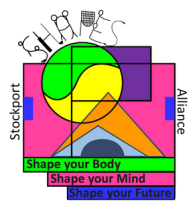
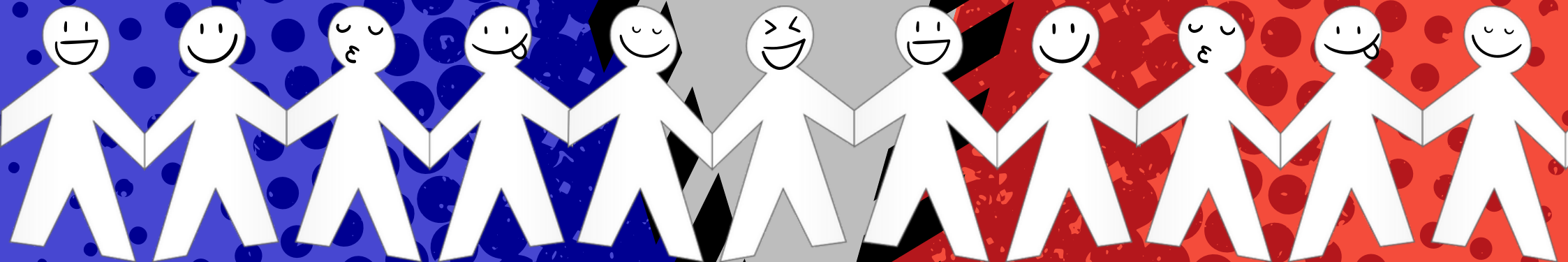


# PLAY TO PARIS



# THE FAMILY CHALLENGE



# WHAT IS THE FAMILY CHALLENGE?

This event invites you and your family to take part in a physical competition from home! You and your family will work together to achieve 60 x 30 minute blocks of activity in a race against other families in the Stockport community.



By self recording your activity at your own pace in the tracker, see how fast you are able to complete all activity hexagons!

Prizes are available for all families who finish + extra 1st, 2nd + 3rd prizes for the top 3 families in Stockport.



# WHY IS ACTIVITY IMPORTANT?

Improved energy levels

You will feel less stressed

It's beneficial for your brain function!

You develop stronger bones and muscles!

Activity reduces anxiety

Improved moods

Blood flow to body tissue is increased

Your quality of sleep is improved

It helps concentration and focus

Fitness and breathing are benefited

Balance, stamina and agility all improve

Activity teaches you new skills!

Improves family social time

Aids your confidence and teamwork

It teaches you life lessons



# ACTIVITIES YOU CAN DO WITH YOUR FAMILY



...RUNNING AROUND  
THE PARK  
TOGETHER...



...STOCKPORT  
HIKE...



...PLAY  
TWISTER...



...WEEDING AND  
PLANTING IN  
THE GARDEN...

...A FAMILY  
BIKE RIDE...



...FAMILY WALK  
TO SCHOOL...



...FAMILY DANCE TO  
YOUR FAVOURITE TUNES...

...YOGA IN THE GARDEN...



...WALKING THE  
DOG TOGETHER...



...LEARNING A  
NEW  
GAME...



...ACTIVE HOUSEWORK...



...SOCK BOCCIA...

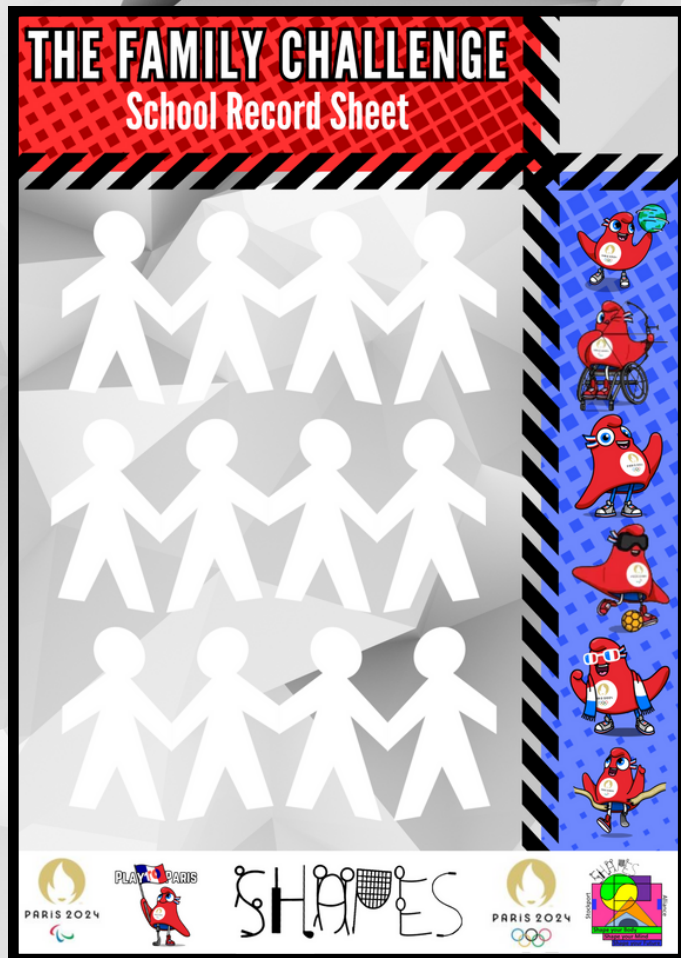
...RACES...



...SOUP CAN  
WEIGHT LIFTING...



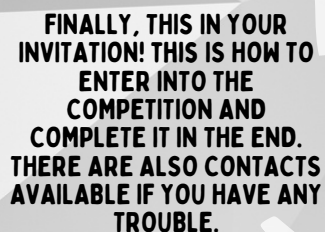
# HOW TO SIGN UP



THIS IS THE QR CODE POSTER. IF YOU SCAN THIS, IT WILL TAKE YOU DIRECTLY TO THE FAMILY CHALLENGE FORM.

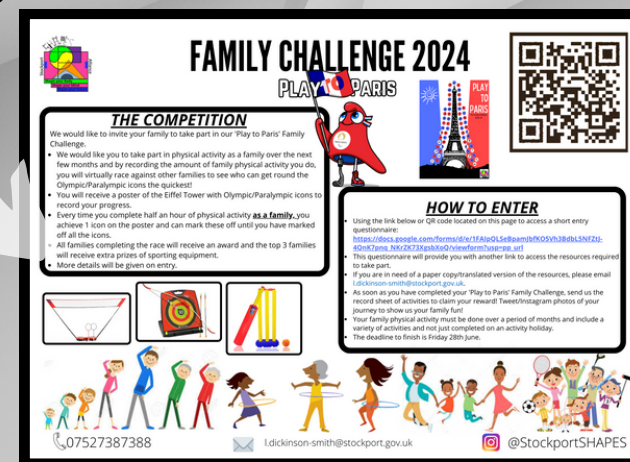
THIS IS THE SCHOOL RECORD SHEET. WHEN A FAMILY SIGN UP FOR THE CHALLENGE, THE SCHOOL CAN RECORD THEIR FAMILY NAME IN THE SPACES. THIS WAY, YOU CAN SEE WHO HAS JOINED THE CHALLENGE IN YOUR SCHOOL!





**YOUR OLYMPIC ICON CROSS OFF SHEET. ONCE YOU HAVE CROSSED OFF ALL 30 MINUTE ICONS, YOU HAVE COMPLETED YOUR CHALLENGE AND WILL RECIEVE A PRIZE!**

**YOUR PERSONAL LOG BOOK FOR  
RECORDING YOUR FAMILY  
ACTIVITIES. EACH ICON EQUALS  
30 MINUTES OF ACTIVITY. YOU  
WILL SEND THIS BACK UPON  
COMPLETING YOUR 60 ACTIVE  
ICONS.**







**SOME PICTURES  
FROM OUR FAMILIES**