

TRANSPLANT
SPOR↑



the Westfield Health
**BRITISH
TRANSPLANT
GAMES**

1 km

Children's Challenge

2021



Not sure about how to complete some of the challenges? Check out the advice below.

We know you can do this and we'd love to see all your efforts.

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Throw/Roll and Catch a ball with a partner as many times as you can in 1 minute.

Stand or sit a comfortable distance from a partner. Throw or roll a ball to each other as many times as you can in 1 minute, try different distances or types of balls to achieve the highest number possible.

Hula Hoop for 30 seconds.

Can you Hula Hoop for 30 seconds? Find as many different body parts as you can that you can hula hoop with.

Score as many basketball/netball shots as you can in 1 minute.

Using an age/ability appropriate height basketball/netball goal score as many shots as you can in 1 minute, its your choice if you wish to shoot from the same sport each time!

Score 5 football penalties against an adult of your choice.



Select a goal size and distance, find the adult you've always wanted to take on and blast 5 penalties past them, keep going until you score 5!. Who will you choose - Headteacher, Mum, Dad, PE teacher or even Team Manger?

1 km run/walk.

Run or Walk at least 1 km on a route of your choice.



Go for a bike ride.

Cycle a route of your choice or jump on exercise bike, how far can you go? Share photos with BTG on social media or link a screen shot of Strava or similar platform.

Sing a song to camera or an audience.



Perform a song of your choice in any way you'd like, just have fun!! If you'd like to share on Social Media tag BTG Facebook, Twitter or Instagram and we'll share.

Build a house of cards.

We're going old school here, how many levels can you reach? Using playing cards only, can you balance them against each other to create the highest tower possible!



No thumbs challenge.

Under the supervision of and with the help of an adult tape your thumbs to your index fingers and then try some of your normal daily tasks. Are some things harder than others? Do you use your thumbs more than you realised? Are there some day-to-day activities/tasks that were a lot harder or you couldn't complete.

Other hand challenge.

Most of us have a dominant hand! BTG are challenging you to perform as many everyday tasks as you can with your OTHER hand, brush your teeth, open a bottle, use a pen, open doors, throw a ball, use your knife and fork in the opposite hand, brush your hair, put a seat belt on but what other things present a challenge?!

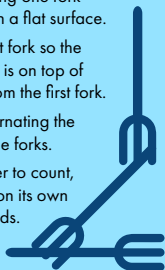
Ice Foot or Hand/ Ice bucket challenge.

Place your feet/hand in a container of Ice Water and keep them submerged for 1 minute, the timer starts when both feet/hands have entered. If you don't feel this is for you, you can take on the Ice Bucket challenge? You know what to do, take that bucket of ice and water and pour it over your head. If you're really looking to go all out why not combine both!!

Fork stacking challenge.

Using only forks build a tower as high as you can, follow the instructions below and record the number of forks used in your best attempt. Use the rules below to create your tower.

1. Start by placing one fork face-down on a flat surface.
2. Stack the next fork so the pronged part is on top of the handle from the first fork.
3. Continue alternating the direction of the forks.
4. For your tower to count, it must stand on its own for five seconds.



Memory Challenge.

Place 10-15 objects on a table/tray. You should take 2 minutes to memorise the objects then cover them and name as many as they can.



Draw/Colour an Organ Donation Poster.

Use the space in the booklet to draw an Organ Donation poster, anything organ donation related or what organ donation means to the young person works for this task. If you don't want to draw maybe you can find an Organ Donation themed poster to colour.

Speak about Organ Donation to a new person/group.

Are you able to speak to new people about what organ donation means, how it might have affected you or your family, how it can help others? Share a story of your involvement in the BTG.

Research and write about someone that inspires you and write a short report about them.

Everybody loves a good book, find one that that inspires or use the internet and write a short report about who the person is, what they might have achieved, why it inspires you and what you could achieve next.

Write a poem/limerick about Organ Donation.

Use the space in the booklet to write your poem/limerick. Take a photo and share to BTG social media.

Using Lego or Play Doh, recreate a memorable moment from BTG.

With Lego, Play Doh or another way if you choose can you make a model of something that you remember from a previous BTG, maybe you could take photos and share to social media with a description.

Family/Transplant Unit Challenge.

As a family/transplant unit can you devise a challenge everyone can take part in? Maybe you could travel the distance from your home/unit to Leeds by adding together the distances of bike rides, walks, sports activities for the group together. Could you take part in a Bake-Off challenge or come up with something of your own.

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Don't forget post to social media: