

2 CLING

LittleLionsAth

**I** Little Lions Athletics

VALE of GLAMORGAN

**O** littlelionsathletics

Make a time capsule of your summer memories — take plenty of photos

4 Have a go at making your own curling set



5 Plant a flower wor grow your own fruit/vegetable



7 Create your own obstacle course or relay race

8 Island SUP
Paddle
Boarding

Island SUP

S Island SUP Club

SISIAND SUP

@islandsupwales

9 Barry
Air Target Club



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



12 Build a mini way golf course using recycling

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



Penarth
Cricket Club



Penarth Cricket Club

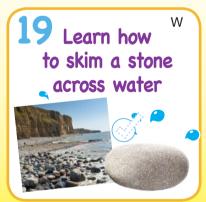
@Penarth Cricket

PenarthCricket



Homemade
Ten Pin BowlingSave milk cartons
for pins and
use aball or
socks

Make paper airplanes and create a runway to see who's goes the furthest!



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







