

Trip to Tokyo

Olympic games 2021

Shape, rectangle

Description automatically generated with medium confidence

**With the upcoming Olympics and Paralympics in Tokyo this Summer. The South Norfolk School Sport Partnership would like to challenge pupils and staff to take a trip to Tokyo.**

**This is a great activity for pupils, giving them a chance to be part of a fun physical activity & cultural experience.**

**This activity is aimed at primary and secondary pupils.**

**The plan is to ‘travel from Norwich to Tokyo’ by land, learning about some countries, towns & cities ‘en route’, and picking up some facts about the Olympic Games, on the way.**

**The distance from Norwich to Tokyo is approximately 8,000 miles!**

**Each stage is broken down into 16 stages of approximately 500 miles, and the challenge is for schools to engage their pupils (& teachers, if they wish) in contributing miles at each stage, ie 8 x 500 miles, the equivalent of the full journey of 8.000 miles!**

**The miles can be covered on foot, on bikes, in wheelchairs, on skates, on scooters or even on skateboards!**

**Your pupils will have a passport which can be ‘stamped’ at each destination, where you will also learn some facts about the town, city or country you are in, along with some Olympic facts pertaining to that area.**

A picture containing text

Description automatically generated

A screen shot of a video game

Description automatically generated with low confidence

Logo, circle

Description automatically generated

Shape, rectangle

Description automatically generated with medium confidence

**How can your pupils participate in this challenge?**

**This Challenge is open to all Primary & Secondary schools in South Norfolk SSP**

**There are 3 options & schools can choose any of the following Challenge formats in which to participate (you may decide to differentiate the offer to suit your pupil’s needs..**

**Option A – Participants are ‘tasked’ with logging ‘miles covered’ by each pupil and collating them with the aim of covering the total 8,000 miles (eg. 10 mile walk with family)**

**Option B - Mark out a course on your playground or field. This can be any distance to suit your pupils. Each lap counts as an ‘Olympic mile’ and contributes towards the total.**

**Option C – Pupils should substitute completing 500 miles to complete each stage by performing 500 tasks. For example 500 skips, shooting 500 Basketball/Netball/Football goals, Swimming 500 lengths of the swimming pool etc.**

**Regardless of which Challenge/s your school chooses every single Mile/Equivalent ‘Mile’/ Goal/Skips etc will count towards your whole school total.**

**Each class can keep a ‘tally’ of each pupil’s contribution towards the total journey, whether you are doing it as a class, or as a year group, or as a whole school.**

**Each pupil can also have a ‘passport’ to log their own miles.**

**Every pupil should be encouraged to make their own contribution, no matter how small.**

**Have fun, and don’t forget to tag us over on**

**Twitter @southnorfolkssp so we can see what you’ve been up to!**

Shape, rectangle

Description automatically generated with medium confidence

School Passport

**School Name:**

**Male:**

**Number of Pupils who took part :**

**Female:**

**Number of pupils with Special Educational need or disability (SEND) that took part:**

**Number of BAME pupils that took part:**

A picture containing text

Description automatically generated