

# ACTIVE AUGUST



Fun Activities you can do that are FREE or LOW COST

**1** **COWBRIDGE TENNIS CLUB**

f Cowbridge Tennis Club  
 cowbridgetennis.co.uk  
 @CowbridgeTennis

**2** **LITTLE LIONS ATHLETICS**

LittleLionsAth  
 f Little Lions Athletics  
 littlelionsathletics

**3** **M** Make a time capsule of your summer memories - take plenty of photos

**4** **T** Have a go at making your own curling set

**5** **W** Plant a flower or grow your own fruit/vegetable

**6** **T** Try out one of the 'themed walks'

**7** **F** Create your own obstacle course or relay race

**8** **S** **Island SUP Paddle Boarding**

f Island SUP  
 Island SUP Club  
 Island SUP  
 @islandsupwales

**9** **S** **Barry Air Target Club**

**10** **M** Put objects around in a circle - try to balance on each leg and pick them up

**11** **T** Make your own hopscotch grid

**12** **W** Build a mini golf course using recycling

**13** **T** How many laps can you do around your local park? How many can you do by the end of August in a certain time?

**14** **F** How many keep tap ups can you do? Use a tennis racket or football

**15** **S** **Penarth Cricket Club**

f Penarth Cricket Club  
 @Penarth Cricket  
 PenarthCricket

**16** **S** **Vale Karate**

f Vale Karate

**17** **M** **Homemade Ten Pin Bowling**- Save milk cartons for pins and use a ball or socks

**18** **T** Make paper airplanes and create a runway to see who's goes the furthest!

**19** **W** Learn how to skim a stone across water

**20** **T** How many star jumps can you do in 30 seconds? Repeat and see if you can beat your score.

**21** **F** Have a game of hide and seek with your family

**22** **S** **Llantwit Major Taekwondo Club**

f Llantwit Major Taekwondo  
 @LlantwitTKD

**23** **S** **Penarth Allstars Netball Club**

Instagram Penarth\_allstars  
 @penarthallstars

**24** **M** How many times can you strike a ball against a wall?

**25** **T** Make and eat fruit kebabs

**26** **W** Build a mud castle or make a mud pie

**27** **F** Balance Beam. Use a taped line on the floor or a bit of rope to walk along and practice your balance

**28** **F** Have a game of balloon volleyball

**29** **S** **Silver Stars Gym Club**

jcsilverstars@gmail.com

**30** **S** **MOTION CONTROL DANCE**

f Motion Control Dance Studio  
 @valesportsplay

**31** Send in your photos from your Active August Activities

f @valesportsplay

**Vale Sports & Play**  
Cwmraeon a Chwarae Y Fro

Vale of Glamorgan Council  
 Healthy Living Team  
 (Sports & Play Development)  
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