

# We are taking part in the Brownlee Brothers Medal Competition!

We want children to challenge themselves and also try different active things to do. The medal challenge will take place during May half term and the summer term, during the week or at the weekend and the aim is for children to make a positive change.

We would absolutely love to see what challenge your child has chosen to do and we can't wait to see any videos or photos of them doing this! Remember to send us a healthy selfie on twitter!

Please see the attached for more information and good luck!

# Brownlee Brothers Medal Challenge

The medal challenge will take place during May half term and the Summer Term, during the week or at the weekend and the aim is for children to make a **positive change with regard to their activity**.

Each individual child should choose their **own challenge suited to their ability** (with the help of their teacher or parent/guardian) and on completion of their challenge, they will be awarded their medal. To receive a medal you must also share a **#healthyselfie** with us on twitter of your child doing the activity @BandBSchool. We would love to see your child doing their challenge!

The emphasis of the medal challenge is to **have fun** and for children to do their **personal best**.

Here are some ideas...

- Trying a new sport or joining a sports club (please tag your club or team on twitter as well!)
- Walking, scooting, cycling to school instead of driving
- Being able to do a cartwheel
- Improving on a personal best score (E.g doing twenty kicks ups with a football)
- Learning to ride a bike or swim



# Brownlee Brothers Medal Challenge

Sticking to the same principles as The Brownlee Brothers Triathlon events, we want the challenge to be **fun, inclusive and non-competitive**.

The medal will recognise their personal achievement and be a reward for making that positive change!

We would absolutely love to see what challenge your child has chosen to do and we can't wait to see any videos or photos of them doing this! Remember to send us a healthy selfie on twitter!

