



# Virtual Festive Family Activity Challenge

**Challenge Opens:** 10am, Monday 14<sup>th</sup> December 2020

**Challenge Entry Form Closes:** 10am, Monday 4<sup>th</sup> January 2021

*HO, HO, HO!* Active Devon and the Devon School Games Organisers are hosting a FREE *Virtual Festive Family Activity Challenge*. Taking part in this fun challenge is a great way to keep your family active, moving and motivated over the festive season.

The main challenge is made up of three separate challenges: the 7 Days Challenge; 14 Days Challenge or 21 Days Challenge. As a family you can choose which one you would like to do. Plus, which Certificate Award you would like to go for, either Bronze, Silver or Gold. Here's some more information on the different challenges.

## Activity Challenge – Moving Minutes

Active minutes can be achieved in many ways, whichever suits your family best. You will need to choose one of the following challenges: 7 Days, 14 Days or 21 Days, and then which Certificate Award: Bronze, Silver or Gold.

Active minutes can be built throughout the challenge you choose (for example, if you choose the 7 Days Bronze Challenge, you need to achieve 210 minutes across the 7 days. This could be done in a variety of ways, here is just one example: 5 days x 42 minutes = 210 minutes.

All challenges must be completed between 10am on the 14<sup>th</sup> December 2020 and 10am on the 4<sup>th</sup> January 2021. A family can consist of a minimum of one adult and one child and there's no maximum number, as long as you're all in the same household or family bubble.

You must also ensure you are following the [latest UK government guidance on being active during the coronavirus outbreak](#).

### 7 Days Challenge (HO)

Certificate Award	Length of Challenge	Active Minutes Goal for all family members involved in the challenge
Bronze	7 days	210
Silver	7 days	315
Gold	7 days	420

### 14 Days Challenge (HO, HO)

Certificate Award	Length of Challenge	Active Minutes Goal for all family members involved in the challenge
Bronze	14 days	420
Silver	14 days	630
Gold	14 days	840

## 21 Days Challenge (HO, HO, HO)

Certificate Award	Length of Challenge	Active Minutes Goal for all family members involved in the challenge
Bronze	21 days	630
Silver	21 days	915
Gold	21 days	1260

Physical activity brings families together to enjoy shared time. Your active minutes can be anything you like, here are some suggestions:

- Skipping
- Dance
- Active play
- Skateboarding
- Riding a scooter
- Walking to the shops or park
- Activity in the living room or in the garden
- Cycling
- Jogging
- Walking the dog

What's great about this challenge is all family members don't have to do the same activity at the same time. For example, a parent(s) could walk to the park while the child/children ride their scooters.

### Enter Your Results Online

When you and your family have completed a challenge(s) you need to [record your results online HERE](#). This form will close at 10am on Monday 4<sup>th</sup> January 2021. **Please do not complete the online form prior to completing the challenge.**

### Prizes and E-Certificates

All active family members will receive a medal and as a family you'll receive an e-certificate to mark your achievement. For every weekly challenge your family completes you'll receive that many entries into the prize draw. For example, if you complete the 14 Days Challenge (2-weeks), you will have two entries in the prize draw. This will give your family the chance to win some great family activity prizes and vouchers.

### Photo Competition

We want you to share your "Active Family" photographs during the festive season. This can be done on social media, however, to enter the photo competition and be in with a chance of winning a prize please send them via the entry form once you have completed the challenge.

### Social Media

Why not share your favourite festive family activities with us on social media using #DevonVirtualGames.

### Recording Your Family Activity

**Remember** your active minutes can be anything you like from skipping, dance, active play, skateboarding, riding a scooter, walking to the shops or park, activity at home or in the garden, cycling, jogging, walking the dog. What is great about this challenge is all family members do not all have to do the same activity at the same time. For example, a parent(s) could walk to the park while the child/children ride their scooters.

Use this template to record your active minutes throughout the challenge and *don't forget to complete the online form once you have completed the challenge.*

Name of Challenge .....

Name of family member and number of active minutes ⬇ Days of the week ⬆	Name	Name	Name	Name	Name	Name	Name
7 Days Challenge							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Total number of minutes achieved after 7 days							
14 Days Challenge							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Total number of minutes achieved after 14 days							
21 Days Challenge							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Total number of minutes achieved after 21 days							

## Terms and Conditions

1. The competition organisers are Active Devon and the School Games Organisers.
2. The competition is open to all families who reside in Devon, or whose children attends school in Devon, excluding employees of Active Devon and Devon School Games Organisers.
3. A family should consist of a minimum of one adult and one child and there's no maximum number, as long as you're all in the same household or family bubble.
4. The challenges are to be carried out over 7 days, 14 days or 21 days and the Certificate Award chosen to be either: Bronze, Silver or Gold. Active minutes can be built throughout the challenge you choose (for example, if you choose the 7-days bronze challenge you need to achieve 210 minutes across the 7 days. This could be done in a variety of ways, here is just one example: 5 days x 42 minutes = 210 minutes).
5. All active family members will receive a medal and as a family you'll receive an e-certificate to mark your achievement. For every weekly challenge your family completes you'll receive that many entries into the prize draw. For example, if you complete the 14 Days Challenge (2-weeks), you will have two entries in the prize draw.
6. All challenges must be completed between 10am on the 14<sup>th</sup> December 2020 and 10am on Monday 4<sup>th</sup> January 2021 when the online entry form link will close. No entries will be considered after the closing dates.
7. The parent/guardian is aware of the nature of the challenge and takes responsibility for ensuring a safe area for the challenge to take place. This involves, but is not limited to, the surface, the equipment, and the surrounding areas. Moving minutes can be carried out indoor or outdoor. You must ensure you are following the [latest UK government guidance on being active during the coronavirus outbreak](#).
8. Active Devon and the Devon School Games Organisers will judge all entries and their decision will be final. No appeals process will be in place.
9. The winner agrees to the use of his/her name and image in any publicity material, as well as their entry. Any personal data relating to the winner or any other entrants will be used solely in accordance with current [UK] data protection legislation and will not be disclosed to a third party without the entrant's prior consent.
10. Active Devon reserve the right to terminate the competition if circumstances arise that are out of our control.
11. By entering this competition, the parent/guardian is agreeing to be bound by the terms and conditions.
12. All photo competition entrants and any persons appearing in your photo(s) will need to agree to the media consent statements and conditions of use on the Media Consent form via the online entry form.
13. If the media/privacy consent has been accepted as part of the entry, we will not conduct any further checks before publishing photos. You can withdraw media consent at any time by contacting [data@activedevon.org](mailto:data@activedevon.org).

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The *Virtual Festive Family Activity Challenge* is hosted by Active Devon and The School Games Organisers. The [School Games Organisers](#) are part of the School Sports Network, and between them they cover Torbay, Plymouth, South Hams and West Devon, East Devon, St Luke's, North Devon and South Dartmoor.