



Whitstable Junior School

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Dear Parents/Carers,

Last year, at Whitstable Junior School, we began to embark on an Olympic challenge. It would take 2500 hours to walk from WJS to the New Olympic Stadium in Tokyo. As the Olympic games were delayed until next summer, we are continuing to challenging teachers, parents and our pupils to make that journey as a team. Leading up to the summer games we are aiming to record a massive 2500 hours of activity.

This ambitious goal is achievable together! Here's how you can help! We are asking everyone to **Aim for 10** – get active in bursts of at least 10-minutes, **Be a Half Hour Hero** – aim for 30 minutes at activity at school , 30 minutes at home every day or get **Hot and Sweaty** - push beyond your comfort zone, aiming to Breathe Faster and even get Hot and Sweaty.

Adding your activity takes less than 2 minutes.

SCHOOL DASHBOARD



WHITSTABLE JUNIOR SCHOOL
CT5 1DB

Following the link below will take you to our School Dashboard where you can check out our weekly goal, see how many hours of activity we have completed and view school stats.

Click 'Log Activity' –make sure you select your team!



Finally, Answer a few questions about your activity. 'What activity did you do?', 'Did you enjoy it?', 'How long did it take?', 'How hard did you work?' and 'Who took part?'

<https://www.getset.co.uk/travel-tokyo/school/whitstable-junior-school-ct5-1db>

It all counts!

- Going swimming
- Walking to school
- Going to the park
- Riding a bike
- Playing Football
- The Park Run
- Dancing to music

We hope you'll join us as we Travel to Tokyo.

Miss Bianca Leaver
PE Co-Ordinator

Play clean, Play as a TEAM!

#TeamWJS!

Logos at the top: TEAM GB, ParalympicsGB, TRAVEL TOKYO, SPORT ENGLAND LOTTERY FUNDED.

Central text: **WE'VE JOINED THE JOURNEY TO TOKYO!**

Activity icons and labels:

- Starting in schools (School building icon)
- Travelling in teams (Group of people icon)
- Discovering Japan (Teapot icon)
- Getting active with family (Family icon)
- Trying new activities (Skateboard icon)
- Finding out about the Olympic and Paralympic Games (Medal icon)
- Working hard (Smiling face with sweat icon)
- Having fun (Smiling face icon)
- Building healthy habits (Person with gear icon)