

# The Olympic Games are a world stage for sport - hold your own mini Olympics.



## Here's an idea

You could hold running races, have a go at the long jump or the high jump, why not see if you could visit an athletics club and have a go at the hammer throw or javelin! Alternatively, have a go at horse riding, swimming, tennis or archery - there are over 30 different sport scheduled for the 2020 games so there's plenty to have a go at!

## Age 14 - 18

## Age 5 - 7

## Age 7 - 11

## Activity details

### This activity counts towards...



- Global Challenge

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£                      Outdoors  
Day

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5            |   |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Gross Motor Skills
- Teamwork

### Equipment: