



Cloudside Academy

A L.E.A.D. Academy

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TRAVEL
TOKYO



LOTTERY FUNDED

Tuesday 11 February 2020

Dear Parents and Carers,

The Travel to Tokyo challenge is all about getting young people active together with their families. The challenge from Team GB, ParalympicsGB and Sport England uses the inspiration of the Tokyo 2020 Olympic and Paralympic Games to get 5–11s and their families moving, aiming to build lasting active habits.

Cloudside Academy and other schools have created teams on the Get Set website (Travel to Tokyo section) <https://www.getset.co.uk/travel-tokyo>, and then you or your child can log activity against your child's team for the chance to win great prizes. Don't worry, if you don't have the time or access to the website as your child can log the activity on the slips attached and hand them in at school.

Also included on the website are lots of resources to bring the challenge to life. Parent resources include details of the campaign and Tokyo Ten Activity Guides, which are activities to try at home.

WHAT TO AIM FOR

We are all starting our journeys to healthy active lifestyles from different points. The Travel to Tokyo challenge recognises this, encouraging everyone to improve their personal best, working towards the Chief Medical Officer's guidelines on children's physical activity.

- **Aim for 10** – get active in bursts of at least 10-minutes
- **Be a Half Hour Hero** – aim for 30 minutes at school, 30 minutes at home every day
- **Hot and Sweaty** – push beyond your comfort zone, aiming to **Breathe Faster** and even get **Hot and Sweaty**

Travel to Tokyo encourages families to get active together by trying new things and having fun. This doesn't have to be a sport – find ways to move that you can enjoy together.

Please find the flyer and activity slips attached (children can ask for more if they need them). I hope that you enjoy the challenge with your child.

Mr Bowyer

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