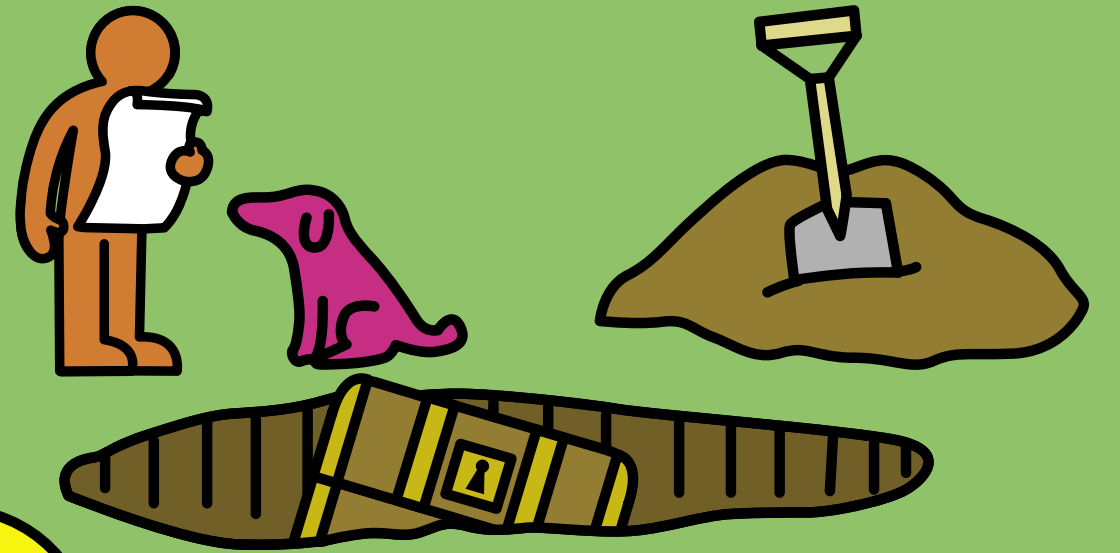
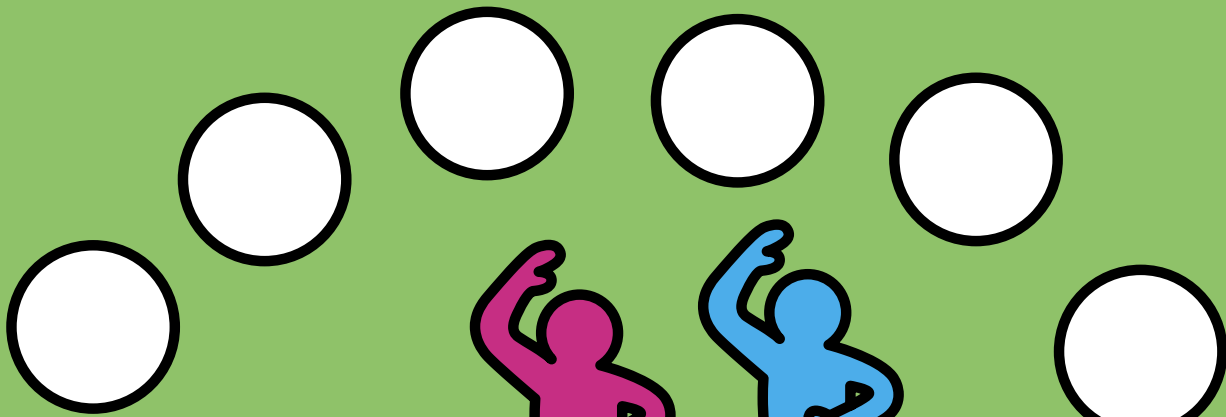




Start here

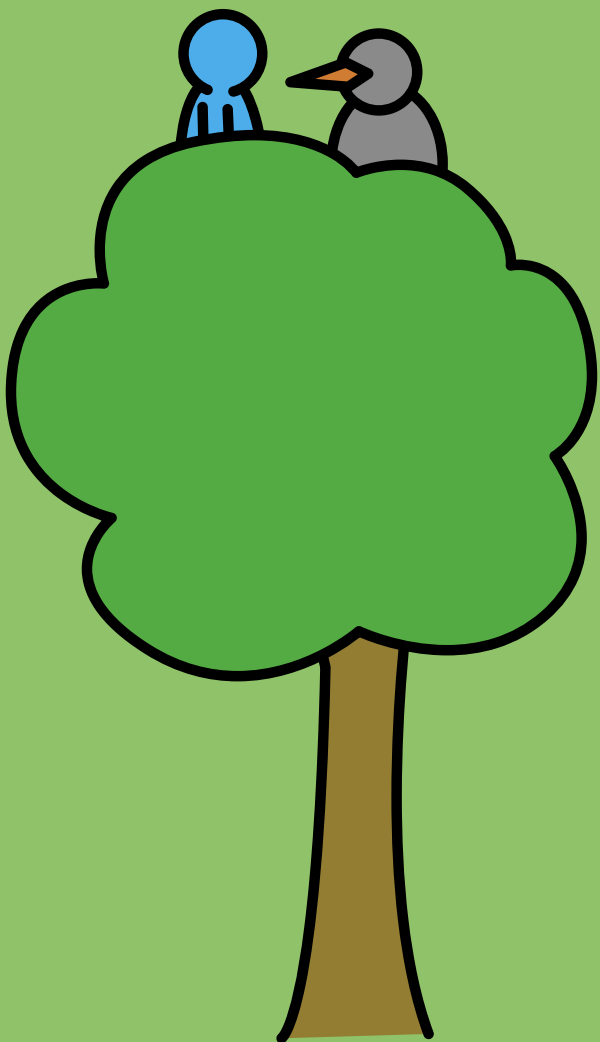
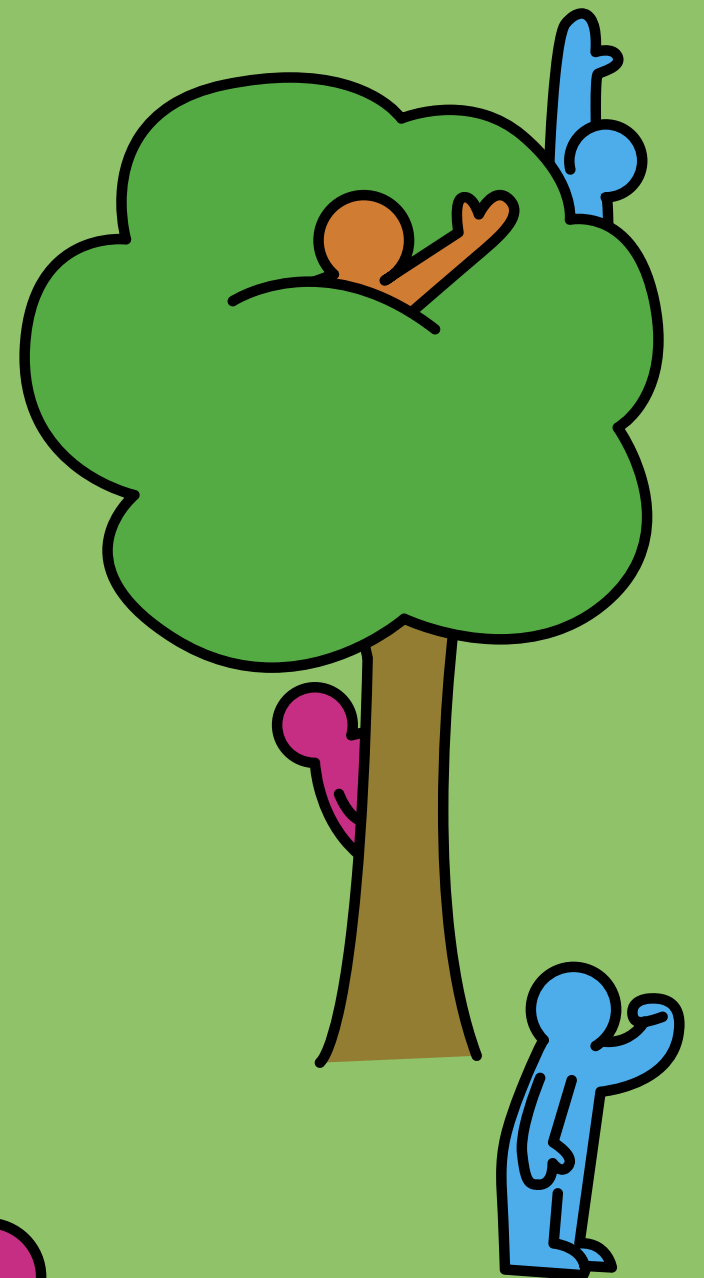
BLOB TAG
Tag someone when holding hands with a friend and they join your 'blob'.

week 1



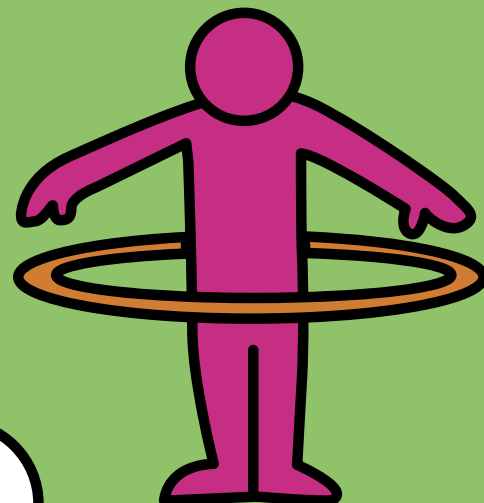
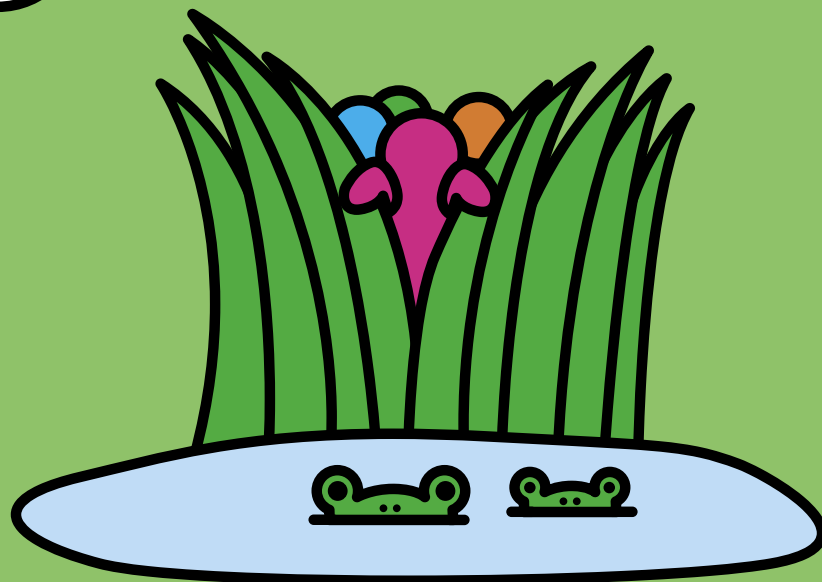
TREASURE HUNT
Hide treasure in the park for friends to find. Pick it all up at the end.

week 2

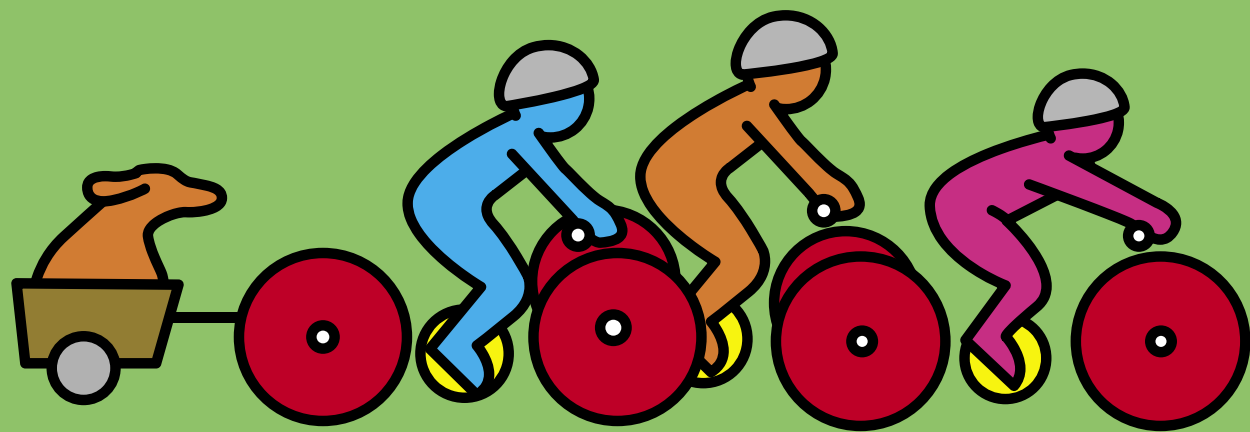


GO WILD
Go on a nature trail in the park - what five new things will you find?

week 3



Turn over to continue your adventure



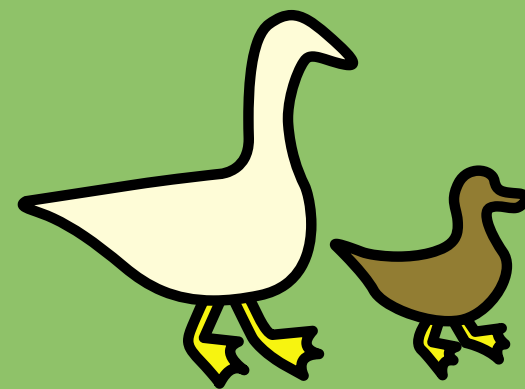
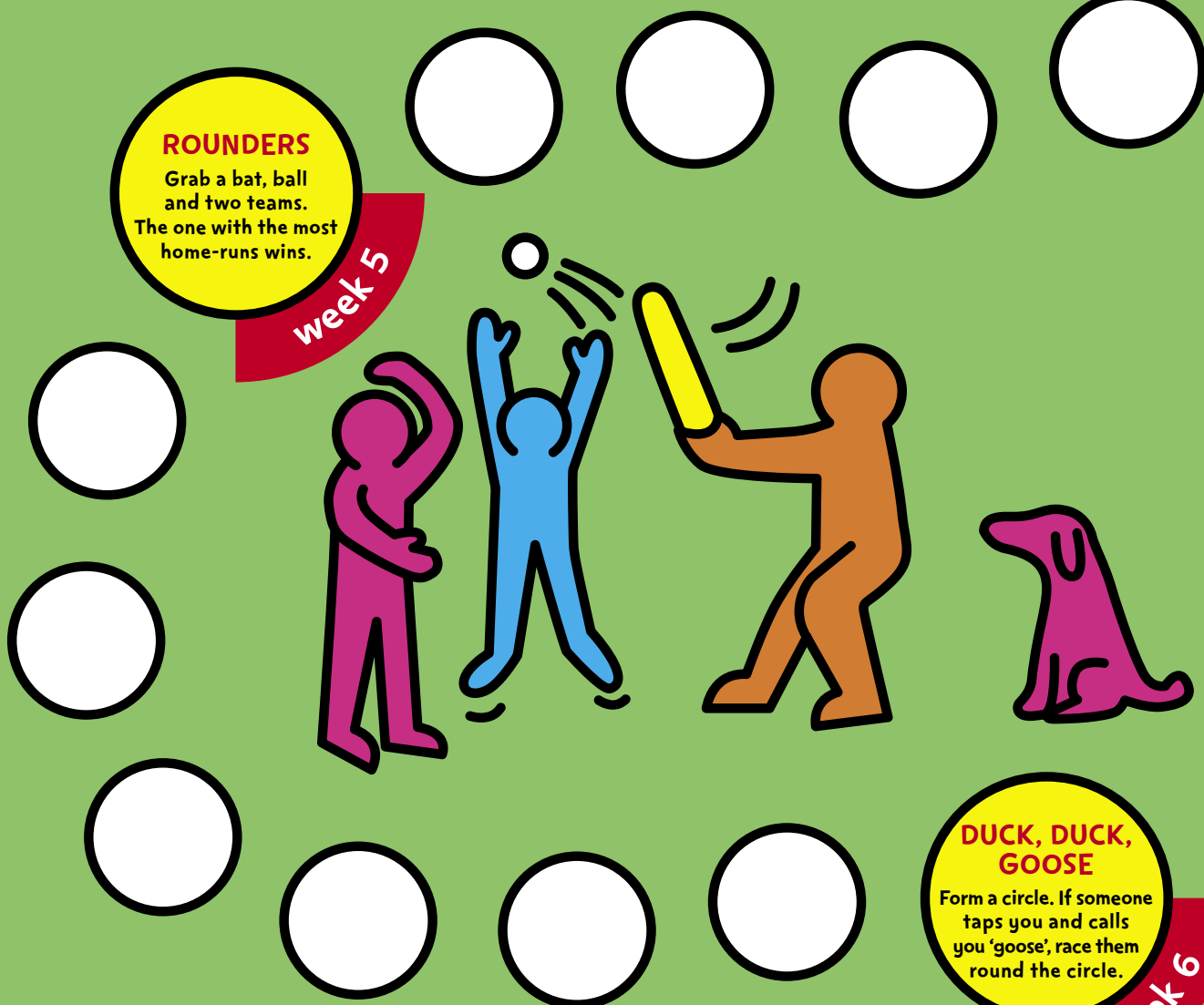
MINI TOURNAMENT
See who'll win Gold for games of running, throwing or your own game.

week 4



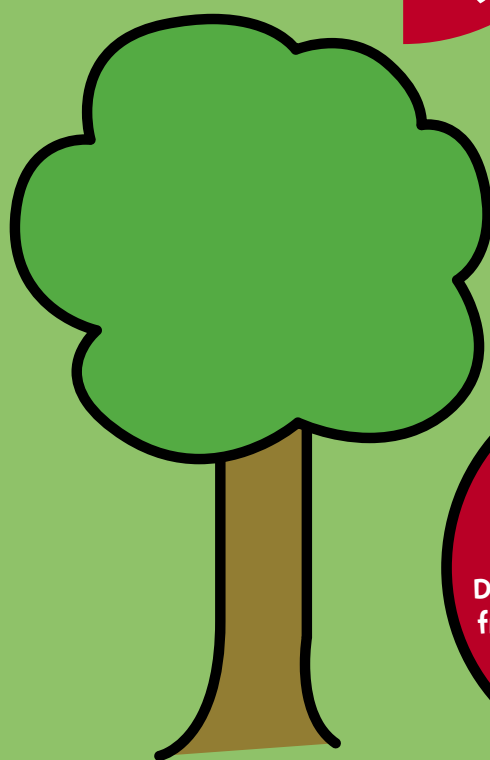
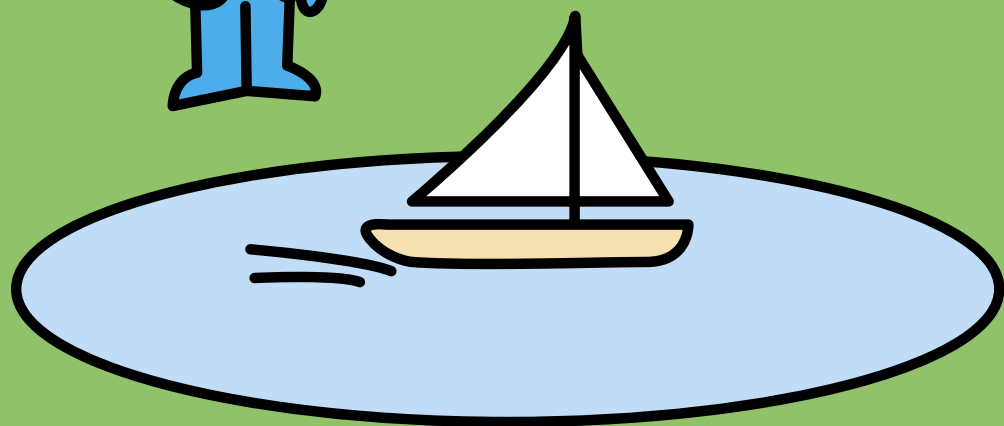
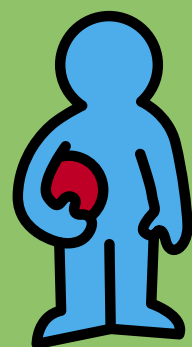
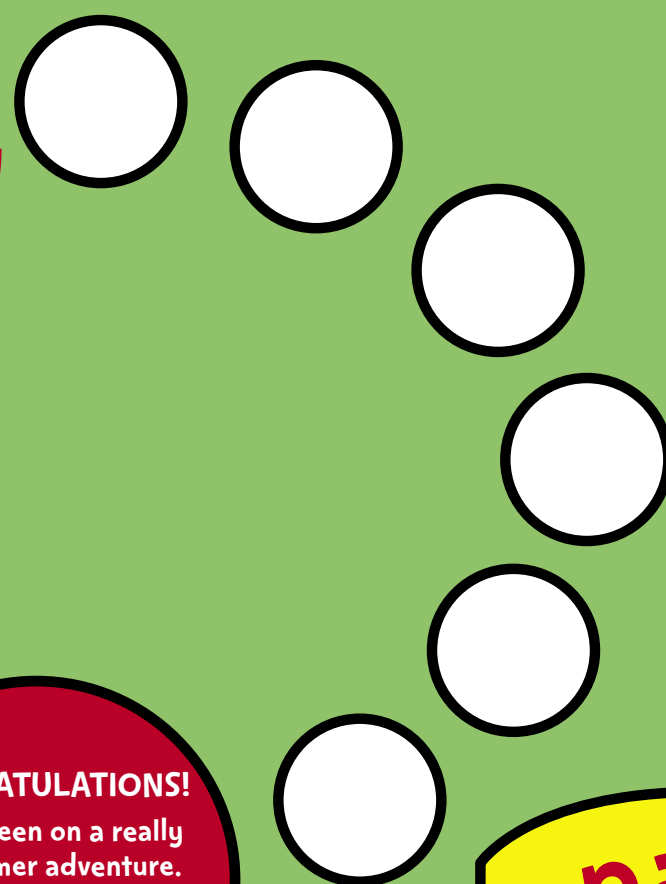
ROUNDERS
Grab a bat, ball and two teams. The one with the most home-runs wins.

week 5

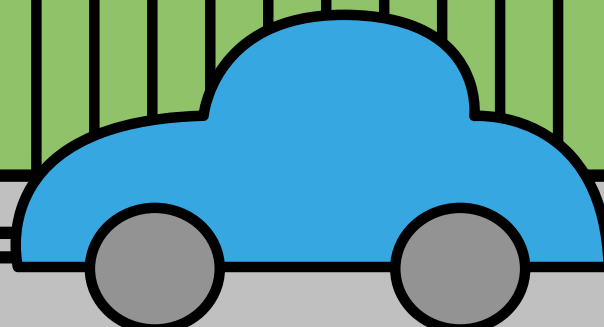
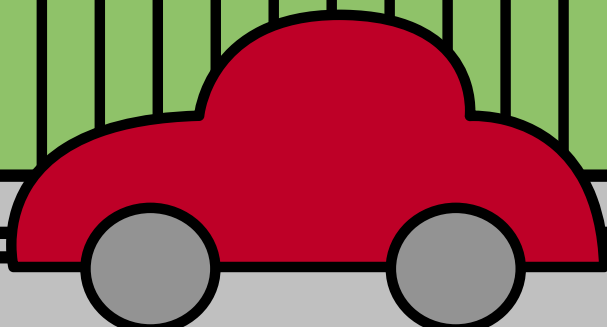
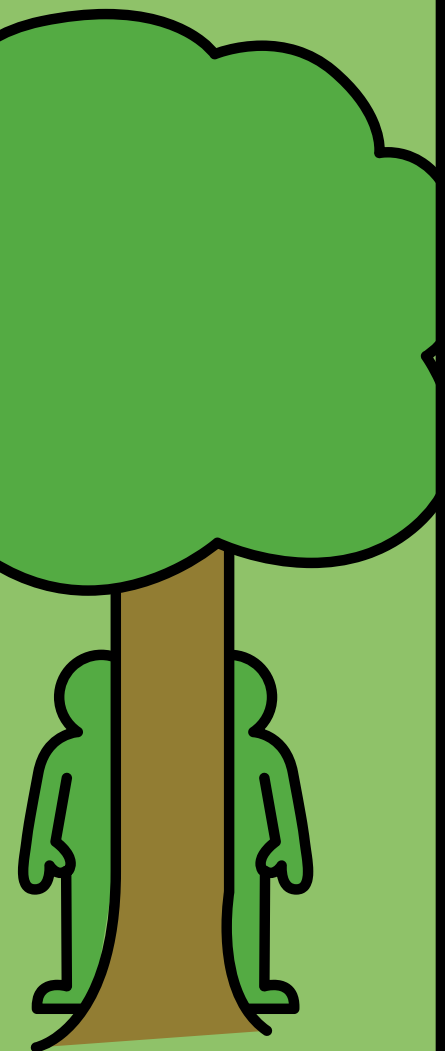
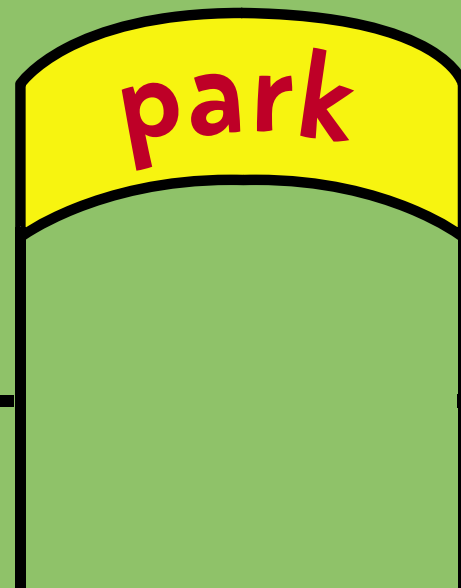


DUCK, DUCK, GOOSE
Form a circle. If someone taps you and calls you 'goose', race them round the circle.

week 6



CONGRATULATIONS!
You've been on a really big summer adventure. Don't forget to tell all your friends at school and keep on doing your favourite activities.



Catch

How many times can you catch the ball before dropping it? Do it on your own or with a friend!



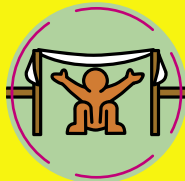
Jump rope

Who'll be first to do 100 skips in a row? Easy? Try it backwards!



Den building

Build a den in the woods or your bedroom.



Hot potato

Grab a ball and some friends. Pretend the ball is on fire, pass it quickly!



Summer picnic

Make a tasty picnic to share with your family – try carrot sticks and a healthy dip.



Piggy in the middle

It's a game of catch with a 'piggy in the middle' trying to get the ball.



Obstacle course

Create your own, inside or out. Chair slalom? Jumping over T-shirts?



Limbo

Grab a broom or stick – how low can you go?



Target practice

Mark out four targets. With a friend, try to throw a ball or beanbag into the other's two targets to score.



Tag

If the person who's 'it' tags you, you become 'it'.



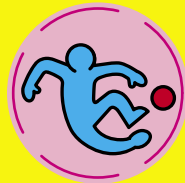
Bushtucker trial

Ask a grown-up to line up fruit or vegetables you've not tried before. Ten points for each one you try!



Keepy-uppy challenge

Grab a ball, bounce it on your knees, head and feet. How many can you do?



Stuck in the mud

When you get caught, stand with your legs open until someone crawls through to set you free.



New dance

Learn a new dance and perform it for your friends and family.



Smoothie-making

Mix all your favourite fruits into a delicious and refreshing drink.



Heads or catch

Head the ball when a friend shouts 'head', and catch when they say 'catch'.



Wall-y

Make a target on the wall. When you hit it with a ball, move further back. How far can you go?



Gymnastics display

Do cartwheels, handstands and other great moves to your favourite tune.



Win a medal every time you do a weekly challenge. Stick it on the map or wear it on your T-shirt.



What a racket

Play tennis and see how long you can keep a rally going while singing.



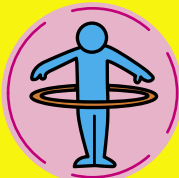
Play on wheels

Get on any wheels you've got from a bike to roller skates and start racing about!



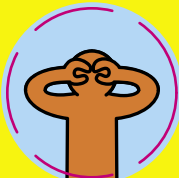
Hula, hula

Grab a hula hoop. How many circles can you do? Can you beat a friend?



40:40 in

One seeker counts to 40 while the hiders hide. The hiders must get back to base and shout '40:40' first before being found.



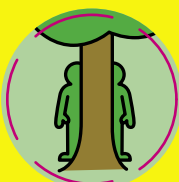
Warmer / colder

Hide a toy. Shout 'warmer' if your friend's getting close to it, and 'colder' if not.



Sardines

One person hides. Find them and join them. How many can you cram in until just one seeker is left?



Penalties

Make goalposts with two jumpers and take turns shooting at the goal. Swap over after three shots!



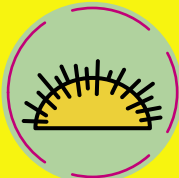
Frisbee golf

Set up a target and make the frisbee hit it in as few shots as possible.



Pineapple fun

With a grown-up, put pineapple chunks on cocktail sticks into half a grapefruit - it'll look like a hedgehog!



1,2,3,4

Form a line of four people. Throw a ball along the line. Now try running and throwing. How far can you get without dropping it?



Rebound ready

One player throws a ball against a wall, the other catches it. How many can you do without dropping it?



Make ice lollies

Just freeze ice cubes of unsweetened fruit juice with a stick in the middle. Yum!



Long rope

Take turns leaping ten times over a skipping rope being spun by two friends. How many times can you repeat it?



Razzling relays

Form two teams of three for a relay race. One team member hops, one jumps and one skips.



Dodgeball

Dodge the ball from the team that's throwing it. The 'hit' only counts if it touches your target below the knee.



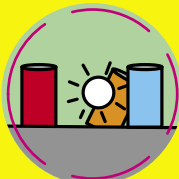
Sponge toss

From a full bucket of water, throw a wet sponge between friends to squeeze into an empty bucket. How fast can you transfer the water?



Knock down

Use a ball to knock down some empty water bottles. The first one to 25 wins.



Rainbow pasta salad

Stir up your most colourful veggies with yummy cooked pasta.



Win a medal every time you do a weekly challenge. Stick it on the map or wear it on your T-shirt.

