



# JOIN THE DAILY BOOST DECEMBER CHALLENGE

Why not get into the Christmas spirit and improve the health and wellbeing of your pupils whilst adhering to COVID-19 guidelines by taking part in our first Christmas themed Challenge during December (1st-18th).

A great opportunity for you to introduce or relaunch the Daily Boost programme to your school or just simply try out our new 'Mini Boost' resources and boost your schools' position on the Daily Boost Tracker!

The Daily Boost aims to encourage children and young people to do 15 minutes of organised activity at school every day. The Daily Boost is FREE\* and Schools will receive resources, rewards and access to log activity for the Boost Tracker!

With the change of weather and limited space in school right now the 'Mini Boost' offers you the opportunity to provide easy, simple activities without leaving the classroom. One 'Mini Boost' is 5 minutes of any structured activity; 3 x 5 'Mini Boosts' per day is equal to 1 Daily Boost. Or you can still do your 15 minutes of structured activity to achieve a Daily Boost per day.

1

Make sure your School is registered to the Daily Boost so that you can take part and access the exclusive Christmas themed resources. [www.lrsport.org/dailyboost](http://www.lrsport.org/dailyboost)

2

Receive your welcome email and access the **EXCLUSIVE** Daily Boost December Resources to get started and plan your activities!

[www.lrsport.org/dailyboostchallenges](http://www.lrsport.org/dailyboostchallenges)

[restricted access to those registered]

3


Decide how you would like to monitor your pupil involvement in Daily Boosts or Mini Boosts, via a hard-copy or digital wallchart or scorecards for the pupils.

4

At the end of the Challenge, submit your School's involvement through the wallcharts, scorecard or our Virtual Together app, and you'll receive access to certificates and receive Boost Bands!

[www.lrsport.org/dailyboostgetinvolvedchallenges](http://www.lrsport.org/dailyboostgetinvolvedchallenges)



Don't forget to send us your photos  [@DailyBoost\\_LRS](https://twitter.com/DailyBoost_LRS)

