



Your theme is **The Olympics!**



Your challenge is to complete an activity linked to an Olympic sport that your All Move friends could also try.



You could do an **exercise**, a **dance**, a **skill**, a **game**, a **workout** or anything else that gets you moving.



Think about **an activity you may not have tried before** and that **everyone can take part in**.



We have given you some examples of activities on a separate worksheet to get you started.



You could use **items around the house**.



You could use **no equipment at all**.



You could **use the internet for ideas**.



Film it, write about it or take photos of your activity.



If you are using photos, make sure you **include instructions about what everyone needs to do** so that your friends can have a go.



Share this with your teacher and wait for a reply!



Your All Move friends will be sharing their own activities for you try. Have a go!

Film it, photograph it or write about it. Share it and see how you all get on.



Tweet us too! 😊 @mencap_charity