

# SAY YES TO SUMMER!

## Host your own Summer Fun Games

Now it's time for the main event. If watching the games isn't action-packed enough, why don't you host your own?

Tell your friends and classmates, call your neighbours, invite your family members and fire up the BBQ – this sheet has everything you need to host your own Summer Fun Games. Lets say yes to summer! Ready, steady, go!



### Soup can shot put

This activity is exactly what is says on the tin. Grab a can of soup, hold it like a shot put, and throw it as far as you can. Simple!

To hold your shot put like a real Olympian, place the can over your fingers and hold it as if you were carrying a tray of drinks. Hold the can by your neck/ear and make your throw from there.

Athlete 1

Soup can shot put (best distance):

Sock Boccia (games won):

Water bottle bowling (overall number of bottles knocked down):

Athlete 2

Soup can shot put (best distance):

Sock Boccia (games won):

Water bottle bowling (overall number of bottles knocked down):

Athlete 3

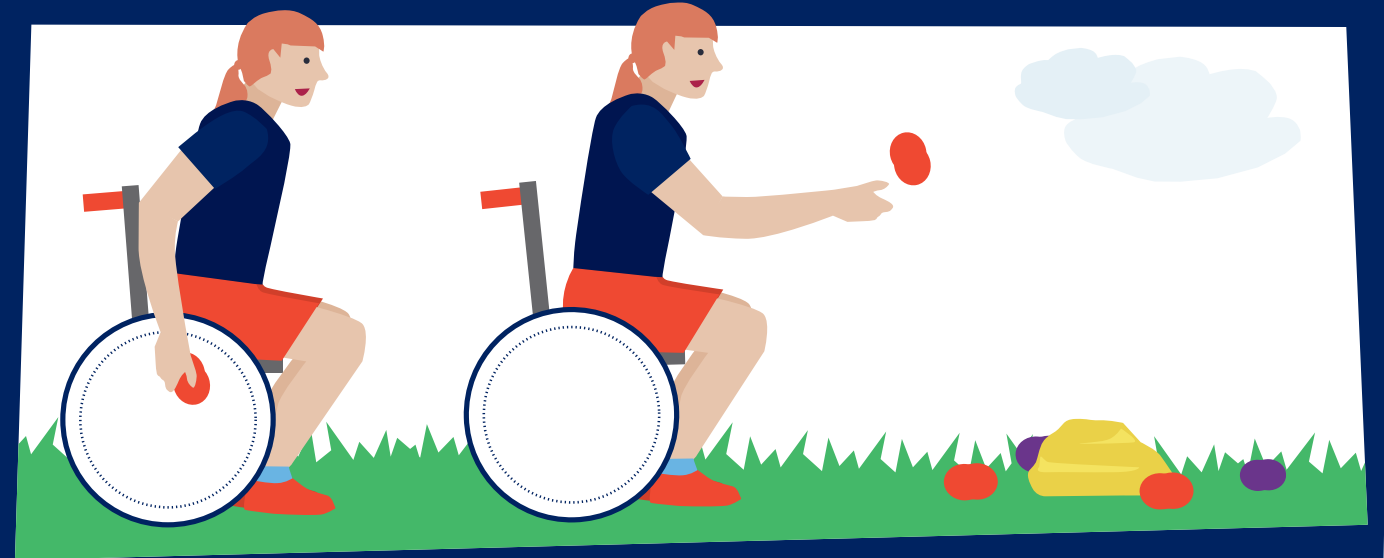
Soup can shot put (best distance):

Sock Boccia (games won):

Water bottle bowling (overall number of bottles knocked down):

### Sock Boccia

Boccia is a sport that works in a similar way to boules. It's an attack and defence game, and the idea is to score as many points as possible by placing your set of coloured balls (or socks) closest to the white ball, which is called the 'jack'.



### Water bottle bowling

Bowling looks easy but it can be trickier than you think. First grab up to 12 water bottles (or any other recycling you've got!), empty bottles will need to be filled with water. Then line your bottles starting with one first and building them up one by one to form a pyramid shape. Then using a ball aim towards the pins and challenge your family and friends. Whoever knocks down the most bottles overall is the winner.



It's what we do

