

BOUNCE TO BIRMINGHAM FAMILY CHALLENGE 2022



THE COMPETITION

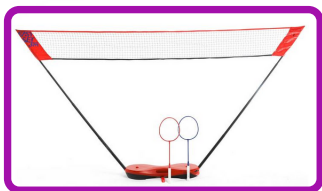
We would like to invite your family to take part in our 'Bounce to Birmingham' Family Challenge.

- We would like you to take part in physical activity as a family over the next few months and by recording the amount of family physical activity you do, you will virtually race against other families to see who can '#Bounce to Birmingham' the quickest!
- You will receive a poster of the flags of the Commonwealth countries shaped as bouncing balls to record your progress.
- Every time you complete half an hour of physical activity **as a family**, you achieve 1 ball on the poster and can mark these off until you have 'bounced' across all the balls.
- All families completing the race will receive an award and the top 3 families will receive extra prizes of sporting equipment.
- More details will be given on entry.



HOW TO ENTER

- Email Judith.riddings@stockport.gov.uk with the following information:
ages of the children in the family & schools they attend
- Then we will email you the resources - a copy of the above poster to stick up at your home and the recording sheet for you to record your physical activity events on, to prove your journey.
- As soon as you have completed your Bounce to Birmingham Family Challenge, send us the record sheet of activities to claim your reward! Tweet/insta photos of your journey to show us your family fun!
- Your family physical activity must be done over a period of months and include a variety of activities and not just completed on an activity holiday.
- The deadline to finish is Wednesday 30th June



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