



Dear Family

24<sup>th</sup> October 2019

### **Travel to Tokyo – Whole School Challenge!**

Today we have launched our Travel to Tokyo Whole School Challenge!

Travel to Tokyo is a programme for schools designed to help children and their families to get active together, try new things and most importantly: have fun. It's all about team spirit and building a habit of physical activity, rather than focusing on competition. The challenge uses the inspiration of the Tokyo 2020 Olympic and Paralympic Games, encouraging children to explore Japanese culture and the preparations athletes make as they begin their journey towards Tokyo.

All of the pupils at St James's already belong to a house team, if you are not sure which team your child is part of, just ask at the school office. Pupils may know their team colour rather than the house name.

Our four houses are:

- Worcester (Yellow)
- Lichfield (Red)
- Gloucester (Blue)
- Hereford (Green)

From today you can start logging any activity you take part in. You can get active alone, with family or friends and at home or at school. Football, playground time, swimming or playing tag - it all counts towards your team score!

How to log your activity

1. Visit [www.getset.co.uk/travel-tokyo](http://www.getset.co.uk/travel-tokyo)
2. Click on 'Log Activity'
3. Find St James's with the school postcode – DY8 4RU
4. First, select the type of activity that you did (if it doesn't fit into any of the categories, just choose "Other" and you'll be able to describe your activity).
5. Next, tell us whether you enjoyed it, how long it lasted and how hard you worked.
6. Finally, add the people who took part with you, and you're ready to submit your activity towards your team totals!

If any of the sections are unclear, you can click the (i) icons for extra information and tips.

The Dashboard contains all your team stats. It helps you see what activities are popular and what new things people could try, and it gives you weekly goals to challenge yourselves and grow.

Get active and have fun.

Yours sincerely

The St James's Sports Ambassadors

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