

PEMBROKE HOME OLYMPICS:

Choose a nation, make your own score card for these 8 events and compete against your brothers, sisters, mums, dad's, whoever is in your household using everyday household and garden items!

Archery (target challenge)
Bucket against the wall.
5 items to throw from the marker on the floor (could be scrunched up paper).
Make it challenging and throw from further back!
Most in the bucket wins!

100m sprint (5 books on head sprint). Mark a start and finish line in your garden however long you like. Each runner puts 5 books on their head. The person who crosses the line with the most books on their head wins!

Long jump. Mark a start point and jump from a standing position. Must land on your feet! 3 attempts, furthest distance wins!

Shot Put (push a ball from your shoulder/neck). Could be a basketball, football, tennis ball.. You choose! 3 attempts measured from where the ball bounces. Furthest distance wins!

Egg and spoon race (or a spoon and a ball) mark a start and finish and run! If the egg falls off the spoon, go back to the start!

Hammer throw
(spin and let go of a welly boot in garden or driveway).. 3 attempts.. Furthest distant wins!

Discus (throw a Frisbee in your garden or driveway) 3 attempts. Furthest distance wins!

Football keep ups
Keep a football up with your foot. 3 attempts, most in a row wins!