



# St Osyth C of E Primary School

A member of the Diocese of Chelmsford Vine Schools Trust  
Norman Close, St Osyth, Essex, CO16 8PN  
01255 820823  
schooloffice.stosyth@dcvst.org  
www.st-osyth.essex.sch.uk

## Active Summer Challenge

Summer is here and what better way to step into the sunshine than celebrating the fantastic sports events happening in July and August. From UEFA's Women's EURO 2022 to the Commonwealth Games in Birmingham, it promises to be a summer full of excitement!

This summer, we want to build on the return of sport and physical activity in school and encourage children to step into their own Active Summer Challenge. The summer holidays present the perfect opportunity for time together, enjoying the weather and taking a rest from the usual routine.

The Active Summer Challenge will help children be active every day by setting their own pledge and taking part in the six weekly challenges. There are resources with fun activity cards for children and links to lots of amazing content from sport organisations. Below, you will find weblinks to resources and activity cards for you to use from home.

### How do you set the activity pledge?

- The aim should be to reach the Chief Medical Officer's guidelines for physical activity. This is 60 minutes a day of moderate to vigorous activity or a minimum of 20 minutes a day for children with a disability. You can build up to 60 or 20 minutes across the day – it doesn't need to be in one burst.
- Choose an activity – or different activities – that are enjoyable. Having fun is a key motivator for children, so supporting them to plan a fun activity, perhaps linking up with friends and family, or something you could do alongside them, would help keep them engaged.
- The pledge can be simple – it might be participating in the [Daily Mile](#), playing their favourite sport, walking to and playing in their local park with friends, doing a set number or minutes of an action like star jumps, doing all the [10 minute Summer Shake Up](#) activities in the holidays, or choosing videos to complete from the Active Recovery Hub.
- Use the pledge tracker to write down the pledge and record what activity takes place every day. There's a downloadable certificate available to celebrate children's achievements.
- If you like, use one of six weekly activity cards with a challenge focused on a sport or activity. These are fun and inclusive with all the information provided on each page for each week.

Please find below a list of web links to have access to all the resources and activity cards for your children.

I hope you have an enjoyable and active summer together as a family this year.

Yours sincerely,

*F. Carvalho*

Mr F. Carvalho  
PE and Sport Lead

KS1 Resource Pack and Certificate

[https://media.yourschoolgames.com/documents/KS1\\_Resource\\_Pack\\_Certificates.pdf](https://media.yourschoolgames.com/documents/KS1_Resource_Pack_Certificates.pdf)

Week 1 – UEFA Women’s Euros

[https://media.yourschoolgames.com/documents/Active\\_summer\\_challenge\\_KS1\\_5-7\\_football\\_final.pdf](https://media.yourschoolgames.com/documents/Active_summer_challenge_KS1_5-7_football_final.pdf)

Week 2 – Commonwealth Dame Darcey Dance Challenge

[https://media.yourschoolgames.com/documents/Active\\_summer\\_challenge\\_KS1\\_5-7\\_dance\\_final.pdf](https://media.yourschoolgames.com/documents/Active_summer_challenge_KS1_5-7_dance_final.pdf)

Week 3 - Commonwealth Games Para Athletics Challenge

[https://media.yourschoolgames.com/documents/Active\\_summer\\_challenge\\_KS1\\_5-7\\_para\\_athletics\\_final.pdf](https://media.yourschoolgames.com/documents/Active_summer_challenge_KS1_5-7_para_athletics_final.pdf)

Week 4 - The Hundred

[https://media.yourschoolgames.com/documents/Active\\_summer\\_challenge\\_KS1\\_5-7\\_cricket\\_final.pdf](https://media.yourschoolgames.com/documents/Active_summer_challenge_KS1_5-7_cricket_final.pdf)

Week 5 - The Daily Mile

[https://media.yourschoolgames.com/documents/Active\\_summer\\_challenge\\_KS1\\_5-7\\_daily\\_mile\\_final.pdf](https://media.yourschoolgames.com/documents/Active_summer_challenge_KS1_5-7_daily_mile_final.pdf)

Week 6 – The US Open Tennis Championships

[https://media.yourschoolgames.com/documents/Active\\_summer\\_challenge\\_KS1\\_5-7\\_tennis\\_final.pdf](https://media.yourschoolgames.com/documents/Active_summer_challenge_KS1_5-7_tennis_final.pdf)