



## Years 7-10 inclusive

January 2021

Dear Parent/Carer

### **RE: ROAD TO TOKYO 1 FEBRUARY- 31 MARCH PHYSICAL ACTIVITY CHALLENGE**

From Monday 1 February, the PE department are launching a physical activity challenge for the months of February and March. All being well, this summer will see the Olympics being held in Tokyo. To start the build up to the greatest sporting event in the world we would like students to take part in a challenge called 'Road to Tokyo'. Students will be encouraged to get active by walking, running, cycling, skateboarding or scooting and to measure the distance in miles. We would like students to log this through the following website created by Harrogate Sports Partnership.

<https://www.harrogatessp.com/hh-road-to-tokyo-challenge/>

The PE department will be setting up 15 minute sessions on Teams from Monday 1 February during one of their PE lessons to promote the Road to Tokyo. Please can you let your child know to attend this when an invite is sent.

Physical activity is anything that increases the heart rate or breathing rate and government recommendation is that all young people should be active for at least 60 minutes a day. We hope your child will join in with this challenge for the next 2 months to stay active and improve their health and wellbeing. Students who are at school will also be taking part and a member of staff will assist them with this during their timetabled PE lessons each week.

If you have any questions please do not hesitate to contact me at [jnorman@harrogatehighschool.co.uk](mailto:jnorman@harrogatehighschool.co.uk)

Let the miles begin!

Yours faithfully

*Miss J Norman*

**Miss J Norman**  
KS4 Achievement Leader  
KS3 Head of PE

