

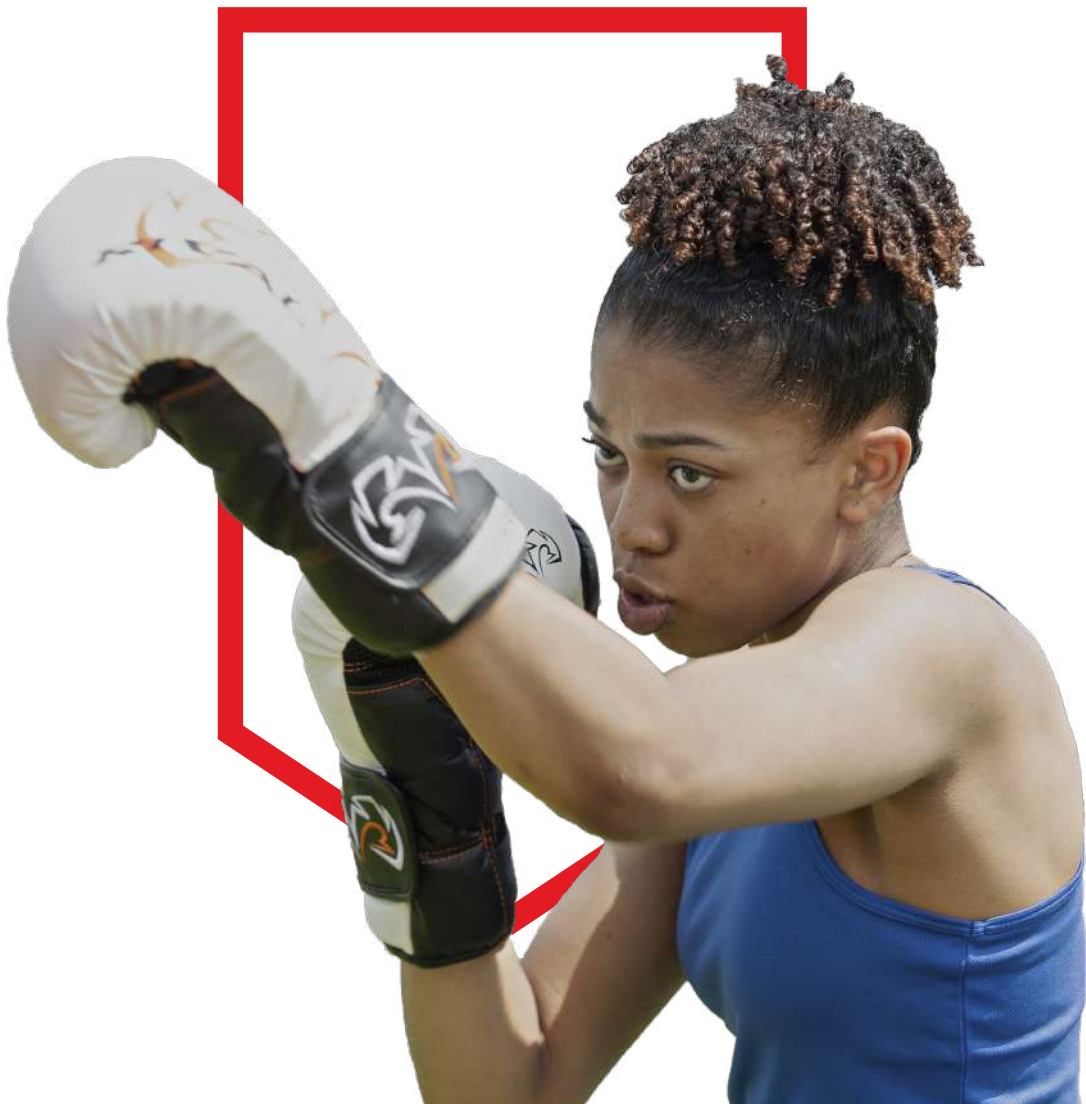


*Festival
of Sport*

Create Your Own **Activity Guide**

Here at I Am Team GB, we're so excited that you'd like to #GetUpGetActive by creating your own activity for The Festival of Sport! Inspired by Team GB's involvement at the Tokyo 2020 Olympic Games this summer, our Festival of Sport is taking place on Saturday 14 & Sunday 15 August and is a celebration of activity, any way you choose.

We want to make this year's campaign as flexible and inclusive as possible, so we've introduced a **Create Your Own Activity** option for you to get involved at home (or anywhere you like)!



Activity ideas

If you need some inspiration, here are a few activity ideas to get you started... you can get active in any way you'd like to, though:



Register your activity

If you haven't already, make sure you register your Festival of Sport activity on the website. Simply visit IAmTeamGB.com/Get-Involved and choose 'Create Your Own Activity'.

By doing this, you'll get your hands on an exclusive I Am Team GB Create Your Own Activity Pack which will contain a mystery item to help you get active... but you'll have to be quick! These limited-edition packs are only available if you register by Sunday 18 July (or before if all the packs are snapped up).

Support your activity



British Red Cross

The British Red Cross is the official charity partner of Team GB. You can take part in I Am Team GB and support British Red Cross to help them be there for people who need it most across the UK. Find out more at

redcross.org.uk/IATGB



Yoplait

We have partnered with Yoplait this year who are here to help you get active at I Am Team GB's Festival of Sport. Make your own moment of gold and register for a free limited-edition Yoplait Activity pack for your family by visiting IAmTeamGB.com/Yoplait

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#GetUpGetActive

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PRESENTING PARTNER