



# 'Train to Tokyo' Family Challenge 2020

## THE COMPETITION

We would like to invite your family to take part in our 'Train to Tokyo' Family Challenge.

- We would like you to take part in physical activity as a family over the next few months and by recording the amount of family physical activity you do, you will race against other families to see who can travel from Stockport to Tokyo, the home of the 2020 Olympic and Paralympic Games, first.
- You will receive a poster of the map showing different stations from Stockport to Tokyo to record your progress from station to station.
- Every time you complete half an hour of physical activity **as a family**, you achieve 1 station on the map and can mark these off until you have travelled from Stockport to Tokyo.
- All families completing the race will receive an award and the top 3 families will receive extra prizes of sporting equipment and prizes from Life Leisure
- More details will be given on entry.

- 1<sup>st</sup> – family membership for a month (worth £75) + free week's holiday camp for the children
- 2<sup>nd</sup>/ – free week's holiday camp for the children
- 3<sup>rd</sup> - free week's holiday camp for the children



## HOW TO ENTER

1. Email [Judith.riddings@stockport.gov.uk](mailto:Judith.riddings@stockport.gov.uk) with the following information:
  - Names and ages of children in the family
  - Schools they attend

Then we will email you the resources – a copy of the map to stick up at home and the recording sheet for you to record your physical activity events on, to prove your journey. As soon as you have completed your Train to Tokyo Family Challenge, send us your record sheet of activities to claim your reward! Take photos of your journey to show us your family fun.

Your family physical activity must be done over a period of months, include a variety of activities and not just completed on an activity holiday. The deadline date to finish is June Monday June 8<sup>th</sup>.

