



# HOW TO TRAVEL

A GUIDE TO THE TRAVEL TO  
TOKYO CHALLENGE FOR SCHOOLS



# CONTENTS

**This presentation is a how-to guide for the Travel to Tokyo challenge. Use this presentation to get the whole staff involved in your school's journey.**

- Introducing Travel to Tokyo (Slide 3)
- Key aims and information (Slide 4)
- Get Set Travel to Tokyo website (Slide 5)
- Creating and managing teams (Slide 6)
- Log activity (Slide 7)
- Weekly goals (Slide 8)
- Supporting materials (Slide 9)
- Leisure facilities (Slide 10)
- Involving parents (Slide 11)
- Keep in touch (Slide 12)





# INTRODUCING TRAVEL TO TOKYO

WELCOME! | ようこそ | YŌKOSO

The Travel to Tokyo challenge from Team GB, ParalympicsGB and Sport England uses the inspiration of the Tokyo 2020 Olympic and Paralympic Games to get young people aged 5-11 and their families moving, building long-lasting active habits.

Travelling in teams, young people will follow the virtual journey of Olympic and Paralympic athletes as they prepare for Tokyo 2020. The first stage of the challenge is focused on joining the journey:

## Trying new things Getting active Having fun

The challenge is being piloted exclusively in Liverpool and Merseyside schools across the Autumn term 2018, aiming for a national rollout in 2019. The challenge is supported by local Olympians and Paralympians, including Beth Tweddle MBE (Gymnastics), Jack Hunter-Spivey (Table Tennis), Lora Fachie MBE (Cycling) and Bianca Walkden (Taekwondo).



[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



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# KEY AIMS AND INFORMATION



**Get active in  
10-minute bursts!**



**Aim for 60 minutes a day  
30 minutes at home  
30 minutes at school**

- Travel to Tokyo is a pilot: we want to use your experiences to shape a national rollout.
- The focus is on trying new things, getting active and having fun.
- We believe that everyone can move more, and we want to support families to get active together.
- We want to build enjoyment and confidence, helping families to build long-term active habits.

**15 Oct - 14 Dec**

Personalised weekly targets and prizes



**8 Oct - 15 Oct**  
Create teams and  
start to log activity



**15 Oct - 19 Oct**  
Facilities  
visit schools



**20 Oct - 28 Oct**  
Free sessions at local  
leisure facilities start and  
continue into November



**14 Dec**  
Celebrations  
and pledges



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# GET SET TRAVEL TO TOKYO WEBSITE

- The Travel to Tokyo platform is at the heart of the challenge. You can:
  - Manage and create teams
  - Log activity
  - Track team and school journeys
  - Access resources
- Teachers/school staff can register for free
- Parents/children do not need to register to take part
- The website is simple and easy to use, with **i** tips for extra support
- You can get a direct link for your team to share with pupils and parents
- The website will remember the teams you have logged activity against, making it even easier!

Visit: [getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



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# CREATE AND MANAGE TEAMS

- Teams can be created/managed by any teacher/school staff member
- Teachers/staff will need a Get Set account (free) to create and manage teams
- We recommend creating one team per class
- When teams are created, we collect some anonymous information to help us understand how the challenge is being used
- The launch and activity support presentation contains ideas for shaping team identity with your class
- Once created, teams can be edited and deactivated as required

Visit: [getset.co.uk/travel-tokyo/manage-teams](https://getset.co.uk/travel-tokyo/manage-teams)

The screenshot shows the 'MANAGE YOUR TEAMS' section of the Get Set Travel Tokyo website. At the top, there's a navigation bar with links for RESOURCES, COMMUNITY, TRAVEL TO TOKYO, ABOUT GET SET, and GET SET. Below this, there are logos for TEAM GB, ParalympicsGB, TRAVEL TOKYO, and SPORT ENGLAND LOTTERY FUNDED. The main content area is titled 'MANAGE YOUR TEAMS' and includes a 'Test School' button. Below this, there's a 'CREATE A TEAM' button. To the right, there's a 'Share Page' button and a 'RESOURCES' section. The 'CREATE A TEAM' section includes a form to 'Enter team name' and checkboxes for age groups (Under 5 years, 5 to 7 years, 7 to 9 years, 9 to 11 years, 11+ years), gender (Boys, Girls, Others), and physical/learning disabilities (Pupils with a physical or sensory impairment, Pupils with a learning disability). A 'SUBMIT' button is at the bottom right of the form.



[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



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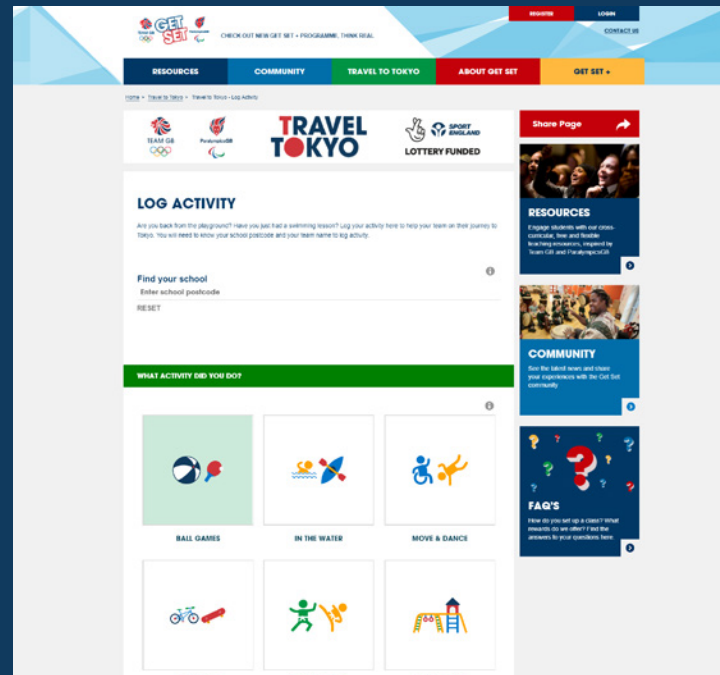
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# LOG ACTIVITY

- Logging activity is the main way to understand how your teams are getting active – and to win prizes!
- Pupils, families and teachers can log activity – it is quick and easy, can be done on mobile and no logins required
- To log activity, pupils and families will need the school postcode and their team name - or you can provide a direct link to each team
- Activity is logged anonymously, with everyone's contribution counting to the team's overall performance
- To keep things simple, different activity categories are provided – choose the closest fit or use the 'other' option
- Pupils can log activity with family and others included, with a 5+ option for more than five family members/others
- As this is a pilot, we will learn from how people log activity – and use this to help us understand the challenge, and what improvements we can make!

Visit: [getset.co.uk/travel-tokyo/log-activity](https://getset.co.uk/travel-tokyo/log-activity) – or use your direct link



[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



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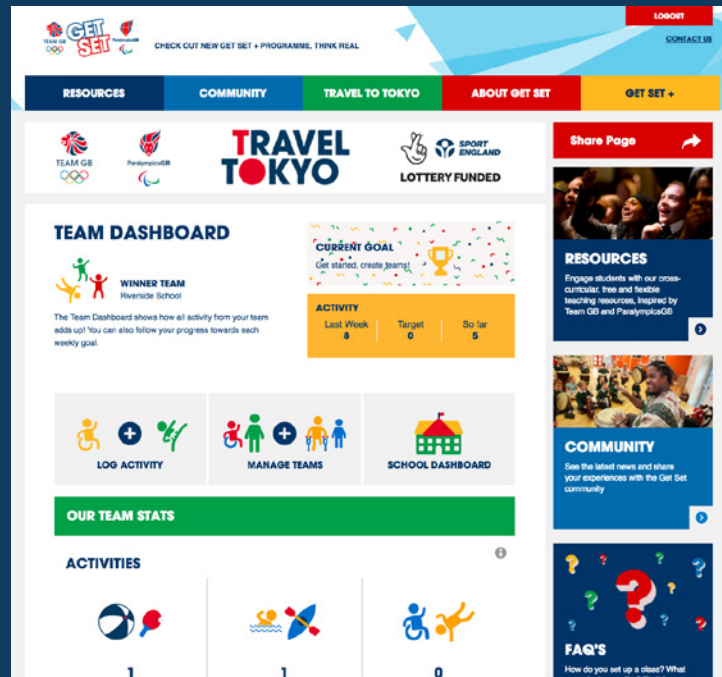
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# WEEKLY GOALS

- By registering a team for the Travel to Tokyo challenge, you will receive a regular newsletter with tips, activity ideas, and a new activity level goal every week!
- The 'current goal' will be released each Monday – and you will have until Sunday to reach your target!
- These goals are relative to a team's performance. You might be asked to double your activity time, log more family sessions, or try new types of activity.
- Follow progress using the Team Dashboard. You can see the Current Goal, the team target and your progress towards it. Use the School Dashboard to see all teams in your school – and visit each team in turn to see who is on track to meet their target.
- Meet or exceed targets for the chance to win great prizes for your team, including athlete visits, skipping ropes, speakers etc.

Visit: [getset.co.uk/travel-tokyo/team-dashboard](https://getset.co.uk/travel-tokyo/team-dashboard) – or use your direct link



[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



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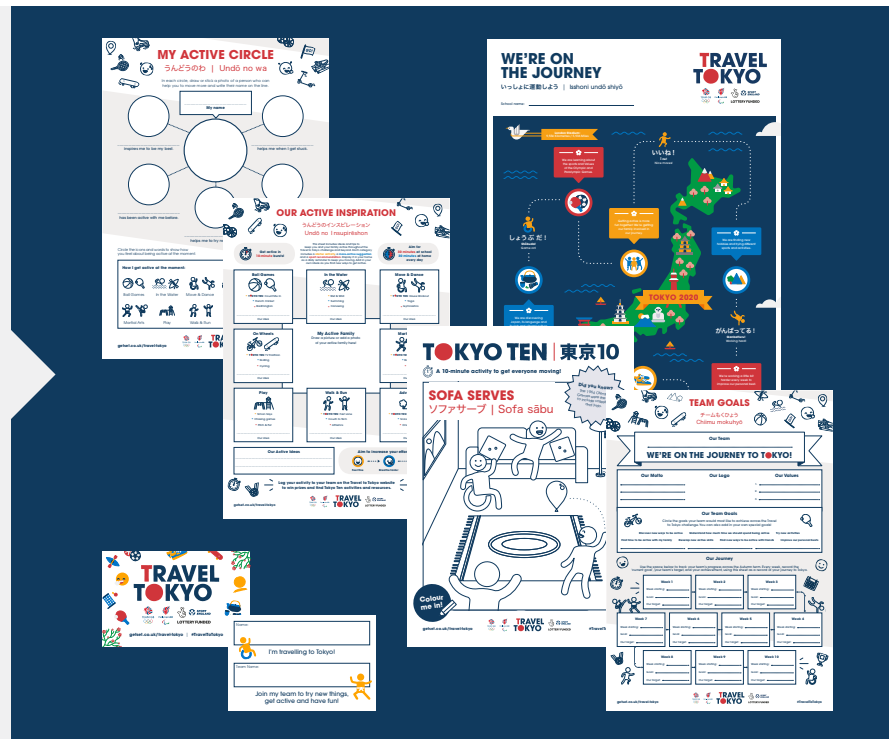
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# SUPPORTING MATERIALS

- The Travel to Tokyo website has fun, engaging activities for teachers and parents to generate excitement, and to bring in cultural and athlete elements to the challenge, as well as Tokyo Ten activities to get everyone moving
- The Launch and Activity Support presentation (for Key stage 1 and Key stage 2) will help you to deliver activities
- Visit: [getset.co.uk/resources/travel-to-tokyo](https://getset.co.uk/resources/travel-to-tokyo)
- Other supporting materials include:
  - Resources from the Japan Foundation (who have kindly provided advice relating the Japanese language):  
<http://www.jpf.org.uk> or email: [info.language@jpf.org.uk](mailto:info.language@jpf.org.uk)
  - Change 4 Life Train Like a Jedi:  
<https://www.nhs.uk/change4life/activities/train-like-a-jedi>
  - BBC Super Movers: <https://www.bbc.co.uk/sport/football/supermovers>



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# LEISURE FACILITIES



- Travel to Tokyo challenge will be supported by local leisure facilities.
- Local leisure facilities will:
  - send trainers into school at pick up times, getting families moving together and providing information on free sessions
  - offer free sessions for families starting in half term and continuing into November
  - act as destination points, where families can log activity completed in or near to facilities.

Visit: [getset.co.uk/community/ttt-leisure-facilities](https://getset.co.uk/community/ttt-leisure-facilities)



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# INVOLVING PARENTS

- Travel to Tokyo is all about getting parents and families active
  - The challenge starts in schools, with teachers/school staff setting up teams and then extends into homes as families are encouraged to get active together
  - Send the Home Flyer (available online) home with pupils or point parents to:
    - Parent Resources:  
**[getset.co.uk/ttt-parent-resources](https://getset.co.uk/ttt-parent-resources)**
    - Tokyo Ten Activity Guides:  
**[getset.co.uk/tokyo-ten](https://getset.co.uk/tokyo-ten)**
  - Share each week's Current Goal and teams' progress using school channels such as newsletters, emails, Twitter
  - Promote participating local leisure centres, and other local opportunities to get active Newsletter or emails
- 



# KEEP IN TOUCH

We'd love to hear about your experience of the challenge!

 **#TravelToTokyo**  
**@GetSetCommunity**

Share a showcase on the Get Set website:  
**[getset.co.uk/community/showcase-create](https://getset.co.uk/community/showcase-create)**

Contact us:  
**[getset@getset.co.uk](mailto:getset@getset.co.uk)**

GOOD LUCK! | がんばって | GANBATTE!