



Enter our Garden Olympic Games

Now that Tokyo 2020 has been postponed until 2021, we all have an extra year to get our training in. Our Garden Olympics sporting challenges are a great way of you and your children getting outdoor exercise in your garden or if you don't have a garden, on your once a day exercise walk, run or cycle. You can even add your own challenges. You can also raise money to help local terminally ill children and get sponsored too by setting up a Just Giving page.



Step 1

Agree with your children which sporting challenges they would like to do and select these below with a time frame for doing these. Pin this sheet up on your wall to remind everyone of the challenges set. If you want to raise money for us, set up a Just Giving Page and circulate the link to friends and family.

Step 2

Record when the challenges have been completed in the right hand column.

Take some pictures or video and share them on social media #HDHGardenOlympics - we'd love to see your challenges. Download our social media badges from our website.

Step 3

Depending on how many challenges completed, you can download and print off and personalise your Garden Olympics bronze, silver or gold certificates from our website at www.hdh.org.uk.



3 for Bronze * 5 for Silver * 10 for Gold



Select	Olympic Challenges	Results
	100m Running race - How quickly can you run 100 metres in your garden? If one big stride is 1 metre you can work out how many metres long your garden is?	
	Dogs challenge - How many times can you get your dog to fetch the ball in 60 seconds?	
	Marathon challenge - How long does it take you to take 70,000 steps?	
	Football tournament - Either using a goalpost you have or make one using two old jumpers, how many goals can you score in 10 minutes?	
	Archery - Using post-it notes, empty tin cans or hula hoops on the ground, how many items can you hit with your nerf gun?	
	Trampolining - How many of the following jumps can you do in a row? Pencil, star, tuck, pike, seat drop, swivel hips. What other jumps can you do?	
	Gymnastics - Can you create a floor routine with music lasting 90 seconds?	
	Cycling - How far can you cycle in a week?	
	Shotput or javelin - How far can you throw a tennis ball or stick measured in strides?	
	Badminton or tennis tournament - How long can you keep the ball or shuttlecock off the floor? You can also use a swingball or hit a ball against a wall.	
	Add your own challenge	
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Top tip
Strava is now linked to Just Giving

It is important for all of us to adhere to current social distancing rules. All activities should only be completed alone or with members of your household either in your garden or during your once a day exercise outside the home. Stay at home - Protect the NHS - Save lives.

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