

# YOUR OWN BERRY SPORTS DAY

1. Gather your household (family, housemates etc)
2. Download our berry exciting score card
3. Grab some fresh berries and any other equipment you need
4. Get in your garden or the local park
5. Set a track in the park or mark out the length of your garden
6. Pick some of the activities and have a berry fun sports day!

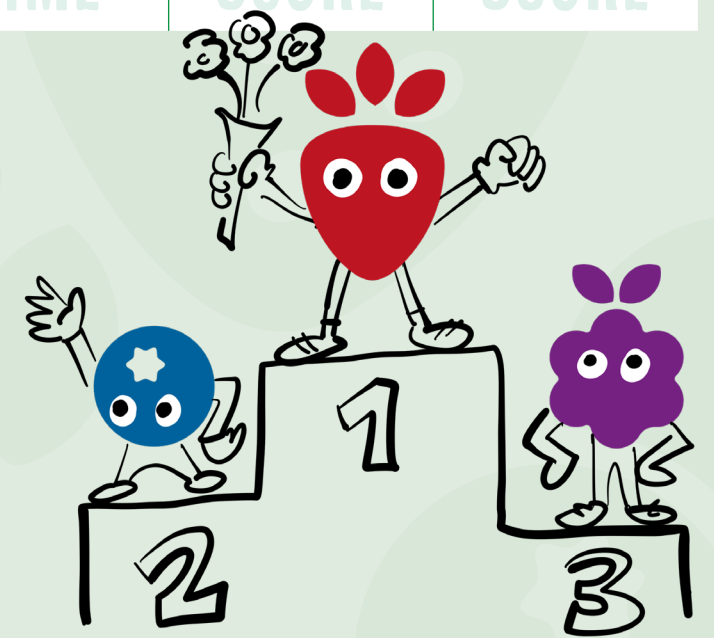
To use, add your names to the left column and use the table to record your times and scores.

Then after doing all the activities, tally up the scores and work out who won! We recommend a tasty prize like a juicy punnet of British berries!

NAME	STRAWBERRY & SPOON	SACK RACE	RELAY RACE	TENNIS RALLY	BERRY TREASURE HUNT
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE
	TIME	TIME	TIME	SCORE	SCORE

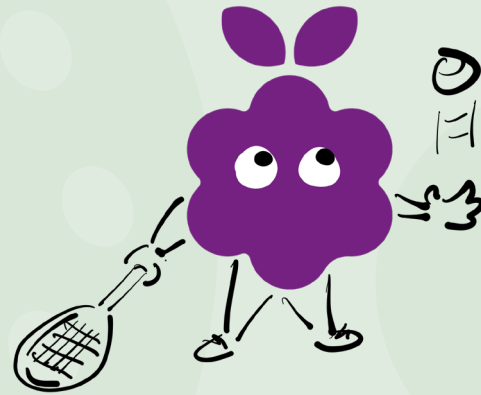
## WINNERS:

STRAWBERRY & SPOON	SACK RACE	RELAY RACE	TENNIS RALLY	BERRY TREASURE HUNT
★	★	★	★	★



## SACK RACE

Not everyone will have sacks lying around, so why not try using a bin bag or pillow case? Place both your legs inside, hold onto the top of the sack or bag and bounce your way to victory! Put the position you came on your scorecard, take a breather before the next game and snack on some juicy, British strawberries.



## WIMBLEDON INSPIRED TENNIS RALLY

Wimbledon may have been cancelled this year but that doesn't mean you can't enjoy tennis in the garden! Grab whatever rackets you have (tennis, badminton etc) and a soft ball and see how many times you can hit the ball to each other without it dropping. If you don't have rackets, why not throw the ball instead and see how many times you can throw without dropping it? Make sure you put the number of times on the scorecard!

## BERRY TREASURE HUNT

Grab your fresh berries and nominate a member of the family to be the 'hider'. Whoever that is, spend 10 minutes hiding berries around the house and garden then let the rest of your family lose to try and find them! Set a timer of 5 minutes and see how many you can discover (try not to eat any when you find them!) Whoever finds the most berries is the winner – and pop the number found on your scorecard!



## RELAY RACE

Split your family into team Blueberries or team Raspberries. Decide the number of lengths of your garden you need to run, find something to use as a baton and race! Make sure you time the race and the quickest time wins! Don't forget to write your times on the scorecard or there won't be any Eton Mess for afters!

## STRAWBERRY & SPOON

We've all heard of egg and spoon, but why not try a British summer favourite and balance a fresh strawberry on your spoon. Whoever can run the length of your garden the quickest without dropping the strawberry wins! Note down your times on your scorecard.

