

SUMMER HOLIDAY CHALLENGE

No.4

TOILET ROLL GYMNASTICS

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!

Rhythmic gymnastics is a combination of gymnastics and dance. Athletes perform a routine to music using a ball, clubs or ribbon. **Try this rhythmic gymnastics challenge** and then share your photo or video with us and you may win a prize!

What do I need?

- A stick e.g. wooden spoon, chopsticks, dishwasher brush
- A ribbon e.g. toilet roll, tie, scarf
- Music
- Decoration e.g. stickers (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.)

What should I do?

- 1. Attach your ribbon** to a stick or handle. Feel free to decorate it using stickers.
- 2. Hold the stick** and wave the ribbon around, it should fly through the air.
- 3. Now, practice a dance routine** with your ribbon.
- 4. Choose some music** which you can perform to.
- 5. Find an area** with enough space to do the challenge.
- 6. Take a photo or video** of your dance routine or pose.

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

**Dance routine
or pose**

2

**Creative
objects**

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!**