

North Yorkshire and York Care Provider Olympics 2025

14th July - 24th August

Our 2025 Medal Events

Most steps in one day

Record steps walked in one day using a smart watch, phone or pedometer

Balloon volleyball

Pass the balloon between two people for 1 minute. One pass is one count

Paper plate discus

Throw the discus and measure the distance using CMs

Chair football or basketball

Most goals scored in 1 minute

Ring toss or hoopla

Each participant to throw as many rings as possible in 1 minute

Beanbag or ball catch

Throw a beanbag or ball to each other for 1 minute. Each throw is one count

Ping pong ball blow challenge

Blow a ball with a straw. Measure the longest distance in CMs

High fives

Count the number of high fives in 1 minute

Egg and spoon race

Race 15 meters, carrying an egg on a spoon. Record in seconds

Bowls

Furthest ball bowled, measured in CMs

Soft tip or ball darts

Highest score using 9 soft tip darts or balls.

Staff 100m race

Quickest, recorded in seconds

Our 2025 Weekly Events



Arts and Crafts week

21st July - 27th July

GET CREATIVE!



Design trophies, medals, posters, anything Olympics or sports related showcasing your creative talent. Using anything to create your work of art. Items found around the home or in the garden too.



Hydration and Nutrition week

4th August - 10th August

ITS HAPPY HOUR!



Whether you're making mocktails, smoothies, milkshakes or enjoying an afternoon tea, what nutritious ingredients are you using? We want to know, share your recipes in our bulletin.



Great Yorkshire Bake Off week

18th August - 24th August

READY, STEADY, BAKE!



Biscuits, cakes or bread, sweet or savoury, whatever takes your fancy now is the time to get baking and showcase your masterpiece.