

#BIRMINGHAM 2022 – SUMMER CHALLENGE PASSPORT



Keep yourself **ACTIVE** this Summer as you accompany **PERRY** on his quest to #ConquerTheCommonwealth. Challenge yourself to complete all of the global challenges throughout your School Holidays!! Don't forget to share your progress with us across all our Social Media Platforms!!

 **CANADA**
CHALLENGE 8 

 **BIRMINGHAM**
CHALLENGE 10 

 **MALTA**
CHALLENGE 9 

 **JAMAICA**
CHALLENGE 7 

 **NIGERIA**
CHALLENGE 5 

 **SINGAPORE**
CHALLENGE 3 

 **GOLD COAST**
CHALLENGE 1 

 **FALKLAND ISLANDS**
CHALLENGE 6 

 **SOUTH AFRICA**
CHALLENGE 4 

 **NEW ZEALAND**
CHALLENGE 2 



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COMPLETE YOUR OWN COMMONWEALTH JOURNEY FROM GOLD COAST (AUS) TO BIRMINGHAM (ENG) THROUGHOUT THE SUMMER !!

1 (Australia) • "Visit our local beach and play some beach sports"

2 (Australia) • "Complete 1 Hour of Activity on Wheels"

3 (Singapore) • "Try a new sport with family or friends"

4 (South Africa) • "Try eating a new fruit or vegetable"

5 (Italy) • "Complete a 30-minute walk or hike"

6 (United Kingdom) • "Relax & complete 15-minutes of yoga or stretching"

7 (Jamaica) • "Create your own mini-version of a CWG Sport"

8 (Canada) • "Play any sport with a Raquet"

9 (China) • "Learn a new skill in your favourite sport / activity"

10 (England) • "Research & track the progress of your favourite athlete at the CWG"

Don't forget to SHADE YOUR PASSPORT STAMP AFTER COMPLETING EACH CHALLENGE !!

Challenge yourself to complete all of *Perry's* CWG global challenges !!
 #ConquerTHECommonwealth

