

## Create Your Own Sport/Game at Home

We challenge you to create your own sport/game you can participate in at home. The more creative you are the better, and we would like you to send in photos or videos of you competing in the games you have come up with. You can set these up inside your home or outside in your garden but make sure you get permission from your parents or guardians! If you haven't got a garden, then you could use a suitable space near your home.

I have included a few examples below:

From left to right:

Garden triathlon, garden mini tennis, water bottle bowling, exercise ball cross bar challenge, dining table ping pong

