

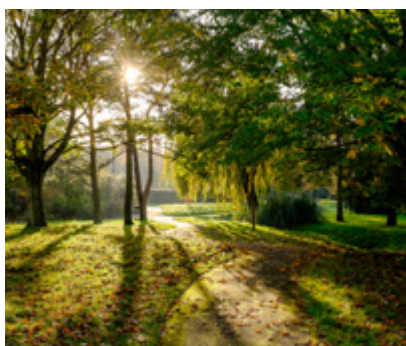
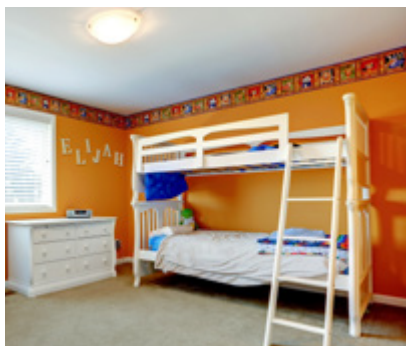
Being more active

Activity

Real World Olympics

It's time to create some new sports. Imagine you're competing in the Real World Olympics.

- Take a look at these pictures.
- Now pick one and, using pen and paper, create a sport you could do in this place.
- Some questions that might help you:
 - Is it a team sport or for individual competitors?
 - Is it a match, like tennis? Are there rounds, as with the long jump? Is it a race, like the 100 metres?
 - Is there a time limit?
 - How do you decide who has won?
 - How would you stay safe while doing this activity?



P.S. There's more help on getting active in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk