

**Road to Tokyo**

**Summer 2020 Activity challenge**

**Can you complete enough activities to complete the 6000 miles “Virtual”distance to Tokyo within the Summer holidays.**

Within the resource include daily challenges and activities which equate to distance. Can you clock up enough “Virtual” miles to reach Tokyo this summer?

There will be more bonus activities sent out over the summer to increase your distance, just keep a record using the record sheet and hand to your teacher in September.

Certificates of achievement will be awarded to any pupils who successfully achieve the following “Virtual” distances

Bronze 2000 miles

Silver 4000 miles

Gold 6000 miles

Road to Tokyo West Berkshire Summer Challenge 2020

To commemorate the Tokyo 2020 Olympics and Paralympics which has been postponed, West Berkshire Sports Network is challenging you to virtually travel to Tokyo instead.

Within the resource are many daily challenges and activities, all of which you will be awarded “virtual miles” for completing. There is a chart you can print and use to record your distances achieved throughout the summer holidays.

Its actually 5,988 miles from West Berkshire to Tokyo! This means you will need to travel 1000 virtual miles a week to make it. There are many ways to achieve this with activities and ideas within the booklet. There will be some bonus activities with high virtual miles that will be sent out in addition in August to top up your distance.

* Daily challenge – 75 Virtual miles
* Completing a 10 minute filler – 50 virtual miles
* 30 minute continuous walk outside – 75 virtual miles
* 30 minute continuous bike ride/scooter – 75 virtual miles
* 15 minute continuous jog/run – 100 virtual miles
* Trying a new sport or activity (Olympic value of Courage) – 100 miles
* Complete an activity from the Tokyo 10 2020 GET SET resource – 100 miles (<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>)
* Bonus activities to be released in August to top up your virtual miles and activity.

With activity levels decreasing over the last few months this is the perfect fun way to stay active. This can also be a fun way for family and friends to get involved. If you achieve the Bronze, Silver or Gold level by the end of the summer, simply return your activity log to your teacher and you will be presented with the “Road to Tokyo” achievement certificate signed by London 2012 Gold Medallist Katherine Copeland.

**10 Minute Filler – 50 Virtual Miles**

T O K Y O

1 – Search around the house and garden. How many items can you find that begins with the letter T – Record your score here

2- Search around the house and garden. How many items can you find that begins with the letter O – Record your score here

3 - Search around the house and garden. How many items can you find that begins with the letter K – Record your score here

4 - Search around the house and garden. How many items can you find that begins with the letter Y – Record your score here

5 - Search around the house and garden. How many items can you find that begins with the first letter of your name? Compete against a friend or family member and if you win you get double “Virtual mile points” – Record your score here

**Daily Challenges**

**Can be repeated each week and update your best score if you improve**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Description** | **Best score** |
| Monday Speed Bounce | How many times can you do a two feet jump to two feet jump over a cereal box in 20 seconds. Try three attempts |  |
| TuesdayPlank | How long can you hold your legs straight in a plank position before giving up? Try three attempts |  |
| WednesdayStatic Balance | How long can you balance on one leg without moving? Try three attempts |  |
| ThursdayThrow and catch | How many times can you throw a ball against a wall and catch without dropping in one minute, try three attempts |  |
| FridaySit ups | How many sit ups can you do in 20 seconds? Try three attempts |  |
| WeekendPartner Challenge | Keeping a toilet roll between your knees, how long does it take for you to travel across the room and back in one minute, try three attempts |  |

**Each day you complete the daily challenge will be worth 75 virtual miles. Keep your scores and see how much you can improve over the summer.**

**Each week if you improve your previous weeks score you get a bonus 50 virtual miles. Demonstrate the Olympic and Paralympic values of Determination and Excellence !**