

 FOOTBALL	 CYCLING ROAD	 FENCING	 WHEELCHAIR BASKETBALL	 TABLE TENNIS
 SAILING	 HANDBALL	 ROWING	 BADMINTON	 TRAMPOLINE GYMNASTICS
 TENNIS	 YOU CHOOSE	 ATHLETICS	 ARCHERY	 BASKETBALL
 GOLF	 SWIMMING	 RUGBY SEVENS	 YOU CHOOSE	 CANOE SLALOM
 VOLLEYBALL	 SHOOTING	 WHEELCHAIR TENNIS	 GOALBALL	 HOCKEY



# BINGO CARD

Raise awareness of all the great Olympic and Paralympic Sports the UK has to offer this September by challenging your work colleagues to take part in **#ShakeUp2016**.

Complete a line of activity taster sessions between September 1st-30th - either as an individual or as a team and log your progress on our free workplace challenge tracker. Tweet **BINGO** using the hashtag **#ShakeUp2016** for a chance to appear in our hall of fame.

Find out more [www.workplacechallenge.org.uk](http://www.workplacechallenge.org.uk)