

HOME CHALLENGES

Family Olympic Challenge

Copy for school health facilitators/champions

This home challenge is an opportunity to engage students and their families in physical activity through exercises modelled after the winter Olympics. This is a fun way for the students to bring the Olympics into their home and celebrate them.

Get staff onboard to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for three weeks (attached).

Email for SHF/SHC to send to staff

Please personalize as you see fit.

Hello **[School name]** staff,

With the Olympics upon us, we have a fun opportunity to get students and their families engaged in exercises modelled after the Olympics. Students can take the Olympics to their own home through the *Family Olympic Challenge!*

All you need to do is:

All you need to do is:

1. Read through the home challenge parent instructions/tracking sheet (attached) to get familiar with it.
2. Explain the activity to students and give them each a parent instruction/tracking sheet to take home.

3. Remind students to participate throughout the 2 weeks and have fun with the challenge.

After three weeks, please collect completed and signed challenges and hand them in to me.

Encourage participation -- if more than half the students in your class take part in this initiative by returning their signed form to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!