

ST MARGARET'S ACADEMY

VIRTUAL SPORTS DAY

Date:

Saturday 26th July 2020

Venue:

Your Home

**Healthy Kidz Virtual Sports Day in partnership with SPAR,
EUROSPAR, VIVO, VIVOXTRA, VIVO ESSENTIALS**

**Log on to www.healthy-kidz.com to see all the fantastic events.
(It states that the Sports Day will be on 04/07/20 but this has been
extended.)**

**Download the Healthy Kidz App from the app/play store.
You will be given a user name and password to use on the Healthy Kidz App.
Contact the school office or email your teacher if you're interested and they
will send you your unique username and password.**

Usually during the Summer term, we'd be spending this time preparing for our Annual School Sports Day, which would have taken place this week - and this year will be no different. We've created a number of fun sporting events that will allow you to compete against the other pupils in your class and school, by recording your results in the Healthy Kidz App. The Resource Pack will provide you with the information you need to get signed up, set up these events and improve all of the components of your physical fitness in preparation for the Healthy Kidz Virtual Sports Day.

Beginning Monday 6th July, we're asking you to stay active at home, by practicing all of the different events using our Coaching Tips and Preparation advice. Once you've given each of our 7 events a go, we'll be asking you to pick your 5 favourites and complete them on *Saturday, 26th July*, recording your results in the Healthy Kidz App. You can then compare your results with your friends to see who managed to get the best score in each event.

There is also a '**Create Your Own Obstacle Course**' challenge, which you can start thinking about prior to Sports Day. There are prizes for registering, practising the skills and logging your activity each day, so you don't even have to compete in the sports day to enjoy this. We encourage all of you to send us your pictures and videos of your Sports Day preparation over the coming weeks (via email) and hope you enjoy using the App to help you keep fit and healthy.

Good Luck !!!!!