

Consider the five ways to wellbeing throughout your chosen activity:



Take part in individual skills challenges / events. Can you go faster, higher, stronger?



Encourage each other to improve your Personal Bests (PBs)



Show your acts of kindness through support for each other



Make a note of the progress and improvement you each make



Learn new skills and see self-improvement through preparation and practice

## Choose



## Challenge



## Capture

**Choose** your event, these are just a few ideas:

- **Target Throw** – How many toys can you throw into the target in 20seconds? You can use a washing basket or a bucket for the target.
- **Speedbounce** – How many times can you jump side to side in 20 seconds?
- **Musical Statues** – Have a go at our musical statues game, how many different balances can you do?
- **Treasure Island** – Race your family to collect as many toys as you can!
- For older children adjust the time allowance or distance to throw to make it more challenging!
- View more challenges and games to try at home by registering for free on our [Starting Blocs website](#).



**Challenge** yourself, your family, your friends:

- How many 5m shuttle runs can you do in 20 seconds? Can you improve your score on your next go?
- Challenge your friends to see how many speedbounce's they can do in 20seconds.
  - Family Fun Relay - challenge your friends and their families to race against your family in [our Family Fun Relay](#), who will be the quickest family?

**Capture** it, create memories and celebrate. Why not...

- Take part dressed up like a famous sports person!
- Go outdoors and find a new space to take part in your activity – have you tried [the Family Walk Bingo?](#)

Take photos, videos and make memories. We would love to see them.  
[#NSSWtogether](#) [#FunJumpThrow](#)



Sky Sports Scholar

Samantha Kinghorn, wheelchair racing

"Sport is amazing!

Give everything your best, try new things and never give up."