

CAMP SPORTS



GET ACTIVE



45 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

BB Camps and residential are often full of sports and activity. Host a mini camp sports from home, with a series of sporting challenges to complete.

Find full instructions for each sporting challenge on the activity sheet below, including how to set each challenge up. Young people should take on each activity and challenge their family members. Who will be crowned the family #BBatHOME Camp sports champion?

Once you have completed all the challenges, see if you can create your own challenge or race for your family to compete in.

Share photos and videos of the sports challenges with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Markers x 6
- Spoon
- Sock Balls x 6
- Bucket
- Football
- Timer
- Frying Pan
- Small Ball



NOTES FOR PARENTS & CARERS

An adult should ensure the equipment and space used is appropriate. Exercise should be taken at the young person's pace, without overdoing it. An adult should initiate any contact with the BB group and/or share on social media.