

WE'VE JOINED THE JOURNEY!

GO!

Building healthy habits

To celebrate the Tokyo 2020 Olympic and Paralympic Games, our school is joining the Travel to Tokyo challenge.

By taking part in fun, physical activities we will go on a virtual journey from London to Tokyo – **47,349 kilometres!**

Along the way, we will stop off to learn about cities that have hosted (or will soon host) the Olympic and Paralympic Games.



Travelling in teams



TRAVEL TOKYO



HOW IT WORKS

1



We will give you our school postcode and team name.

2



Get active as a family:
You can find lots of ideas on the website but any activity counts.

3



Log your activity on the website:
Your activity will be converted into a distance.

4



Track our progress:
Keep track of how far we've travelled on the website.

5



Win family prizes along the way:
Previous prizes have included fitness trackers, indoor activity hampers and Nintendo Switches!

6



Discover other cultures: Each country we reach will unlock fun active challenges like finding Chinese treasure or discovering Australian beasts!



getset.co.uk/travel-tokyo

Show us how you get active! #TTYourWay



@GetSetClub



@GetSetCommunity