



Create Your Own Activity

This is your opportunity to be creative and create your own sporting activity!

In groups of 3 use equipment from the sports cupboard, formulate a game, drill or race that you can teach to your peers.



Things to consider:

What is the objective?		What equipment do you need?	
What are the rules?		How is the winner decided?	
How many people play? Are they in teams?			
How long does the activity last? How many rounds are there?			
What sport or skill is the activity connected to?			

