

What is it?

Race to Health at Home: Where the Wild Things Are

11th May to 24th May 2020



What is Race to Health?

Race to Health is an award winning online physical activity challenge that can help encourage physical activity at home for children and their families.

Normally run over 5 weeks during summer term, we've made some adaptations for 2020 so that in addition to remaining suitable for children of key workers attending school, pupils and families who are home learning can take part.

These adaptations include:

- **Shorter race** – 2 weeks
- **Family Log in** – Everyone in the home can record their active minute under one pupil log in
- **Updated activity list** – To reflect activities pupils will be able to do at home, including PE with Joe and #DailyMileatHome
- **Total minutes** – The winning class & school will be the one with the highest total active minutes completed.
- **London wide race** – As well as helping your school to be Camden Race to Health at Home Champion you'll also be competing to become London's overall winner going against schools from, Islington, Redbridge, Southwark and 20 other schools across the city.

This year's theme is theme follow Max's magical journey from his bedroom in Maurice Sendak's classic *Where the Wild Things Are*. Each minute of physical activity you and your families do, will be converted into miles and contribute to your child's class and schools' total, helping Max get back in time for his supper whilst it's still hot!

How it works

Your family will receive log in details from your child's class teacher and will be encouraged to record your daily physical activity minutes. Each minute of physical activity you record as a family will help your school move along the route and edge closer to the finish line.

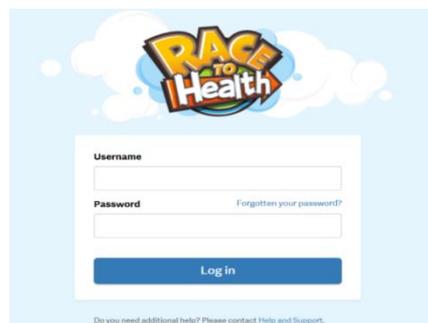
As a family you will be eligible to win a Gold, Silver or Bronze medal in three areas; *participation*, *improvement* and *time*. Participation relates to how often you enter your physical activity data, improvement relates to increases in physical activity levels for that week compared to the previous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



Getting Started

To get started you will need to click **Log In** and enter your log in details on the website <https://www.racetohealth.co.uk/>.

(If you forget the password, please speak to your child's class teacher as they will have it recorded – please **do not** click *forgotten your password?*)



This will then take you to the **Home Page**. You will have the option to select your own character by clicking on the name, which will appear in the top right corner of the page..



How to enter minutes of physical activity

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



Date	Location	Activity	Minutes

To log an activity, you will need to select the **Date** it took place, the **Location**, (either indoors or outdoors) the **Activity Type** and the **number of minutes** participated in that activity.

You will need to make separate entries for each activity for each family member.

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, active games, running, scooting, cycling, youtube workout videos and PEwithJoe.

Top tips:

- It is best to log in and record physical activity every day
- Build physical activity into your daily routine
- Use the government daily exercise allowance to take a walk around your local park or the roads surrounding where you live
- Try out the Race To Health activity cards which can be used for games on your own or as a family
- Be positive! See this opportunity to increase your own physical activity levels – you'll be surprised how much better you will feel and how much fun you will have as a family!