

ACTIVE TOGETHER 2021

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY

The challenge

Complete and log 21x 20+ minute physical activity bursts including 2 or more members of your household, using the activity log below. Activities must be completed between Monday 11th January and Sunday 14th February. Example activities that you could record may include: skipping, football, jogging, walking, climbing, riding a scooter or walking the dog - anything that increases your heart rate! What is great about this challenge is that family members do not all have to do the same activity at the same time. For example, a parent(s) could walk to the park while the child/children ride their scooters.

Download your activity log below and start to log your efforts for a chance to win amazing prizes!



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PRIZES TO BE WON FOR SCHOOLS AND FAMILIES!

School Prize

1st place - 1 set of Dodgeballs

2nd place - 2 Soft Archery sets

3rd place - 4 sets of Speed Stacking cups

Family prizes - Selected by raffle

1st place - Family activity hamper worth £100

2nd place - Family activity hamper worth £50

3rd place - Family activity hamper worth £30



BENEFITS OF PHYSICAL ACTIVITY



Improves Health
& Fitness



Promotes
Brain development



Helps to
Improve sleep



Improved self-
confidence, behaviour
and social skills



Improved mood and
makes you feel good.

At home or at school - get involved and get active!