

SUMMER HOLIDAY CHALLENGE

No.6

FRYING PAN TABLE TENNIS

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!

Table tennis is a sport which has been part of the Paralympic Games since 1960 and the Olympic Games since 1988. **Try this table tennis challenge** with your friends or family and then share your video with us and you may win a prize!

What do I need?

- A bat e.g. frying pan, book, colander
- A ball e.g. bouncy ball, rolled up sock, paper ball
- Flat surface e.g. a table

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 you
are in an area
where you can't
break anything!

What should I do?

1. Find an area with **enough space** to do the challenge.
2. **Face your partner** across your flat playing area. If you don't have a partner, use a wall.
3. **Bat the ball** across to your partner, they should try and return it to you.
4. See how many times you can keep you can pass the ball to each other without dropping it.
5. Take a video of your rally.
6. Why not **try it again** and see if you can beat your score?

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

**Length
of rally**

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!**