



# TRAVEL TOKYO



SPORT  
ENGLAND

LOTTERY FUNDED

# WE'VE JOINED THE JOURNEY TO TOKYO!



Starting in schools



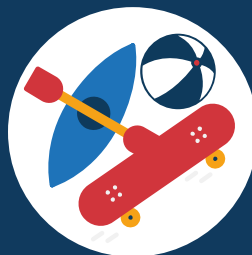
Travelling in teams



Discovering Japan



Getting active  
with family



Trying new activities



Finding out about  
the Olympic and  
Paralympic Games



Working hard



Having fun



Building healthy habits



## GET SET



UK  
active KIDS

[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo) | [#TravelToTokyo](https://twitter.com/TravelToTokyo)



# TRAVEL TOKYO



## HOW IT WORKS

This term, our school is taking part in the Travel to Tokyo challenge from Team GB, ParalympicsGB and Sport England.



The challenge uses the inspiration of the Tokyo 2020 Olympic and Paralympic Games to help children, families and schools to try new things, get active together and have fun.



We will create teams for each class. Ask your child for their team name.



Families get involved by getting active together.



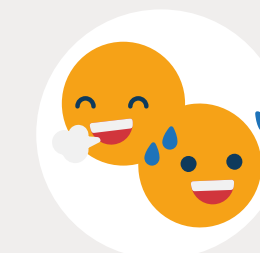
Aiming for 10-30 minutes a day at home.



Logging activity online to win school and take-home prizes!



Discovering activities you enjoy together.



Trying to breathe faster and get hot and sweaty!



### GET SET

