

inspire⁺

The Legacy Challenge

Name

School

Class

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 6 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 2 Challenges

The Legacy Challenge
Bronze

Silver Medal

Complete 4 Challenges

The Legacy Challenge
Silver

Gold Medal

Complete all 6 Challenges

The Legacy Challenge
Gold

Challenges

Please tick when completed

Sporting Values

Signature

Date

My Challenge

Signature

Date

Join a Sports Club

Signature

Date

Competition+

Signature

Date

Adventure Challenge

Signature

Date

Health Challenge

Signature

Date



Sam Ruddock, London 2012 Paralympian and Legacy Challenge Ambassador

Sporting Values

Here are our Sporting Values:

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

Ambassadors Sam Ruddock and Sarah Outen live by values such as these which have helped them be their very best.

Examples:

- **Courage** – Face your fear of speaking in front of a large group of people.
- **Teamwork** – With a group of friends or your class, work together on a project to improve your school.
- **Honesty** – Always treat everyone fairly and if you make a mistake, learn from it. When working in a group make sure you do your share of the work.

Remember to record evidence by writing what you have done and/or take a photo.

To become a Challenge Champion demonstrate **all 6** values.

- Friendship Respect Courage Determination
 Honesty Teamwork

value 1 evidence: _____

value 2 evidence: _____

value 3 evidence: _____

Now is your chance to be like Sarah and I – demonstrate that you live by at least 3 of these values to complete this challenge. You don't have to use sport to show these values, you can use any activity.



My Challenge

Task 1:

Choose a goal that will really springboard your learning and make a difference to you. Discuss this challenge with your parents/guardians/teacher.

Evidence:

When you have completed the challenge write and record it in the evidence box.

Task 2:

Help out more at school, home or in your community. Complete 5 hours or more and race around the track.

Evidence:

Remember for every 30 minutes you help out, get an adult to sign off the sections on the athletics track!

Task 3:

Support a local or national charity. Can you help to raise money or awareness? You could work with your school mates and school council to organise a charity day. Working together helps achieve more.

Evidence:

Remember to take a photo of you and your mates to show what you have done!



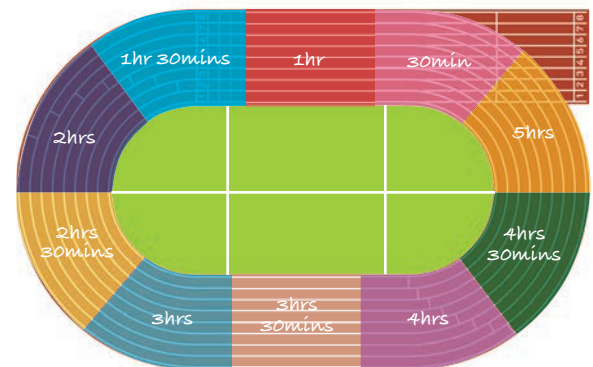
To achieve this challenge complete at least one of the tasks.

To be a Challenge Champion you must complete **all 3** tasks.

Task 1

Evidence: _____

Task 2



Task 3

Charity: _____

Amount Raised: _____

Join a Sports Club

Your school will have lots of sports clubs, but you could also join a local sports club or take part in an activity session for at least 6 weeks or longer.

Are you already part of a sports club? Why not try a new sports club or get a friend or family member to go with you?

Remember to get an adult to sign your logbook every week you attend!

Evidence:

Get a teacher or coach that is running the sports club to sign the box each week that you attend. Write down what you do at the sports club and attach a photo or drawing of yourself taking part.

For more information about local clubs and activities visit www.lincolnshiresports.com/clubs

This can be in school or an outside club. If you already do a club can you get someone who doesn't go to join you?



My Sports Club

Week 1	Week 2
Week 3	Week 4
Week 5	Week 6

Competition+

Be a competitor like Sam Ruddock by either:

Taking part in an organised competition in your school (intra-school competition) run by sports leaders, a teacher or a sports coach.

Or

Represent your school in a competition against another school (inter-school competition) or for your sports club.

Evidence:

Don't forget to take a photo of you taking part or include a certificate showing that you have competed.

Intra Competition Inter Competition

Evidence:

To become a Challenge Champion you must take part in the two different types of competition!

Adventure Challenge

Adventurer Sarah Outen MBE is currently on her 'London2London via the World' journey using human power alone. Support and join Sarah in creating your own adventures by completing 1 of these 3 tasks.

Task 1:

Make a camp somewhere in your house or garden and sleep in it overnight.

Evidence:

Attach a photo or picture of you in your camp.

Task 2:

Research Sarah's challenge and write/draw a story about an adventure you would like to do.

Evidence:

Put a copy of what you do with your logbook.

Task 3:

Plan and carry out a human powered journey (walking, biking or boating) of your own to take you somewhere new with either your family or friends. Make a map of where you went and take pictures to attach to your logbook! **Speak to your parents/teachers for ideas.**

Remember, you must do **all 3** tasks to be a Challenge Champion

"For me, adventures are a great way to have fun, try new things, keep healthy and learn about yourself and the world. These challenges will help you on your way to a life of adventures"

Task 1: Attach your photo/picture to the logbook

Task 2: Attach your adventure story or drawing to the logbook

Task 3:

Where did you go?

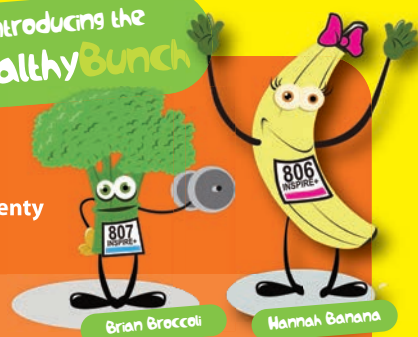
How did you get there?

Who did you go with?

Attach your map to the logbook

Sarah Outen MBE





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: Why not use an app like Mapmyride to record the distance. If you use a bus, make up the miles by walking to the park or the shops.

Task 1	Mon	Tues	Wed	Thurs	Fri
Week 1					
Week 2					

Task 2:

Eat a healthy lunch

Eating the right things will help you to be healthy, so can you eat a healthy packed lunch or school meal for a week?

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!

Get a good night's sleep by turning off those electrical devices at least 1 hour before you go to bed. Get a good routine going and you'll be ready and alert for the next day.

Tip: You should be getting at least 9½ 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 nightly 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!