

There are HOPEFULLY lots of big sporting events coming soon. Do you know about them? Some have even had to move after Covid19! There are some clues to some of them on the cover of this booklet!

This **challenge is to complete 2021 minutes (or 33.7 hours) of physical activity** in celebration of these events and to hopefully encourage children to be active at home as well as in school. We want to help you to hit the Chief Medical Officer's recommendation that all children do an average of 60 minutes of moderate/vigorous physical activity a day in order to improve young people's health! Some days you may do more some days you may do less. Do you think you do this much? Let's see....

Please record your activity as you go and discuss it with your friends and family.

Whilst playing sports try to display The **School Games Values** below.



Play! The mud washes off but the benefits last!

Don't stop when you're tired, stop when you're done!



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Lancaster & Heysham School Sports Network

Name.....

School.....

Class.....

Physical Activity 2021 Challenge Log Book

