



Virtual Sports Day 2020

Date: Saturday 13th June 2020

Venue: Your home

Usually during Term 3 of the school year, we'd be spending this time preparing for our Annual School Sports Day and this year will be no different.

Healthy-Kidz has created a number of fun sporting events that will allow you to compete alongside the pupils in our school and record your results in the Healthy Kidz App.

Teachers will provide you with the information you need to get signed up through email and our school website. You can then set up these events and improve all of the components of your physical fitness in preparation for the Healthy Kidz Home Sports Day.

We're asking you to stay active at home, by practicing all of the different events using the Coaching Tips and Preparation advice.

Once you've given each of the 7 events a go, you are asked to pick your 5 favourites and complete them using the guidance below on ***Saturday, 13th June***, recording your results in the Healthy Kidz App. You can then compare your results with your friends to see who managed to get the best score in each event.

There is also a **'Create Your Own Obstacle Course' challenge**, which you can start thinking about prior to Sports Day.

What you need to do

1. To register, simply go to <https://healthy-kidz.com/ni-pupil-registration/>
2. Download healthy kidz app on an iphone or android
3. Log in to your app using the user name and password emailed to you from Healthy Kidz
4. You are ready to take part in Virtual sports day! Remember to record your results in the app.
5. All activities available at <https://healthy-kidz.com/>