

Find our fab 5 sporting heroes and complete 5 warm up challenges to be a Sporting Superhero too! When you are in a park or green space why not try our 5 bonus challenges! Share your photos using #sportingsuperhero for the chance to win tickets to sporting events*

Competitors Name:

Competitors Age:

Attempt Date:

Sporting Venue:



Weather Conditions:      

Sport Selfie!



#sportingsuperhero

Tick off or colour in the stars and trophies as you complete the challenges!

1		Football warm up challenge		BONUS CHALLENGE	How many knees up can you do in 30 seconds?	
2		Tennis warm up challenge		BONUS CHALLENGE	Challenge a friend or family member to a sprint race!	
3		Rugby warm up challenge		BONUS CHALLENGE	Can you do this challenge for 60 seconds?	
4		Cycling warm up challenge		BONUS CHALLENGE	Lie down and pedal your legs in the air for 30 seconds as fast as you can!	
5		Swimming warm up challenge		BONUS CHALLENGE	How many swim strokes can you act out?	



Once you have ticked off the 5 main star challenges head over to the Doncaster Mumbler website to download your challenge certificate!

SCAN HERE

