



1 km

TRANSPLANT
SPORT



the Westfield Health
BRITISH
TRANSPLANT
GAMES

Children's Challenge 2021



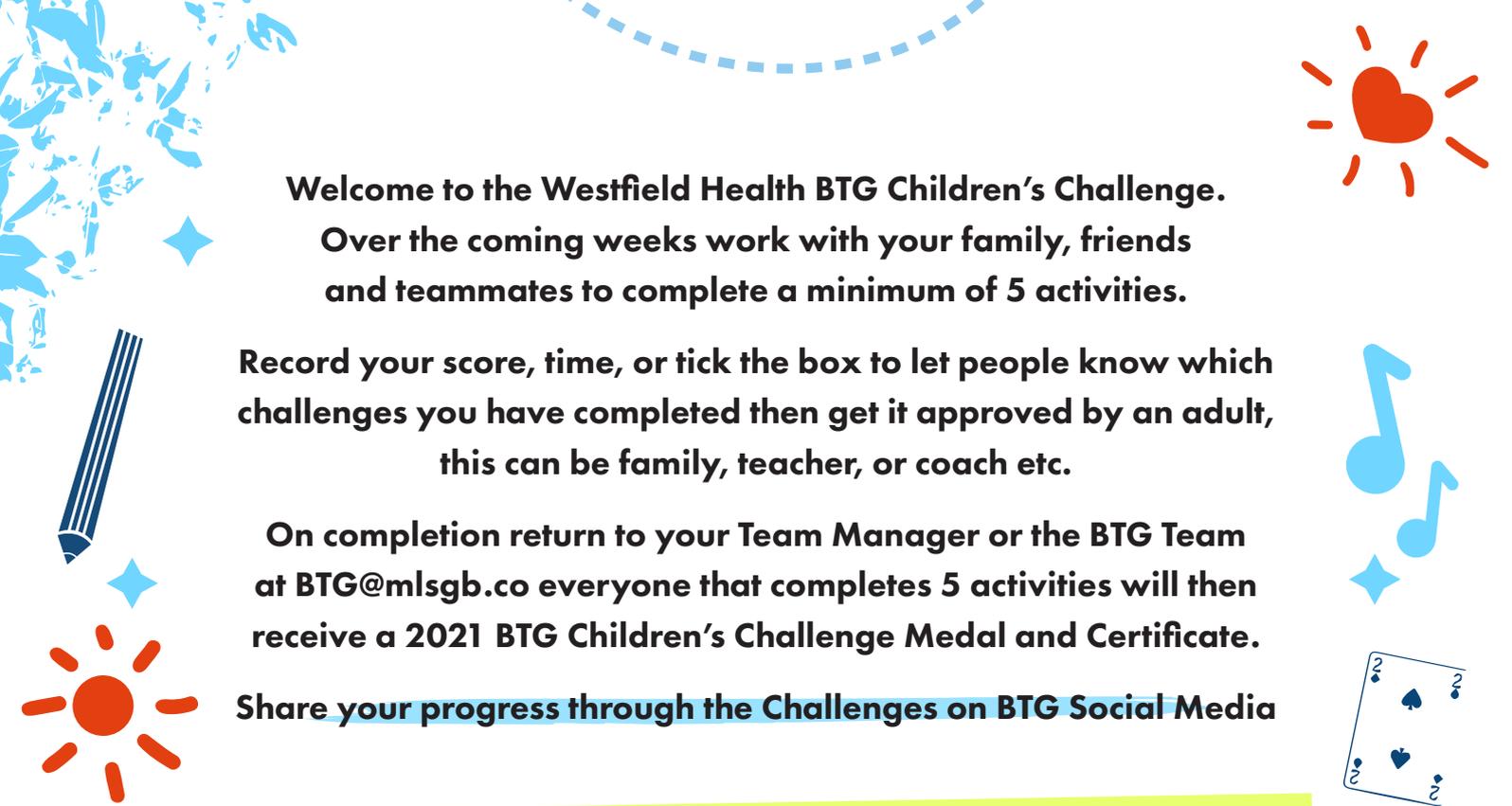
Record your activities and challenges inside!

Name & age:

Team name:

Date started:





Welcome to the Westfield Health BTG Children's Challenge.
Over the coming weeks work with your family, friends and teammates to complete a minimum of 5 activities.

Record your score, time, or tick the box to let people know which challenges you have completed then get it approved by an adult, this can be family, teacher, or coach etc.

On completion return to your Team Manager or the BTG Team at BTG@mlsgb.co everyone that completes 5 activities will then receive a 2021 BTG Children's Challenge Medal and Certificate.

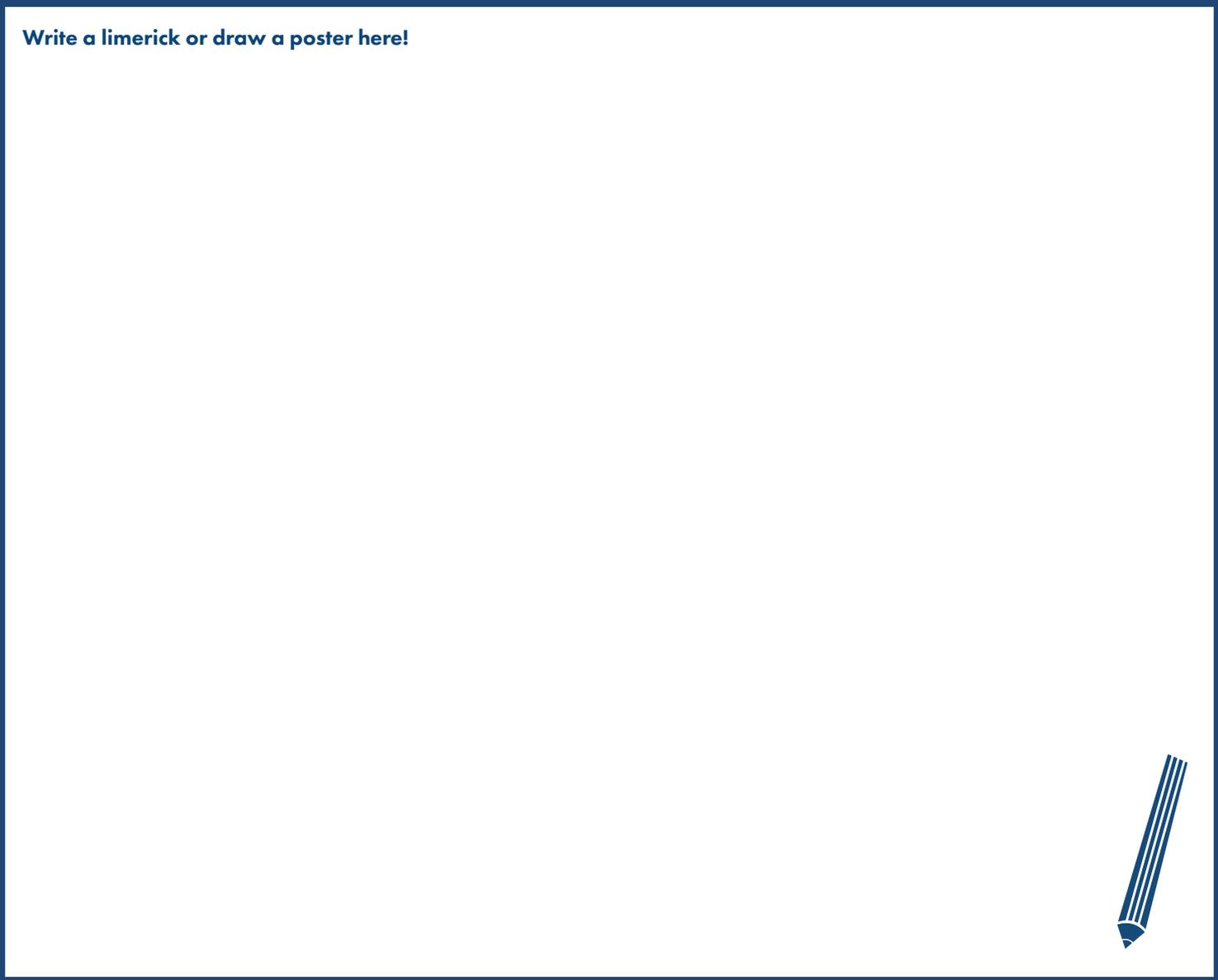
Share your progress through the Challenges on BTG Social Media

 [@BritishTransplantGames](https://www.facebook.com/BritishTransplantGames)

 [@WHBTG](https://twitter.com/WHBTG)

 [@BritishTransplantGames](https://www.instagram.com/BritishTransplantGames)

Write a limerick or draw a poster here!



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Children's Challenge

2021

Complete at least 5 challenges
and receive a 2021 BTG Children's
Challenge Medal and Certificate!

Use the table below to record which activities you
complete! Tick the box and remember to get an
adult to approve and sign each activity you do!

<p>Throw and catch/roll a ball with a partner as many times as you can in 1 minute.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Hula-hoop for 30 seconds.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Score as many basketball/netball shots as you can in 1 minute.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Score 5 football penalties against an adult of your choice.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>1km run/walk.</p> <p><input type="checkbox"/> <input type="text"/></p>
<p>Go for a bike ride.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Sing a song to a camera or an audience.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Build a house of cards.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>No thumbs challenge.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Other hand challenge.</p> <p><input type="checkbox"/> <input type="text"/></p>
<p>Ice foot or ice bucket challenge.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Fork stacking challenge.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Memory challenge.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Draw/colour an Organ Donation poster.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Speak about Organ Donation to a new person/group.</p> <p><input type="checkbox"/> <input type="text"/></p>
<p>Find out about someone that inspires you and write about your findings.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Write a poem/limerick about Organ Donation.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Using Lego or Play Doh, recreate a memorable moment from BTG.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Complete a jigsaw of your choice.</p> <p><input type="checkbox"/> <input type="text"/></p>	<p>Family/transplant unit challenge.</p> <p><input type="checkbox"/> <input type="text"/></p>

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Westfield
Health

Kidney
Care uk

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See you next year in Leeds!



the Westfield Health
**BRITISH
TRANSPLANT
GAMES**

28-31 July 2022

For further information and to download instructions on the challenges visit
www.britishtransplantgames.co.uk

If you're not a team member yet please return to
BTG@mlsgb.co or team representative at



to receive your medal and certificate!

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W Westfield
Health

K Kidney
Care UK

Leeds
CITY COUNCIL

leeds
hospitals
charity
charity number: 1170369

NHS
Blood and Transplant

B | BRAUN


Donor Family Network

**ANTHONY
NOLAN**
saving the lives
of people with
blood cancer



QUILTER CHEVIOT
INVESTMENT MANAGEMENT

E | TRA
Motorway Service Area Group

liquid

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