

# Parents' Guide to

# The Legacy Challenge

*'Inspiring young people to be more physically active  
and lead healthier lifestyles'*



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All resources and additional information found in this resource can be viewed and downloaded from the parents zone of our website at [www.inspireplus.org.uk](http://www.inspireplus.org.uk)

*(Please note that hyperlinks can be accessed when using an electronic version of the resource)*

## Foreword

The Legacy Challenge provides Primary aged children, both in KS1 and KS2, an ideal opportunity to grow and develop their leadership skills. It has been designed and published by Lincolnshire based sports charity Inspire+ and in the three years of the Legacy Challenge being a county initiative it has engaged over 40,000 children from over 180 schools and has been recognised nationally as the 'Best Increasing Participation Project' by Youth Sport Trust. Inspire+ is working in conjunction with the School Sport Partnerships of Lincolnshire network to ensure every school has the opportunity access to this initiative.

There are numerous ways the Legacy Challenge can support your child to take on greater responsibility within both the classroom and in the playground. It is an excellent platform for Bronze Young Ambassadors or members of a School Sport Organising Crew to further their skills by leading the delivery of the initiative, promoting and raising awareness to peers about the benefits of a healthy lifestyle and increasing participation in physical activity. As well as developing the individual child, the Legacy Challenge will support your whole school development by:

- Encouraging children to become healthier and more active, both at school and within the community
- Increasing numbers of children participating in intra and inter-school competition
- Developing leadership skills amongst young people
- Baseline data that is collected as part of the Legacy Challenge can be used to provide evidence of impact for Ofsted (spiritual, moral, social, cultural development), Healthy Schools, Sport Premium and School Games Mark

The Legacy Challenge initiative, was launched with the support of Lord Coe in November 2012, and was then launched across Lincolnshire by Baroness Sue Campbell in November 2013. Baroness Campbell was awarded a Commander of the British Empire for her services to sport and was the Chair of UK Sport (until early 2013); where she presided over Team GB and Paralympic GB's largest medal haul in living memory.



Lord Coe commented at the launch, "*This is a good day for me, because what you are doing here today is everything we wanted to build on from the Olympic Games. This is all about encouraging young people to do things they have never thought about, whether it's taking up a new sport, learning a musical instrument, or being a volunteer.*"

### Impact to date

Since becoming a county initiative in 2013 the Legacy Challenge has actively engaged over 35,000 primary school children from over 170 schools throughout Lincolnshire. The Legacy Challenge has inspired many children to be more active and lead healthier lifestyles. Below is what some schools fed back to us:

*"We have found the Legacy Challenge a very useful resource that has engaged our children, with focussed challenges promoting our pupils' spiritual, moral, social and cultural development. The logs have been great evidence for Ofsted".*

**Mrs Baldwin, Headteacher, St Sebastian's Primary School**

*"We used the Legacy Challenge in partnership with our 8 partner primary schools to engage pupils in physical activity and to be more health aware. The whole initiative was introduced and driven by our secondary school sports leaders in each primary school. The impact to date has been fantastic and our leaders are looking forward to delivering the Legacy Challenge again this year"*

**Mr Game, Assistant Headteacher, Jack Hunt Secondary School, Peterborough**

*"Thanks again for this wonderful toolkit and producing something that addresses a large number of SMSC areas through sport, healthy lifestyles and values."*

**Mr Clack, Headteacher, Great Ponton Primary School**



## Backed by Olympic and Paralympic Athletes

Shona McCallin, Rio 2016 Hockey Gold Medallist, Sam Ruddock, London 2012 Paralympic Athlete and Sophie Allen, British swimming champion who represented Great Britain at the London 2012 Olympics and Glasgow 2014 Commonwealth Games all continue to endorse the Legacy Challenge with Inspire+.



The Legacy Challenge initiative will see schools access the following:

- Legacy Challenge logbooks for every pupil
- Localised training for teachers and young people to champion the initiative in schools
- Teacher guidance that demonstrates the whole school impact (Ofsted, Healthy Schools, Sport Premium)
- Comprehensive lesson plans to support the challenges being embedded in cross curricular activities
- Certificates for completing each challenge
- Prize draw for the best Legacy Challenge Champions to **win an ambassador visit for their school**
- Competition for the school with the most completed logbooks to **win an ambassador visit**
- Access to Legacy Coordinator support

This initiative is being brought to you through agencies working together across Lincolnshire for the benefit of young people. We really hope you are able to inspire young people through the Legacy Challenge.

Gareth Hart, Chair  
School Sport Partnerships of Lincolnshire

Vincent Brittain, CEO  
Inspire+

Sam Ruddock, Paralympic Athlete  
Inspire+ and Legacy Challenge Ambassador

Janet Inman, CEO  
Lincolnshire Sport



## Parents' guide

### Introduction

#### What do we mean by Legacy?

The purpose of this initiative is for young people to create their own physical activity and health legacy to bring about many outcomes, including:

- Being a positive role model and citizen
- Being an active volunteer in school, at home or in the local community
- Having a greater understanding of what it means to be healthy and putting this into practice
- Being more physically active by participating in structured competition and sports clubs
- Being more physically active in unstructured play and leisure time

Overall the aim of the Legacy Challenge initiative is that young people will become more physically active and lead healthier lifestyles.

#### Legacy Logbooks

Prior to your child having received their logbook, the school will have had an assembly or introduced the Legacy Challenge within classes so that your child is aware of what the Legacy Challenge is, the unique challenges that are included and why it is relevant to them.

The Legacy Challenge is designed so that it can be completed with whole school involvement or at home on an individual basis.

#### Incentives / Reward System

Other than the reward of being healthier, happier and more active, there are further incentives within the challenges that are aimed at motivating children to complete them.

1. **CERTIFICATES** – Each school has been given reward certificates on their resource CD-ROM. These are to be used at the discretion of the school, but they have proved to be positive encouragement to get children to complete the challenges. Each challenge has its own certificate to hand out to the children when have completed the challenge.

**The challenge is completed once they have evidenced that they have met the required criteria.**

2. **MEDAL STICKERS** – The stickers are placed onto the front of the pupil's logbook. These are handed out after each challenge the pupil completes and placed onto that challenge. The stickers are to be used alongside the certificates. These will be administered by your child's school.
3. **LEGACY CHALLENGE CHAMPIONS** – if a pupil completes **every** task in **each** challenge they will become a Legacy Challenge Champion. Where they will receive a special certificate to demonstrate all of their hard work. Schools will select their 3 best Legacy Challenge Champions and these children will then be entered into a county wide competition to **win a visit from one of the ambassadors for their school** (Inspire+ will administer the competition and provide the prize).

Entries will be submitted by your son/daughter's school. **The deadline date for receiving entries is: Friday 7<sup>th</sup> July 2017** (Any entries received after this date will not be entered into the prize draw).

## The Legacy Challenge

This year's Legacy Challenge is all about the Legacy Challenge Ambassadors & The Healthy Bunch inspiring your son/daughter to complete challenges which helped them succeed in their sporting achievements. Each ambassador has taken time out of their busy schedule to actively create their challenge to make it unique and exciting for your child to complete. Each Ambassador has endorsed their challenge and hopes your son/daughter enjoys completing them as much as they have enjoyed creating them.

There are TWO different levels of logbooks this year, please read below to see the differences between these levels.

**Level 1** – This version of the Legacy Challenge logbooks is the first level and is an easier version for children to complete as the challenges only require a single task to be completed. The Legacy Challenge Ambassadors have also chosen their Healthy Bunch Character which they would like to represent them for their challenge. This logbook is aimed primarily at KS1 aged children but can be completed by KS2 children, especially those in Year 3.

**Level 2** – This version of the Legacy Challenge logbooks is the second level as it is more comprehensive than the level 1 logbook. This version is similar to previous Legacy Challenge logbooks as there are multiple tasks per challenge, with children having to complete at least one to complete the challenge. This is aimed primarily at KS2 aged children but can be completed by KS1 children if wanted.

### **Get Active with Sam Ruddock and Colin Cabbage**

This challenge is about getting children as active as possible by encouraging them to try new sports, games or activities, whether this is at home, at school through structured play times or in the community, Sam and Colin just want children to be as active as they can be.

**KS1 Evidence:** Your son/daughter, *with help from an adult*, are to write the new sport, game or activity that they have tried that week. Perhaps they could attach a photo or picture of them trying the new sport, game or activity?

#### **KS2 Evidence**

**Task 1 Evidence:** Your son/daughter is to ask the teacher, coach or adult in charge of their club to sign the evidence box in their logbook each week they attend. If your son/daughter are already attending a sports club either at school or within the community they should evidence when and for how long they have attended. As well as that they will need to evidence that they have at least tried to introduce a friend / family member to their club. If they do not succeed in doing so, at least they will have evidence of who they spoke to about attending and whether or not they did.

**Task 2 Evidence:** Your son/daughter are to use the activity tracker resource or exercise diary to document the activities, sports or games they take part in each day whilst at school. These activities should comprise of extra-curriculum clubs, active break times, PE, active lessons or other sport and physical activity events. This should be documented for at least 2 weeks.

## **Sarah and Brian's Get Out, Get Active Challenge**

After completing her epic adventure of London2 London via the World by human power, Sarah and Brian want to inspire your child to explore the outdoors whilst learning more about themselves and thinking about the wildlife that surrounds them.

**KS1 Evidence:** *This task aims to get your son/daughter to explore their local surrounding by collecting different leaf or bark rubbings. They are to attach as many leaves and bark rubbings that they can collect. Can they look into the different types and their names?*

### **KS2 Evidence**

**Task 1 Evidence:** *Your son/daughter are to complete the word search in the logbooks and encouraged to then go and try and locate the wildlife in their garden, school field or local parks. They are encouraged to attach a photo or drawing with the wildlife they managed to find.*

**Task 2 Evidence:** *Your son/daughter are to create a den which they are then asked to attach photos/pictures of their den to their logbook.*

**Task 3 Evidence:** *This task aims to get your son/daughter to explore their local surrounding by collecting different leaf or bark rubbings. They are to attach as many leaves and bark rubbings that they can collect. Can they look into the different types and their names?*

## **Sophie and Sally's Healthy Lifestyles Challenge**

Sophie and Sally's challenge has been designed to encourage your son/daughter to be as active as possible whilst at school and at home to meet the recommended 60 minutes of daily exercise for at least 2 weeks. The tasks also look at other aspects of our lifestyle choices which could be improved to make it a healthier one.

**KS1 Evidence:** *Your son/daughter are to use the activity tracker in their logbook to track the amount of exercise they are doing each day. They should simply circle or tick the amount of minutes of exercise they have completed within school and whilst at home each day and add the two totals together to see how active they have been each day. This should be documented for at least 2 weeks. They can also total how much they have done each week.*

### **KS2 Evidence**

**Task 1 Evidence:** *We challenged your son/daughter to walk, bike or scoot to school for 2 weeks or more. They are to tick the box when they have walked, biked, scooted to school (or done their alternative activity) for that day, this is to be done for at least 2 weeks (these don't have to be consecutive weeks).*

**Task 2 Evidence:** *This task challenges your son/daughter to meet 30 minutes of their recommended 60 minutes of daily exercise whilst at home for at least 2 weeks. They are to use the activity tracker resource or exercise diary to document the activities, sports or games they take part in each day whilst at home. This should be documented for at least 2 weeks.*

**Task 3 Evidence:** *Many children do not get enough quality sleep and this often reflects in their energy levels at school and also their academic levels of achievement. Your son/daughter are to write down the*

times of when they go to bed and woke up. This will then allow them to calculate how many hours sleep they achieved and to see if they meet the recommended 9½ hours.

## **Ben and Hannah's Marathon Challenge**

Our Legacy Challenge Ambassador Ben Smith has inspired many individuals around the country with his challenge of running 401 marathons in 401 consecutive days. Ben started his journey on the 1<sup>st</sup> September 2015 and over the course of the following 11 months he completed a marathon every day.

Ben came up with the idea for this overwhelming challenge because of the experiences and difficulties that he has faced in his earlier life. Ben was keen to raise awareness of bullying in the UK, using this to inspire and challenge people to set themselves targets and to achieve things that they never thought possible.

**KS1 Evidence:** *The aim of this task is to challenge your son/daughter to see how far they can run without stopping they are to record their first distance that they set and then attempt to beat this in a week or 2 weeks' time. They can also then try and beat their second distance.*

### **KS2 Evidence:**

**Task 1 Evidence:** *The aim of this task is to challenge your son/daughter to see how far they can run without stopping they are to record their first distance that they set and then attempt to beat this in a week or 2 weeks' time. They can also then try and beat their second distance.*

**Task 2 Evidence:** *This task aims to encourage your son/daughter to complete their first marathon by running a mile a day to over 26 days. Using the table within the logbook they are to ask the teacher or adult who is helping them run the mile to sign or tick each day they complete the distance.*

**Task 3 Evidence:** *A part of Ben's 401 Challenge was to help raise awareness of bullying within schools and this task continues Ben's vision. Your son/daughter is encouraged to create a poster, leaflet, presentation or even a video that could be used within their school to raise the awareness of bullying. They are to attach a copy of their poster, leaflet or presentation to their logbook.*

## **Eat Healthily with Shona**

Shona is passionate about her food and believes that fuelling yourself correctly is the way to making a difference to how we exercise and live. *"It's so important to have the right fuel, which starts with excellent nutrition, as this helps fuel sessions so you can push harder during and helps you recover more quickly so you can go again and again."* – Shona McCallin, 2016.

Through the tasks in her challenge, Shona wants to inspire your son/daughter to be eating healthier by thinking about the food they are eating and if they can improve on their current diet.

**KS1 Evidence:** *Can your son/daughter swap one of their current snacks each day to a healthier alternative? They are to use the table in the logbook to document the original snack they had in their lunch box and the new healthier alternative snack they chose instead. This is to be documented for at least 1 week.*

### **KS2 Evidence**

**Task 1 Evidence:** *Getting the best start to the day by having a good breakfast is an important part of being healthy, but many children are missing out, choosing breakfast options that are high in sugar or fat, or not having anything at all. Eating breakfast gives us the energy we need until lunchtime and can help us to cut*

down on snacking throughout the morning. Your son/daughter are to use the table in the logbook to document the breakfast they ate each day for 2 weeks.

**Task 2 Evidence:** This task challenges your son/daughter to eat 5 portions of fruit or vegetables each day for at least 2 weeks. They are to colour in the Healthy Bunch characters in their logbooks to represent whether they have eaten a piece of fruit or vegetable for each day of the 2 weeks.

**Task 3 Evidence:** This task aims to be interactive with your son/daughter to encourage them to think about the food that they eat. The crossword features some favourite fruit and vegetables that kids eat, plus some that could be new to them. They are to complete the crossword in their logbook and then challenge themselves to try as many of the fruit and vegetables.

## **Parental Support / Participation**

Over the years that the Legacy Challenge has been inspiring young people to be more physically active and to lead healthier lifestyles, we have seen a greater number of parents getting involved alongside their child/children in completing the challenges with them. We have had a number of cases that have proved to be success stories where parents/guardians have supported their child in completing the challenges. We have seen children go that extra mile to complete challenges as parents / guardians have supported them with that.

We therefore encourage parents / guardians to actively take part in the challenges alongside their child to help them go that extra mile.

We also envisage that future Legacy Challenges will have a greater emphasis on activities that can be completed as a family and will encourage active healthy lifestyles.

## **Quality Assurance**

Whilst the Legacy Challenge hopes to inspire individuality in each challenge, a high level of quality for each challenge is expected. Different activities will be more/less challenging for different children. If you have any questions please speak to your child's teacher/school or alternatively email our Legacy Co-ordinator at [marc.inspireplus@gmail.com](mailto:marc.inspireplus@gmail.com)

## **Additional Resources**

We have produced many accompanying resources which have all been designed to aid your child in providing evidence for the Legacy Challenge. We recommend that as well as recording the evidence in their logbooks, your child also uses the additional resources and attaches them to their logbook or even keeps them in a folder.

All additional resources can be downloaded from our parent zone within our website! Just go to [www.inspireplus.org.uk](http://www.inspireplus.org.uk)

*Please note that you will be required to create a username and password to be able to login and access the resources from the website.*