



## What is it?

### Race to Health Lockdown 2.0: Northern Lights – Lyra’s Journey

23<sup>rd</sup> Nov to 6<sup>th</sup> Dec 2020



### What is Race to Health?

Race to Health is an award winning online physical activity challenge.

In light of latest lockdown that began on 5<sup>th</sup> November and the restrictions on people’s movements that include the pausing of youth grass root sports and closure of leisure centres we’re running another lockdown Race to Health physical activity challenge for Camden Schools. The aim is to encourage children to remain physically active despite reduced opportunities.

Normally run over 5 weeks during summer term, we’ve made some adaptations for 2020 to make it suitable for current lockdown restrictions:

- **Shorter race** – 2 weeks
- **Updated activity list** – To reflect activities your child will be able to do at school and at home during the latest lockdown restrictions
- **More regular updates** – 3x weekly updates on your child’s school’s progress including activity cards to try at home

This year’s race route follows Lyra Belacqua’s journey from Jordan College, Oxford to the armoured Bears in Svalbard and beyond in *Northern Lights*, the first book in Philip Pullman’s *His Dark Materials* Trilogy. Each minute of physical activity pupils do, will be converted into miles and contribute to their class and schools’ total.

The school with the most active pupils over the 2 weeks of the race will be crowned Race to Health Champions.

## How it works

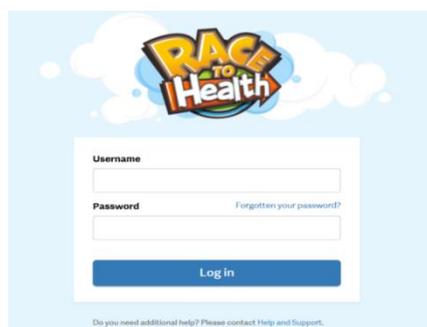
Your child will receive log in details from their class teacher and will be encouraged to log in to the website regularly to record their daily physical activity.

Your child will be eligible to win a Gold, Silver or Bronze medal in three areas; *participation, improvement and time.*



## Getting Started

To get started your child will need to click **Log In** and enter their log in details on the website [www.racetohealth.co.uk](http://www.racetohealth.co.uk). If your child has forgotten their password, please ask them to speak to their teacher as they will have it recorded – please **do not** click 'forgotten your password?'



This will then take you to the **Home Page**. Your child will have the option to select their own character by clicking on their name, which will appear in the top right corner of the page. Your child will be able to select a character of their choosing.



## How to enter minutes of physical activity

To record physical activity, click **Log Book**  at the top. This will take your child to their log book where they will be able to record details of their physical activity.



Date	Location	Activity	Minutes

To log an activity, your child will need to select the **Date** it took place, the **Location**, (either during school hours, or outside of school hours) the **Activity Type** and the **number of minutes** they participated in that activity.

If your child participated in many different types of physical activities, they will need to make separate entries for each.

A maximum of 180 minutes can be added for each day, if your child has done more than this in one day, they can log the minutes for the previous day.

## What counts as physical activity?

Physical activity is any activity that gets you breathing a little heavier and your heart beating a little bit faster. Some examples include walking, active games, running, scooting, cycling, youtube workout videos. Your child should be aiming to do at least 60 minutes physical activity every day!!

## Top tips:

- It is best if your child can log in and record their physical activity every day
- Build physical activity into your daily routine by walking, scooting or cycling to and from school
- Take a walk around your local park or the roads surrounding where you live as a family.
- Try out the Race To Health activity cards which can be used for games on your own or as a family
- Be positive! See this opportunity to increase your own physical activity levels – you'll be surprised how much better you will feel and how much fun you will have as a family!