

22nd January, 2021

Dear Parent/Carer,



Sheffield get moving! Lockdown Challenge 2021

Sheffield Schools Get Active, throughout the lockdown period (until February Half-Term), will be running a 'Personal Best' challenge that pupils can complete alone, alongside their parents/guardians or even within school. Pupils, parents and even teachers can make one of two types of pledges:

1. To cover a certain distance by either walking, running or cycling/scooting.
- or
2. To take part in any type of physical activity for a certain amount of time

Evidence

Participants will need to track their progress between now and February half-term using trackers such as Fitbit, Garmin, Apple Watch, phone apps (like Strava or Nike Running) or any other similar recording device. You can even use websites such as mapmyrun.com to work out the mileage of your route or use online maps to calculate how far you've run if you're unsure of the distance or don't have access to a tracker. If you choose to take part in the physical activity timed challenge, all you will need is a stopwatch.

Once the 'Personal Best' pledge has been achieved, all you need to do is complete the simple form on the 'Submit Evidence' page. All challenges are based on the School Games Value of honesty!

Sheffield Schools Get Active will total up all miles covered and times submitted by pupils from the same school to calculate a virtual school leaderboard. They also encourage you to submit photos on Twitter using the hashtag #SheffieldGetMoving and tag @ForgeSSP @ArchesSSP @LinksSSP and @PointsLN into the post (don't forget to tag us in pictures using Twitter-[@HB Juniors](#) or on Facebook-[@HuntersBarJunior](#)).

Cost

The challenge will be FREE to enter, however there is the option to pay £7 (per person) to cover the cost of a medal.

We would love to have as many pupils as possible take on this pledge to keep you as active as possible during this lockdown period and [you can sign up for the Sheffield get moving! Lockdown challenge here](#) or through our [Sporting Competitions page](#).

We also have numerous PE resources to help with keeping active on our [Physical activities](#) page including [#ThisIsPE](#) from the Yorkshire Sport Foundation and [Primary PE activities](#) from the Youth Sports Trust.

Keep safe and we look forward to everyone being active, back in school as soon as it is safe to do so.

Yours sincerely,

B. Adebola

Mr. Adebola

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