

SUMMER HOLIDAY CHALLENGE

No.3

SURF'S UP!

Enter for
a chance
to win!



It's important to keep getting active over the summer holidays so we're challenging you to 'try something new' with Team GB and ParalympicsGB athletes!

Surfing is a sport which is brand new to the Olympic Games in Tokyo. A key part of surfing is **balance**. Try this surfing challenge and then share your best photo or video and you may win a prize!

What do I need?

- Breadboard or chopping board or other large flat object e.g. a skateboard
- Towel
- Decorative objects e.g. flower necklace, Hawaiian shirt (optional)
- Music (optional)

How long will it take?

10 minutes +



Share your best photo or video and you may win a prize!

(see 'How to enter' for more details.)

Make sure to wear footwear with good grip like trainers!

What should I do?

1. Find an area with **enough space** to do the challenge, it is best to attempt the challenge close to a wall or other surface you can hold on to.
2. **Roll up the towel** into a sausage shape and place it on the floor on a surface that isn't slippery (like a rug or carpet).
3. Place the **board on top** of the towel to raise your board off the ground.
4. **Step onto your board** with one foot either side of the towel (make sure to hold onto a wall until you get your balance).
5. Put on your favourite beach tune and do your best surfing impression. Or even dress up like a surfer!
6. Take a picture or video of your surfing skills.
7. Why not **try again** and see if you can do any cool tricks or flicks whilst keeping your balance?

Go to: getset.co.uk/travel-tokyo/summer-holiday-challenges to watch the video.

How to enter

Share your photo or video on social media or by email:

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 getset@getset.co.uk

Submit your
challenge
attempt by:
**5th September
2021**

How the challenge will be judged

Challenge attempts will be judged by a Travel to Tokyo panel who will be looking out for:

1

Good balance



2

Surfing pose



3

Dressing up



Log your activity

Don't forget to log your activity against your team for the chance to win great prizes.

getset.co.uk/travel-tokyo/log-activity

**Good
luck!**