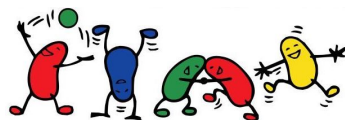


# FEEL FAB JUNE



Name .....

School .....












## HALF-TERM ACTIVITY DIARY FOR THE COMMONWEALTH GAMES DESTINY CHALLENGE

*Children and families take up the challenge to walk, run, scoot and cycle to keep active and 'FEEL FAB'*

We are using the Inspiration of the B2022 Commonwealth Games to set you a 'Feel Fab' active challenge for June. Look at the 3 Challenges on the next page and see if you can use at least 1 every day of your holiday. Keep a track of yours and your family's activity below! Please include any sports/exercises/fun activities that you do. **Please share your diary with your class teacher to get your Feel Fab June Challenge certificate.**

We would love to see some of your attempts on Twitter using **#FeelFabJune** and tagging:

@AshtonSSP @CSETSports1 @NSSPEA1

 My Diary	Morning	Afternoon
 Monday 		
 Tuesday 		
 Wednesday 		
 Thursday 		
 Friday 		



**FIND YOUR HAPPY BEANS!**



# Destiny

Inspiring the next generation using positive experiences of competition



**Destiny:** The Commonwealth Games movement can create a more peaceful, sustainable and prosperous future. This value complements the School Games Values of Self Belief and Determination.

This virtual competition is aligned to a personal best challenge and the idea of improving one's self, leading to a more prosperous or healthy future. A Personal Challenge is a student driven/self-led opportunity to attempt to improve their performance and can take place both at school and beyond the school day. Children and young people should choose what challenges they want to take on, it should be personal to them, and not just because a friend or someone else has told them to do so.

For all three of these challenges, individuals should ideally be working at a moderate to vigorous physical activity level. To put it simply, this means they are getting warm, and their heart is starting to beat faster. Showing their body is working harder and increasing aerobic capacity.

## School Games Value Challenges



The path we take can often be bumpy. Can the children and young people add to their challenge by adding some obstacles along the way?



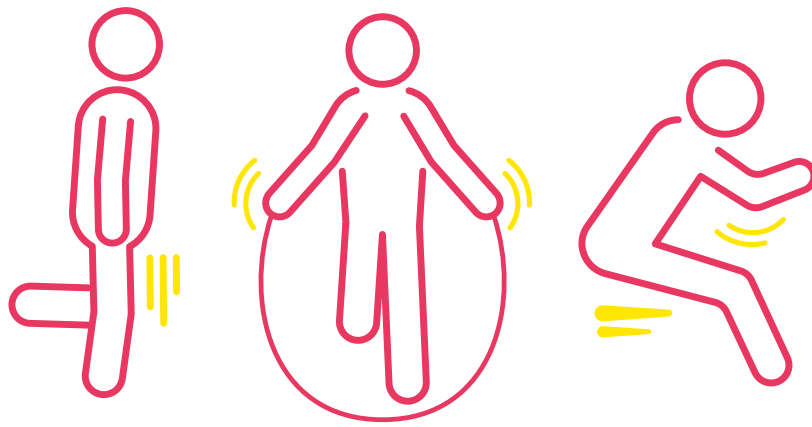
Completing a challenge can increase confidence. It takes more determination to complete it again and again. How many days in a row did individuals complete their challenge and improve their time/distance/steps?

### Challenge 1



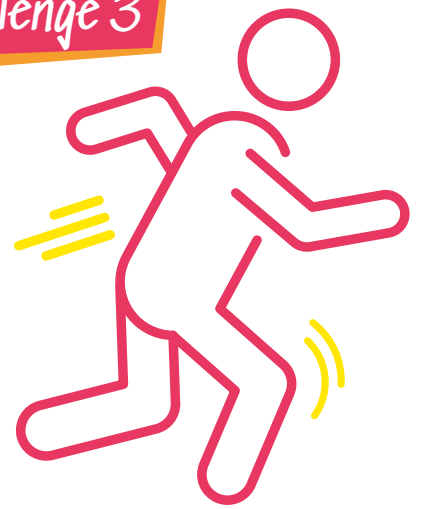
- This is a walking challenge. Individuals should see how many steps or how far they can walk.
- The challenge is to try it for at least 3 days in one week, aiming to improve each day across the 3 days.

### Challenge 2



- This is an active travel challenge. Individuals should see how far they can travel actively. This might be hopping, skipping, jumping, scooting, riding or a combination of lots of movements.
- The challenge is to try it for at least 3 days in one week, aiming to improve each day across the 3 days.

### Challenge 3



- This is a running challenge. Individuals should see how many steps or how far they can run.
- The challenge is to try it for at least 3 days in one week, aiming to improve each day across the 3 days.

## Positive Experiences Principles

- Providing options for young people through differentiated choices can help to create meaningful challenge that can support motivation.
- To keep challenges meaningful, give positive recommendations that keep it challenging and relevant.
- Through encouraging creativity, young people can make their own version of the challenge to complete and share with others.
- Ensure you celebrate the individual achievements of young people and be careful not to compare progress against others.
- Virtual competition can increase both competence and confidence of young people helping them to prepare and engage in further activity.

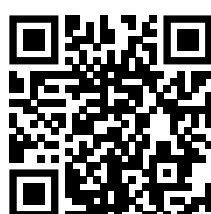
## Remember for all 3 Challenges

- Players will only improve if they practice. See if they can walk or run further or faster each time!
- Players could challenge others to see who can do the most steps or run the furthest?
- Destiny bonus points awarded to anyone who can travel to school more sustainably for a whole week.



#B2022SGVirtualComp

Share your activity on social media for a chance to win monthly prizes!



Scan here

To watch a video explaining how to create meaningful challenges.



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