

Super 1s

**STAYING ACTIVE
AT HOME PACK**

WEEK 5

 **Berkeley**
Foundation

Supported by players of



Awarded funds from



LORD'S TAVERNERS
Giving young people a sporting chance

Parent/Guardian/Carer/Support Worker notes

During these uncertain times, we have created a Super 1s cricket survival pack!

We hope these activities will keep our super Super 1s participants busy, active and enthused about cricket during these long days!

We will release a new challenge or task each week for you to enjoy at home and for those of you who complete every challenge, you will receive a certificate congratulating you for all the work you've done during this period.

Once you've completed each challenge please send your entries to contact@lordstaverners.org and feel free to share photos or videos of your tasks on social media while tagging the Lord's Taverners.

If you have any questions about the challenges, get in touch with Henry Hazlewood, Head of Cricket Programmes via email: henry.hazlewood@lordstaverners.org

Good luck!

Lord's Taverners Social Media channels

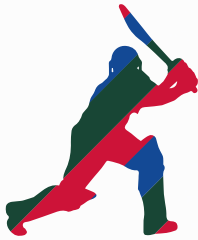
Facebook – facebook.com/thelordstaverners

Twitter - twitter.com/lordstaverners (@LordsTaverners)

Instagram - instagram.com/lordstaverners (@lordstaverners)

CHALLENGE 5

HEALTHY EATING



Find out what is in a typical cricket tea and then create your own perfect cricket tea (feel free to design a poster!)



Show that your cricket tea is a healthy, balanced meal, using [this link](#) from the NHS:



With your parent or carers help, why not try and recreate your cricket tea at home? Take a picture and send it in to us!