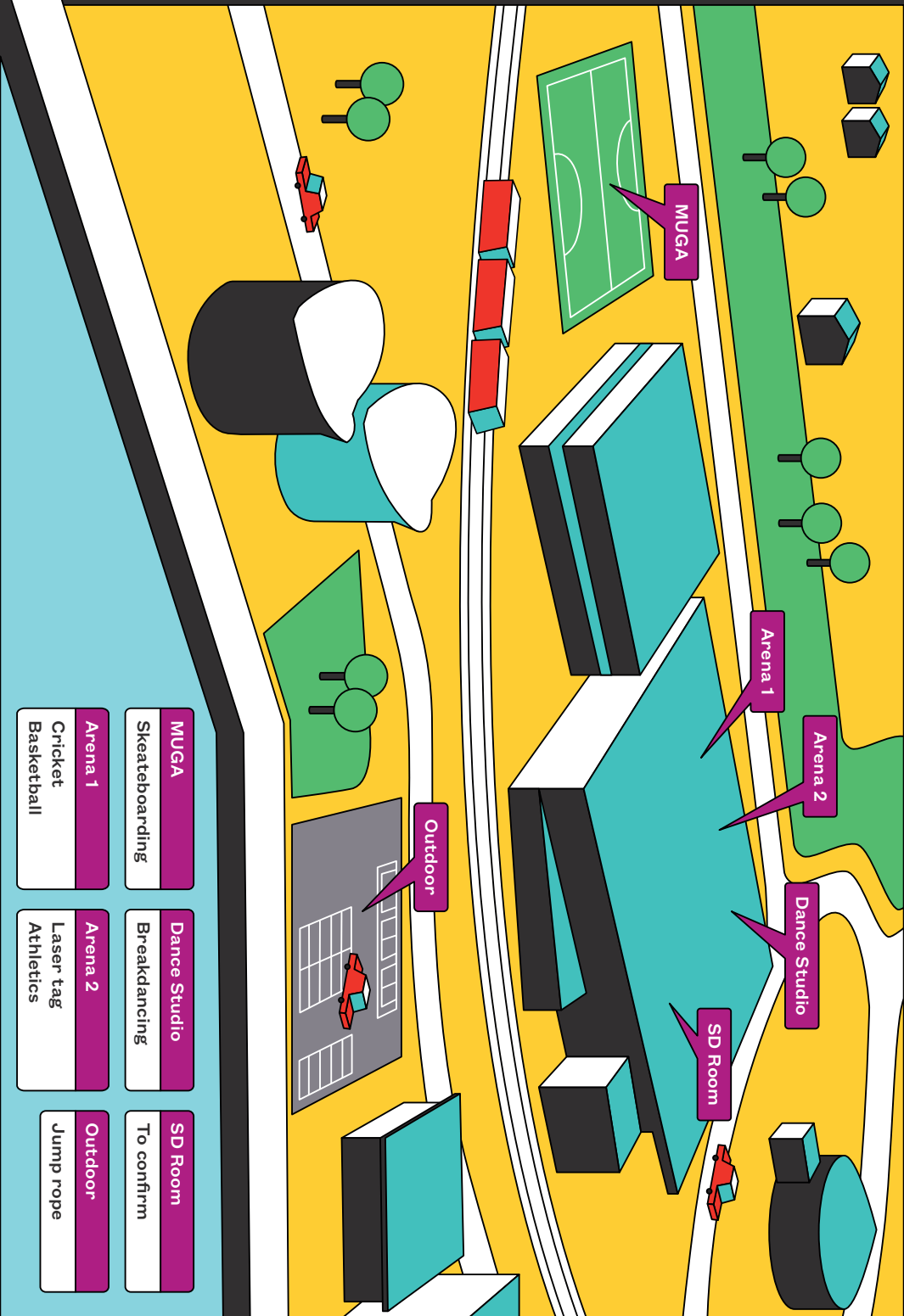
Kevine is foremost a member of the East London community.

To get in touch email k.kinzonzi@uel.ac.uk



FIND OUT MORE ABOUT
THE PROGRAMME

9



MUGA

Arena 1

Arena 2

Dance Studio

SD Room

Outdoor

MUGA
Skeateboarding

Arena 1
Cricket
Basketball

Dance Studio
Breakdancing

Arena 2
Laser tag
Athletics

SD Room
To confirm

Outdoor
Jump rope