



**TRAVEL  
TOKYO**



LOTTERY FUNDED



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# MAXIMISING IMPACT

Make the most of your school's involvement in the Travel to Tokyo challenge.



## Get the whole school involved

Set up a team for each class and encourage staff to join in! You can find launch presentations and fun activities on the Get Set Travel to Tokyo website to help kick start your journey and track progress using the School Dashboard.

## Focus on the aims

The challenge is all about trying new things, getting active and having fun. Use the aims to keep everyone motivated and moving throughout the challenge.

## Promote the challenge to parents

Share the Home Flyer with families, and encourage children to use the Tokyo Ten quick activities and log activity at home.

## Make it sustainable

Build long-term healthy habits for your pupils and their families. Explore Japan and Japanese culture, and the experiences of athletes, to keep pupils engaged. Look out for local opportunities to get active, especially at local leisure facilities.

## Share your story

Inspire other schools in the Get Set community! Tweet or post on Facebook or Instagram about your experiences, or share a showcase on the Get Set website.

## Get in touch

Let us know how the challenge is working in your school and help us make the programme even better!

# — INTRODUCING — TRAVEL TO TOKYO

The Travel to Tokyo challenge from Team GB, ParalympicsGB and Sport England uses the inspiration of the Tokyo 2020 Olympic and Paralympic Games to encourage children aged 5-11 to get active with their families, discovering new ways to be active together.



Starting in schools



Travelling in teams



Discovering Japan



Getting active with family



Trying new activities



Finding out about the Olympic and Paralympic Games



Working hard



Having fun



Building healthy habits



@TeamGB / @ParalympicsGB



@GetSetClub



@GetSetCommunity

# ABOUT TRAVEL TO TOKYO

The Travel to Tokyo challenge uses the inspiration of the Tokyo 2020 Olympic and Paralympic Games to encourage young people to try new things, get active and have fun.

We're inviting young people to take part in a virtual journey to Tokyo. They can win prizes by

logging physical activity for their team on the Get Set Travel to Tokyo website. Teachers just need to sign up for a free account to set up teams, then spread the word to families at their school.

The Travel to Tokyo challenge is launching across the country in summer 2019.

# HOW IT WORKS

The Travel to Tokyo challenge is free, simple to set up in your school and easy for teachers, pupils and families to use.

## Athlete Ambassadors

The Travel to Tokyo challenge is supported by Olympians and Paralympians, including Helen Glover MBE, Natasha Baker MBE, Anthony Ogogo, Abdi Jama, Will Bayley MBE, and Rachel Morris MBE.

## Teams

To join the Travel to Tokyo challenge, you need to set up teams. Teachers/support staff can register on the Get Set website for free and set up teams for each class.

## Online activity tracker and resources

Log activity and follow your class and school's progress on the Get Set Travel to Tokyo website. You can also find lots of resources to launch and support the challenge, including quick activities to get pupils moving.

## Weekly goals and prizes

Each week, teams will get a new goal to work towards. They can win exciting prizes by reaching or exceeding their team target.

## Local leisure facilities

Participating local leisure facilities will provide free family-focused taster sessions. Children and families can also log activity at these centres. We hope to help families build long-term links with these facilities.



TOKYO 2020

