



Cardinal Newman Catholic Primary School

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18th October 2019

Dear Parents/Carers,

This year, to continue to school's commitment to encouraging children to spend at least 60 minutes a day being active, we are participating in Team GB's 'Travel To Tokyo'. The programme has been set up in line with the lead up to the 2020 Olympics in Tokyo, Japan. The aim of the programme is to encourage children to find more opportunities to be active each day which will lead to health and academic benefits.

To take part, the children will need to log onto the Travel to Tokyo website and log in what active activity they have done, for how long and who with (they will be encouraged to include adults in their active minutes!) Each class will have their minutes totalled on an online portal which will show their journey. The website will also have several ideas on small ways you can find short active bursts to add to your daily activities.

Each class will be looking for ways to include active minutes each day so we are asking each family to see what time they can find at home to include activity and exercise (this can include walking to/from school, a small dance or Zumba, time at the park etc). The class will receive more points if adults (and teachers) are involved in the activities so be prepared to join in!

Details on how your child can log their minutes can be seen below. Thank you in advance for your cooperation and participation.

Regards

Mr A Joice and Mrs G Williams

PE Leads

HOW WILL WE TRACK OUR TEAM'S JOURNEY?



1. Find your team at www.getset.co.uk/travel-Tokyo
2. Click **View Team** to see how our team is doing.
3. Click **Add Activity** to fill in what you did.
4. Fill in our **school postcode**: KT12 4QT
5. Select our **school**, then our **team**.
6. Choose the **kind of activity** you did.
7. Add the **details of your activity**
8. Add **how many family members** you did the activity with.