**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Thursday ‘Handy Heroes’**

**Week 7**

**This week’s challenge is called game changer!**

**We want you to choose 1 jumping event, 1 throwing event and 1 running event!**

**We then want you to use your imagination to create an adaptation to these 3 events that would make it more fun!**

**E.g would adding hurdles to the jump make it more fun!?**

**Write down your adaptations for each of the events (include pictures of you would like) and send them into us!**

**Send over your adaptation to** [**hartlepoolatheltics@gmail.com**](mailto:hartlepoolatheltics@gmail.com) **or pictures to Johns WhatsApp.**

**Have fun!**