

Meeting Local and National Strategies Through The Legacy Challenge

Sporting Future: A New Strategy for an Active Nation 2015, Pg 16 –

“Organisations which show that they can work collaboratively and tailor their work at a local level will be best placed to access this funding.”

Sporting Future: A New Strategy for an Active Nation 2015, Pg 21 –

Rt Hon John Whittingdale MP OBE, Secretary of State:

“We want to feel that sport is for them, no matter if they are a seasoned athlete or a complete beginner... and by giving everyone a chance to participate, we can create a healthier and happier country to live in.”

Sporting Future: A New Strategy for an Active Nation 2015, Pg 32 –

Edward Timpson MP, Minister for Children and Families:

“Opportunity for children to take part in and develop a love of sport and physical activity is vital to ensuring their long-term enjoyment and participation.”

National Curriculum in England: physical education programmes of study, Sept 2013 –

“The national curriculum for physical education aims to ensure that all pupils:

- Are physically active for sustained periods of time*
- Engage in competitive sports and activities*
- Lead healthy, active lives”*

inspire+
The Legacy Challenge

Name _____
School _____
Class _____

Your Challenge

We challenge you to be the best you can be by being active, thinking about your health and creating your own adventures that will challenge you to do something new. Can you complete all 6 of the Legacy Challenges?

Using the evidence boxes record how you completed each challenge and attach any photos, pictures or stories you have created along the way. Don't forget to read the hints and tips for each challenge, and to get your logbook signed by an adult!

Can you achieve your goals and be the best you can be?

Challenges Please tick when completed

Sporting Values

Signature _____ Date _____

My Challenge

Signature _____ Date _____

Join a Sports Club

Signature _____ Date _____

COMPETITION*

Signature _____ Date _____

Adventure Challenge

Signature _____ Date _____

Health Challenge

Signature _____ Date _____

Reward System

Bronze Medal
Complete 2 Challenges
The Legacy Challenge **Bronze**

Silver Medal
Complete 4 Challenges
The Legacy Challenge **Silver**

Gold Medal
Complete all 6 Challenges
The Legacy Challenge **Gold**

Sam Ruddock, London 2012 Paralympian and Legacy Challenge Ambassador

Sporting Future: A New Strategy for an Active Nation 2015, The framework for a new Sport Strategy, Pg 18 –

Key Action:

“Actions that meet the needs of the customers and enable them to engage in sport and physical activity.”

Key Output:

“More people from every background regularly and meaningfully taking part in sport and physical activity, volunteering and experiencing live sport.”

Key Outcomes:

“Physical Wellbeing, Mental Wellbeing, Individual Development, and Social & Community Development.”

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Ofsted School Inspection Handbook August 2015, Pg 38 –

“Effectiveness of leadership and management:

- The design, implementation and evaluation of the curriculum, ensuring breadth and balance and its impact on pupils’ outcomes and their personal, development, behaviour and welfare
- How well the school supports the formal curriculum with extra-curricular opportunities for pupils to extend their knowledge and understanding and to improve their skills in a range of artistic, creative and sporting activities”

Sporting Future: A New Strategy for an Active Nation 2015, Pg 45 –

“Many of those people [talented athletes] will never achieve Olympic or Paralympic success, and many may never want to, but they should be supported in realising their potential, as doing so is a powerful way to ensure they maximise the benefits they receive from engaging in sport.”

Ofsted School Inspection Handbook August 2015, Pg 42 –

“Grade descriptors for the effectiveness of leadership and management:

- Pupils’ spiritual, moral, social and cultural development and, within this, the promotion of fundamental British values, are at the heart of the school’s work.
- Leaders consistently promote fundamental British values and pupils’ spiritual, moral, social and cultural development.”

Sporting Values

Here are our Sporting Values:

Friendship – Respect – Courage – Determination
Honesty – Teamwork

Ambassadors Sam Ruddock and Sarah Outen live by values such as these which have helped them be their very best.

Examples:

- Courage – Face your fear of speaking in front of a large group of people.
- Teamwork – With a group of friends or your class, work together on a project to improve your school.
- Honesty – Always treat everyone fairly and if you make a mistake, learn from it. When working in a group make sure you do your share of the work.

Remember to record evidence by writing what you have done and/or take a photo.

To become a Challenge Champion demonstrate **all 6** values.

Now is your chance to be like Sarah and I demonstrate that you live by at least 3 of these values to complete this challenge. You don't have to use sport to show these values, you can use any activity.

My Challenge

Task 1: Choose a goal that will really springboard your learning and make a difference to you. Discuss this challenge with your parents/guardians/teacher.
Evidence: When you have completed the challenge write and record it in the evidence box.

Task 2: Help out more at school, home or in your community. Complete 5 hours or more and race around the track.
Evidence: Remember for every 30 minutes you help out, get an adult to sign off the sections on the athletics track!

Task 3: Support a local or national charity. Can you help to raise money or awareness? You could work with your school mates and school council to organise a charity day. Working together helps achieve more.
Evidence: Remember to take a photo of you and your mates to show what you have done!

To achieve this challenge complete at least one of the tasks.

To be a Challenge Champion you must complete **all 3** tasks.

Task 1 Evidence:

Task 2 Evidence:

Task 3 Charity:

Amount Raised:

Sporting Future: A New Strategy for an Active Nation 2015, Pg 38-39 –

“Volunteering in sport and physical activity enriches lives, both of those of the volunteers and those whose sport and physical activity is facilitated by them... and is a good opportunity to build social inclusion and community cohesion. Volunteering helps people develop skills which can help them find work or improve their career prospects.”

Ofsted School Inspection Handbook August 2015, Pg 36 –

“The social development of pupils is shown by their:

- Use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds.
- Willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively.
- Acceptance and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; they develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain.”

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Everybody active, every day: An evidence-based approach to physical activity, Public Health England, Pg 4 –

“We want to enable people to take control of their current and future health, and to boost parents’ understanding of how active play and ‘physical literacy’ is essential for children. Being active at every age increases quality of life and everyone’s chances of remaining healthy and independent...being active plays a key role in brain development in early childhood and is also good for longer-term educational attainment.”

Everybody active, every day: An evidence-based approach to physical activity, Public Health England, Pg 22 –

Chief medical officer’s guidelines on physical activity:

*“All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours a day.
-All children and young people should minimise the amount of time spent being sedentary for extended periods.”*

Sporting Future: A New Strategy for an Active Nation 2015, Pg 36 –

“Responses to the consultation highlighted a number of issues worth exploring, for example what more can be done to drive even wider participation at [the school games] levels 1-3 for all pupils.”

Lincolnshire School Games Organisers

The Legacy Challenge has enabled the network to encourage schools to engage more in both intra and inter school sports competitions which then feed into the level 3 school games competition.

Lincolnshire Sport

The Legacy Challenge allows us as a County Sports Partnership to promote the school club links through the Join a Sports Club Challenge. We envisage that pupils will transition from school sports clubs to community clubs after completing this challenge.

Getting Active Outdoors: A study of demography, Motivation, Participation and Provision in Outdoor Sport and Recreation in England, Sport England, Pg 24 –

“Extensive research by Natural England shows strong correlations between outdoor exercise and preventing obesity, diabetes and depression.”

Join a Sports Club

This can be in school or an outside club. If you already do a club can you get someone who doesn't go to join you?

Your school will have lots of sports clubs, but you could also join a local sports club or take part in an activity session for at least 6 weeks or longer.

Are you already part of a sports club? Why not try a new sports club or get a friend or family member to go with you?

Remember to get an adult to sign your logbook every week you attend!

Evidence:
Get a teacher or coach that is running the sports club to sign the box each week that you attend. Write down what you do at the sports club and attach a photo or drawing of yourself taking part.

For more information about local clubs and activities visit www.lincolnshiresports.com/clubs

My Sports Club

Week 1	Week 2
Week 3	Week 4
Week 5	Week 5

Competition+

Be a competitor like Sam Ruddock by either:

Taking part in an organised competition in your school (intra-school competition) run by sports leaders, a teacher or a sports coach.

Or

Represent your school in a competition against another school (inter-school competition) or for your sports club.

Evidence:
Don't forget to take a photo of you taking part or include a certificate showing that you have competed.

To become a Challenge Champion you must take part in the two different types of competition!

Adventure Challenge

Adventurer Sarah Outen MBE is currently on her 'London/London via the World' journey using human power alone. Support and join Sarah in creating your own adventures by completing 1 of these 3 tasks.

Task 1:
Make a camp somewhere in your house or garden and sleep in it overnight.
Evidence:
Attach a photo or picture of you in your camp.

Task 2:
Research Sarah's challenge and write/draw a story about an adventure you would like to do.
Evidence:
Put a copy of what you do with your logbook.

Task 3:
Plan and carry out a human powered journey (walking, biking or boating) of your own to take you somewhere new with either your family or friends. Make a map of where you went and take pictures to attach to your logbook! **Speak to your parents/teachers for ideas.**
Remember, you must do all 3 tasks to be a Challenge Champion.

Task 1: Attach your photo/picture to the logbook.

Task 2: Attach your adventure story or drawing to the logbook.

Task 3:
Where did you go?
How did you get there?
Who did you go with?
Attach your map to the logbook.

“For the adventurers are a great way to have fun, try new things, keep healthy and learn about yourself and the world. These challenges will help you on your way to a life of adventures.”

Sarah Outen MBE

Getting Active Outdoors: A study of demography, Motivation, Participation and Provision in Outdoor Sport and Recreation in England, Sport England, Pg 21-24 –

“There are several key motivating factors that are commonly cited by outdoor participants, these Include:

- To spend time with family*
- To have fun with friends*
- Alternative to traditional sport*
- To enjoy the scenery/ be close to nature*
- To relax and de-stress/ get away from modern life”*

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Sporting Future: A New Strategy for an Active Nation 2015, Pg 34 –

“Less than a quarter of under 11’s are active for an hour a day and the gender gap in participation is already starting to emerge. Encouraging active travel to school through walking and cycling is one route towards increasing everyday physical activity for school children, parents and carers.”

Improving outcomes and supporting transparency, Part 1A: A public health outcomes framework for England, 2013-2016, Pg 9 –

Outcome 1: Increased healthy life expectancy:

Domain 1: Improving the wider Determinants of Health

Improvements against wider factors which affect health and wellbeing and health inequalities

Domain 2: Health Improvement

People are helped to live healthy lifestyles, make healthy choices and reduce health inequalities

Ofsted School Inspection Handbook August 2015, Pg 52 –

“Grade descriptors for personal development, behaviour and welfare:

-Pupils can explain accurately and confidently how to keep themselves healthy. They make informed choices about healthy eating, fitness and their emotional and mental well-being.

-Pupils’ spiritual, moral, social and cultural development equips them to be thoughtful, caring and active citizens in school and in wider society.”

Lincolnshire Healthy Schools Enhancement Priorities -

The Legacy Challenge fits in very well with two of the Enhancement priorities:

- Healthy Weight, Healthy Lives** – e.g. improving the way children think about food, removing barriers to increase amount of pupils participating in extra-curricular activities
- Emotional Health and Wellbeing** – e.g. increase the amount of pupils reporting they feel happy/enjoy school, feel heard and valued.

Health Challenge

Did you know to stay healthy you need to have at least 60 minutes of exercise every day, plenty of sleep, and to eat the right things? This challenge will help get you on the right track.

Task 1:
Walk, bike, scoot or skip to school for at least 2 weeks
Don't stop there, where else can you go-to the shop, the park? Remember to tick the box when you get to school.
Tip: Why not use an app like MapMyride to record the distance. If you use a bus, make up the miles by walking to the park or the shops.

Task 1	Mon	Tues	Wed	Thurs	Fri
Week 1					
Week 2					

Task 2:
Eat a healthy lunch
Eating the right things will help you to be healthy, so can you eat a healthy packed lunch or school meal for a week?
Tip: Ask your lunchtime staff / school cook what is in the meal. If having a school meal is not possible for you, why not help make a healthy dinner at home and write down what ingredients are used.

Evidence:

Task 3:
Switch it off
Get a good night's sleep by turning off those electrical devices at least 1 hour before you go to bed. Get a good routine going and you'll be ready and alert for the next day.
Tip: You should be getting at least 9½ hours sleep every night. Think about all the things you need to do before you sleep. Why not use our weekly routine chart to help you keep to a nightly routine?

Day:	Bedtime	Time woke up	Day:	Bedtime	Time woke up
Day 1			Day 6		
Day 2			Day 7		
Day 3			Day 8		
Day 4			Day 9		
Day 5			Day 10		

Task 4:
Get Happy!
Do at least one thing that makes you feel good every day.
Tip: Think 'What has made me smile today?' If you can't think of anything, make something happen: look at a photo of a great day, play with your pet or maybe do something nice for someone - these are a great way to feel good.

Attach your Feel Good Diary to your logbook along with any photos you may have!

Remember, to be a Challenge Champion, you need to complete all tasks!

inspire+
Inspire+ is a local charity supporting schools to develop PE, Sport and Leadership. For more information about what we do visit us at www.inspireplus.org.uk

School Sport Partnerships
Lincolnshire
Healthy Schools

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Food teaching in primary schools: A framework of knowledge and skills, Public Health England –

“Taking a whole school approach:

2.3 Use their food lessons to motivate change in behaviour, such as influence uptake school lunch choices.

Teaching the curriculum:

3.2 Ensure the range of food, ingredients and recipes studied come from the major food groups and reflect the recommended guidelines for a healthy diet.

Promoting and applying nutrition

7.1 Apply current healthy eating advice, and understanding of people’s needs, to developing diets for different individuals.

7.2 Are aware of the importance of a healthy and balanced diet, good oral health and being physically active for health and wellbeing.”