

The Legacy Challenge

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

Please
tick when
completed

Date _____

Date _____

Date _____

Date _____

Date _____

Date _____

The best **LEGACY CHAMPIONS** will be entered into a competition by your school, with the chance to win a mini iPad!

**The
Legacy
Challenge
Bronze**

The Legacy Challenge Silver

The Legacy Challenge Gold



Aim for gold just like Hannah achieved at London 2012

MEET OLYMPIC & PARALYMPIC VALUES

Athletes Hannah and Sam live by these values. Can you meet one Olympic and one Paralympic value. The values are:

Olympic Values – Friendship – Respect – Excellence

Paralympic Values – Equality – Courage – Determination – Inspiration

Hints and Tips

You don't just have to use sporting examples of how you met/achieved these values! You could include things you have done at school, at home or another club.

Examples:

Excellence – I worked and practised 4 times every week to pass my grade 5 piano exam

Determination – On a spelling test I only got 4/10 but for the following week I practiced with my teacher and at home, this week I managed to get 9/10

Make sure you write down how you have met one Olympic and one Paralympic value in the evidence box.

Evidence

LEADERSHIP AND VOLUNTEERING

Complete 10 hours of volunteering by regularly helping at school, at home or a community club you go to.

Hints and Tips

You can complete this challenge by volunteering both in, and outside of school!

You could volunteer in school by helping at a club or event, but you could also gain your hours by:

- Helping around the house
- Helping at a community club, such as rainbows, brownies, cubs or scouts
- Supporting your teacher in school. If you are a Playground Leader or on the school council make sure you include these hours!

Don't forget to record your hours! You can either download a volunteering log from www.jackhunt.net or write them down in the evidence box.

Evidence



HEALTH

Our health tasks are listed below, challenge yourself to try something new! Remember, in order to become a **LEGACY CHAMPION** all tasks need to be completed.

1. Walk or bike to school as often as you can
2. Try to make sure your snack is a healthy one for example swapping crisps and chocolate for a piece of fruit
3. Have a healthy breakfast every day (for a minimum of 2 weeks)
4. Meet the recommended daily amount of exercise (for a minimum of 2 weeks)

Hints and Tips

1. If it's too far to walk or cycle all the way to school, why not 'park and stride'. If you travel by bus, skip this task. Just write in the box why you couldn't complete it and it won't affect your LEGACY CHAMPION status
- 2&3. Why not challenge yourself to download and complete one of our weekly nutrition and exercise diaries. You should attach this to your log book as evidence (download available at www.jackhunt.net)
4. Children and young people aged 5 to 18 should do at least 60 minutes (one hour) of activity every day. This should include a mixture of activities that:

Makes you work hard enough to increase your heart rate, to break a sweat and makes you breath hard and fast

There are lots more ideas on healthy living visit www.nhs.uk/change4life

Evidence



JOIN A SPORT'S CLUB

Take part in a sports club at school, in the community, or attend an activity at a leisure centre for 6 weeks or longer.

If you already attend a sports club or an activity regularly... BRILLIANT! Can you encourage a friend or member of your family to join the club with you?

Hints and Tips

ARE THERE ANY SPORTS OR ACTIVITIES THAT YOU WOULD LIKE TO TRY? WHY NOT JOIN A LOCAL SPORTS CLUB?



Make sure you write down what you do, and attach any photos!

For more information about local clubs and activities visit www.vivacity-peterborough.com

Evidence

COMPETITION+

To be a **LEGACY CHAMPION** you only need to complete one of the following tasks:

1. Take part in an intra-school competition (a competition within your school)

OR

2. Compete for your school against another school or in a competition for your sports club

Hints and Tips

Intra-school sport competition may be run by sports leaders, playground leaders, teacher or a sports coach in your school and will involve a fun and competitive sporting activity for you to participate in.

Evidence



Compete like London 2012 Paralympian Sam Ruddock

MY CHALLENGE

THIS IS YOUR CHANCE TO CHALLENGE YOURSELF WITH SOMETHING YOU WOULD LIKE TO ACHIEVE AND DEVELOP YOUR OWN PERSONAL GOAL. YOU WILL NEED TO COMPLETE ALL 3 TASKS TO BECOME A LEGACY CHAMPION.



Task 1

Discuss this challenge with your parents/guardians/teacher. What will make a difference to you? Once you have completed the challenge write it up and record in the evidence box.

Task 2

Can you get together with your school mates to make a real difference within your own school, local community or even nationally? This does not have to be a sport related event but must be with a class or part of a group challenge. One idea is to put on an event to support Sport Relief 2014.

For more information regarding Sport Relief – www.sportrelief.com. Once you have completed this task write it up and record in the evidence box.

Task 3

Take part in the Inspire+ World Record Attempt. This will happen in the summer term 2014, and more information will be sent to you nearer the time. Once you have successfully completed the World Record Attempt, tick the participation box.

Task 1 Evidence

Task 2 Evidence

Task 3 Evidence

I successfully completed the World Record Challenge

Please tick

☐

inspire+

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

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