



## What is it?

Race to Health is an online physical activity challenge for primary and secondary school children that encourages them to participate in daily physical activity. The aim is to increase the number of children that are meeting the physical activity guidelines of 60 minutes per day.

This year's race is themed around the Summer 2021 Olympics taking place in Tokyo.

## How it works

Your child will receive log in details from their class teacher and will be encouraged to log in to the website regularly to record their daily physical activity. Each minute of physical activity equates to distance in miles and collectively the physical activity minutes accumulated by pupils at your child's school will help the school move along the route and edge closer to the finish line.

Schools will be competing to be the first in Camden to make it back to the finish line in Tokyo, while classes will be competing against each other to be the most active.

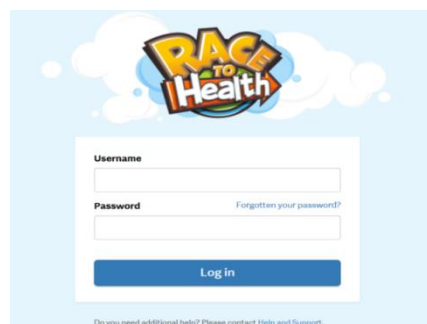
Each week, your child will be eligible to win a Gold, Silver or Bronze medal in three areas; *participation*, *improvement* and *time*. Participation relates to how often your child enters their physical activity data, improvement relates to increases in physical activity levels for that week compared to the previous week and time relates to how close they are to achieving the recommended 60 minutes of activity per day.

The medals also correspond to points and if your child has participated in a Race to Health previously, you can encourage them to try to gain more points than they received last time!



## Getting Started


To get started your child will need to click **Log In** and enter their log in details on the website <https://www.racetohealth.co.uk/>. If your child has forgotten their password, please ask them to speak to their teacher as they will have it recorded – please **do not** click *forgotten your password?*



This will then take you to the **Home Page**. Your child will have the option to select their own character by clicking on their name, which will appear in the top right corner of the page. Your child will be able to select a character of their choosing.



## How to enter minutes of physical activity

To record physical activity, click **Log Book**  at the top. This will take your child to their log book where they will be able to record details of their physical activity.

Date	Location	Activity	Minutes

To log an activity, your child will need to select the **Date** it took place, the **Location**, (either during school hours, or outside of school hours) the **Activity Type** and the **number of minutes** they participated in that activity.

If your child participated in many different types of physical activities, they will need to make separate entries for each.

A maximum of 180 minutes can be added for each day, if your child has done more than this in one day, they can log the minutes for the previous day.

Entries can only be logged for one week in the past, so it's important to remind your child to log their minutes so they do not miss out on medals.

## What counts as physical activity?

Physical activity is any activity that gets you breathing a little heavier and your heart beating a little bit faster. Some examples include walking, 10 minute shake up, active games, running, swimming, scooting, football, tennis, karate, gymnastics, netball and dance.

## How can I support my child?

You can support your child by reminding them to log in and record their physical activity levels daily. If you have a very young child, you may need to log in and record their physical activity levels for them. Ideally it is best to log in and record physical activity every day as your child may forget how active they were if a few days go by.

You can also support your child by encouraging them to be physically active, by suggesting games and activities that they can take part in, or best of all, by getting active with them! Physical activity not only improves our health and physical fitness, but also our confidence, social skills, coordination, concentration, learning, sleep and overall makes us feel good!