

Travel to Tokyo Competition

Travel to Tokyo aims to help children aged 5–11 to develop healthy, active habits by encouraging them to try new things, get active and have fun. Travelling in teams, children follow a virtual journey of athletes heading to Tokyo, exploring Japan, discovering more about the Games and finding new ways to enjoy getting active together with their families.

Schools create teams on the Get Set website (Travel to Tokyo section), and then young people and their families can log activity against their team for the chance to win great prizes.

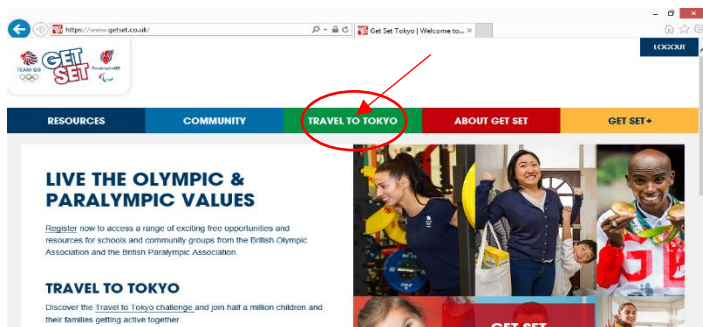
Also included are lots of resources to bring the challenge to life. These include Tokyo Ten Activity Guides, presentations to launch the activity with teachers and pupils, and activities to try at home. These have been organised into Parent and Teacher resources to make it easy to find the type of activities you need.

The challenge is brought to life by Team GB athletes Laviai Nielsen (Track and Field), Helen Glover (Rowing) and Anthony Ogogo (Boxing) and Paralympians Will Bayley (Table Tennis), Natasha Baker (Dressage) and Abdi Jama (Wheelchair Basketball).

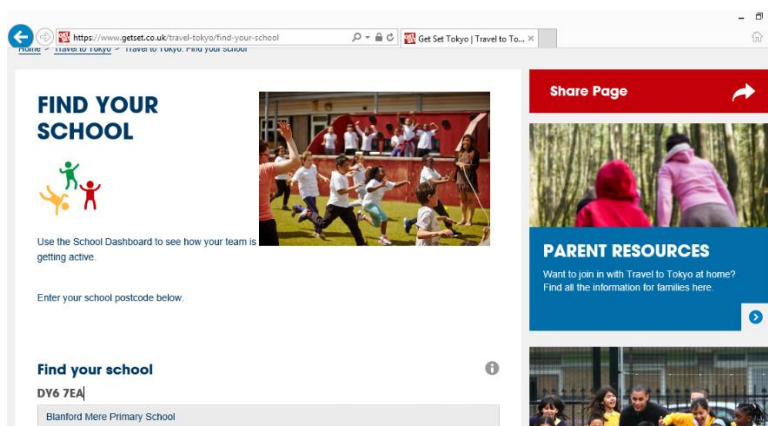
To log your physical activity follow these steps:

Log on to the Get Set website (<https://www.getset.co.uk>)

Click on **Travel to Tokyo**



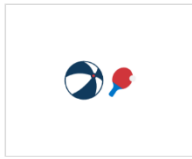
Click on find school and enter DY6 7EA in the post code box and click on Blanford Mere Primary School.



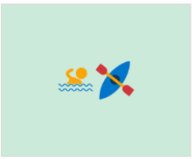
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Click on [Log Activity](#) and enter the type of activity you have done, enjoyment level, how long it took, how hard it was and the family members that took part.

WHAT ACTIVITY DID YOU DO?





BALL GAMES



IN THE WATER


DID YOU ENJOY IT?




HOW LONG DID IT TAKE?


hours mins

HOW HARD DID YOU WORK?



HOW MANY FAMILY MEMBERS TOOK PART?

ME 

CHILDREN  **ADULTS** 