



Dear Parent/Carer,

**Sport Relief 9<sup>th</sup> - 13<sup>th</sup> March 2020 and Virtual Travel to Tokyo Olympics 2020**

Sport Relief 2020 is just around the corner and we have decided to get active, have fun and change lives. To raise money here at the Grange, we are going to:

- **Host Teacher vs. Student challenges**
- **Carry out personal challenges throughout the week**
- **Begin our virtual journey to the Tokyo Olympics and Paralympic Games**
- **Run the Sport Relief Mile**
- **Hold a 'Wear something Sporty Day' (Friday 13<sup>th</sup> March)**

On Friday 13<sup>th</sup> March please come in to school in uniform as normal but you can wear an item of sporting equipment e.g. sweat bands, judo/taekwondo belt, cycling gloves, goalie gloves, cycling/riding helmet, football/cricket shin pads, elbow pads or a baseball. **Please also bring a £1 donation so we can raise money for Sport Relief.** If you are unsure about an item you may want to bring, please speak to Miss Harrison or Miss Kenneway.

There will also be a poster competition where you can research your favourite sports person and create a colourful poster all about them.

The money we raise will be used to change countless lives, both here in the UK and worldwide. In fact, £250 could provide an hours' childcare for 25 mums in the UK with postnatal depression so they can get counselling and support.

We'll also be using Sport Relief as a learning opportunity to help our pupils explore the issues facing young people across the world, and how the money we raise can help.

We really appreciate your support and hope that you'll have fun helping us raise lots of money for Sport Relief.

Yours Sincerely,

Miss Harrison  
Primary PE Lead



### Virtual Travel to Tokyo Olympics 2020

We are challenging families to take part in the 'Travel to Tokyo' challenge to get active in the run up to the Tokyo 2020 Olympic and Paralympic Games. Tokyo is 5885 miles away from the Grange Academy.

We have created teams on the Get Set website (Travel to Tokyo section), and then you and your families can log activity against their team/class and add miles onto your team/classes Virtual Travel to Tokyo. From now until the Summer your child will be carrying out physical activities during lunchtimes and class time which equates to virtual miles to Tokyo. Each classes virtual miles will be tracked and recorded to compete against other classes in school. Each week in assembly your child's class miles will be shared to see who is in the lead and getting closer to Tokyo



## HOW WE TRACK OUR FAMILIES ACTIVITY



1. Go to – [www.getset.co.uk/travel-Tokyo](http://www.getset.co.uk/travel-Tokyo)
2. Click Families
3. Click log activity
4. Enter School Post Code WA7 5DX (ensure the space between 7 and 5) select the Grange School
5. Click team (your child's class)
6. Select activity you did as a family
7. Answer questions – a) did you enjoy it? b) how long did it take? c) how hard did you work? d) how many family members took part?
8. SUBMIT

