

GET OUT ON A WALK & BECOME AN OLYMPIAN!

Along the Paths

On the Grass

& More!

ATHLETICS

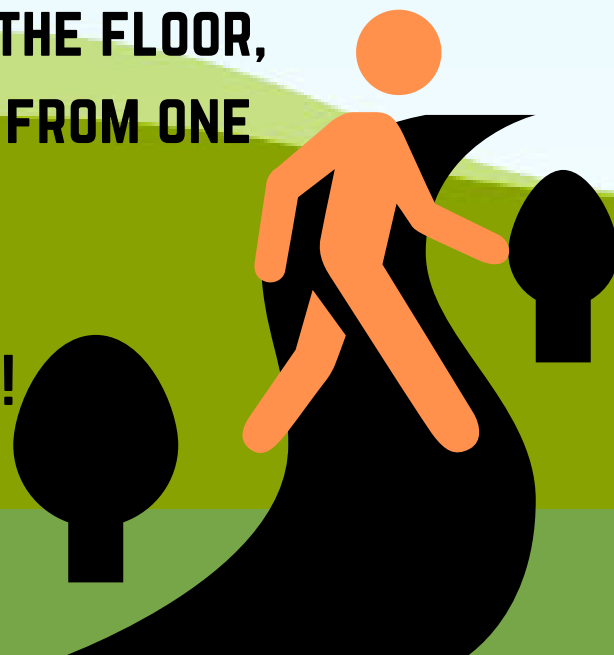
WALKING RACE



DID YOU KNOW **RACEWALKING** IS A SUMMER OLYMPIC SPORT?

ALWAYS KEEPING ONE FOOT ON THE FLOOR, RACE AS QUICKLY AS POSSIBLE FROM ONE PLACE TO ANOTHER!

CHALLENGE SOMEONE!
OR RACE FOR YOUR FASTEST TIME!



WHEELBARROW RACE



COMPLETE YOUR FIRST **OLYMPIC TRACK** EVENT IN WHEELBARROW STYLE - GREAT FOR YOUR TEAMWORK SKILLS!

ONE PERSON LIFTS THE OTHERS LEGS UP WHILE THEY USE THEIR ARMS TO RUN ALONG THE GRASS. SET OUT A COURSE, SWAP IF YOU CAN, AND TRY TO BEAT YOUR TIME!



STONE SKIMMING



PRACTICE YOUR **OLYMPIC DISCUS** SKILLS BY TRYING TO FIND A FLAT STONE, AND SEEING HOW MANY TIMES YOU CAN MAKE IT BOUNCE OR 'SKIM' ON THE WATER BEFORE IT SINKS!



GYMNASTICS

HOP SKOTCH



USING CHALK OR THE TILES ON THE PATH, PRACTICE YOUR **OLYMPIC GYMNASTICS** SKILLS BY CREATING A HOP SKOTCH COURSE!

INCREASE THE CHALLENGE BY HAVING JUMPS IN THE MIDDLE AND HAVING LOTS OF CHANGES TO CHALLENGE YOUR FEET AND RHYTHM!



CARTWHEELS & ROLLS



WANT TO PRACTICE YOUR **OLYMPIC GYMNASTICS** SKILLS?

SEE IF YOU CAN SAFELY DO A CARTWHEEL OR LOG / FORWARD ROLL ON THE GRASS - STAY SAFE AND MAKE SURE THE GRASS IS CLEAN AND CLEAR!



GOLF

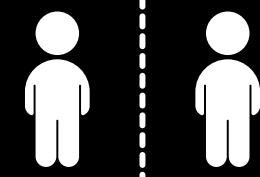
FOOTBALL GOLF



WANT TO PRACTICE YOUR **OLYMPIC GOLF** SKILLS WHILE ON YOUR WALK? BRING A FOOTBALL, CHOOSE A TARGET (OR MARK ONE WITH A LEAF) AND TRY TO GET THE FOOTBALL THERE IN AS FEW KICKS AS POSSIBLE - TRY SETTING UP A FULL COURSE!



HOW MANY MEDALS CAN YOU EARN WHILE YOU'RE OUT?



REMEMBER TO STAY 2 METRES APART FROM PEOPLE YOU DON'T LIVE WITH