

inspire+

The Legacy Challenge

Name

School

Class

Introducing the HealthyBunch



Your Challenge

We challenge you to be the best you can be by being active, thinking about your health and creating your own adventures that will challenge you to do something new. Can you complete all 4 of the Legacy Challenges?

Using the evidence boxes record how you completed each challenge and attach any photos, pictures or stories you have created along the way. Don't forget to read the hints and tips for each challenge, and to get your logbook signed by an adult!

Can you achieve your goals and be the best you can be?

Reward System

Bronze Medal

Complete 1 Challenge

The Legacy Challenge
Bronze

Silver Medal

Complete 2 Challenges

The Legacy Challenge
Silver

Gold Medal

Complete all 4 Challenges

The Legacy Challenge
Gold

Challenges

Please tick when completed

My Challenge

Signature

Date

Competition+

Signature

Date

Adventure Challenge

Signature

Date

Health Challenge

Signature

Date

My Challenge

Task 1:

Sporting values

The Healthy Bunch live by these sporting values:

**Friendship – Respect – Courage –
Determination – Honesty – Teamwork**

Why not be like the Healthy Bunch and show us how to do it!

You don't have to use sport to show these values, you can use any activity.

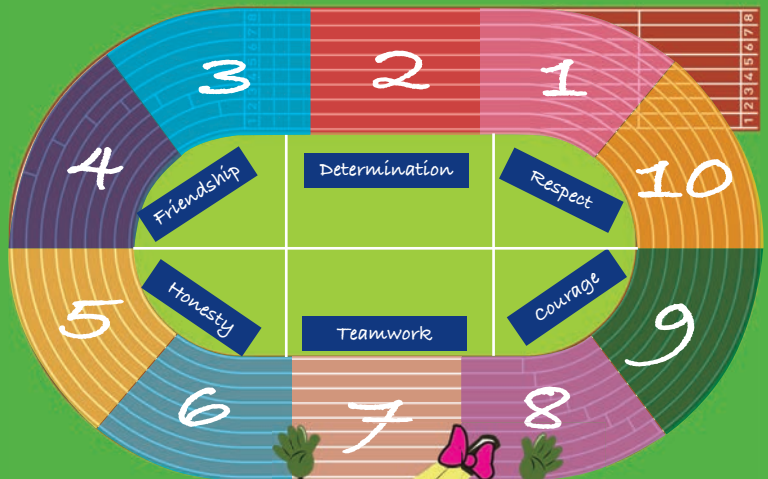
Evidence:

Once you have shown a sporting value, get an adult to sign, sticker or stamp the value in the athletics field. Show 2 values to complete this task.

Examples:

Friendship – Make up a new game with a friend and teach other friends how to play.

Determination – I have never been given a class certificate. I was extra helpful and managed to get one.



Task 2:

Helping Others

Help Hannah Banana race around the track by helping out 10 times or more at school or at home.

Remember to get an adult to sign each section of the track after you have helped out.



We would love to see you doing these amazing values.

Take a photo or draw a picture showing what you did.

Competition+

Here are 3 ways to compete like the Healthy Bunch:

Competition 1: A Selfie comp! This is where you do some sporting activity, practice and then see if you can beat yourself. For example: How many times can you bounce and catch a ball in 1 minute?

Competition 2: Take part in an organised competition in your school (intra-school competition).

Competition 3: Represent your school in a competition against another school (inter-school competition).

Evidence:

Colour in the trophy on top of the podium to show which competition you have done and...

Don't forget to take a photo of you taking part!

Be a Challenge Champion and do all 3!



Remember, it's not always about winning but being your best!



**Sam Ruddock,
London 2012 Paralympian**



Health Challenge

Did you know to stay healthy you need to have at least 60 minutes of exercise every day, plenty of sleep, and to eat the right things? This challenge will help get you on the right track.

Task 1:

Walk, bike, scoot or skip to school for at least 2 weeks

Don't stop there, where else can you go- to the shop, the park? Remember to tick the box when you get to school.

Tip: If you live too far away from school to do this, build up your exercise by walking up and down the stairs or around the garden.

Task 1	Mon	Tues	Wed	Thurs	Fri
Week 1					
Week 2					

Task 2:

Eat a healthy lunch

Swap your packed lunch for a healthy school dinner for a week. You might find a new favourite food that you could cook at home with your family.

Tip: Ask your lunchtime staff / school cook what is in the meal. If having a school meal is not possible for you, why not help make a healthy dinner at home and write down what ingredients are used.

Evidence:

Task 3:

Switch it off!

You need to sleep well to be great at school. Get yourself ready to snuggle up in bed by turning off all electrical devices at least 1 hour before bed and take your time to slow your brain down.

Tip: You should be getting at least 10½ hours sleep every night. Think about all the things you need to do before you sleep. Why not use our weekly routine chart to help you keep to a bedtime routine?

Day:	Bedtime	Time woke up	Day:	Bedtime	Time woke up
Day 1			Day 6		
Day 2			Day 7		
Day 3			Day 8		
Day 4			Day 9		
Day 5			Day 10		

Task 4:

Get Happy!

Do at least one thing that makes you feel good every day.

Tip: Think 'What has made me smile today?' If you can't think of anything, make something happen: look at a photo of a great day, play with your pet or maybe do something nice for someone - these are a great way to feel good.

Attach your Feel Good Diary to your logbook along with any photos you may have!



Remember, to be a Challenge Champion you need to complete all tasks!