

Get Active Great Outdoors Challenge Summer 2017

Dear Parents and Children,

The Summer Term is here and everyone in the Gosforth Schools' Trust is excited about all the activities that we can enjoy in the great outdoors.

For the third year running the Gosforth Trust is launching the Get Active Great Outdoors Challenge. The idea is that we put our screens away and get active, doing as many different outdoor activities as we can.

Some of these activities might be:

- Building a den
- Making a mud pie
- Playing rounders
- Going on a bug hunt
- Pond dipping
- Climbing Trees
- Bike Riding or Skating
- A family bike ride
- Playing Pooh sticks
- The Junior Park Run
- Having a snail race
- Playing crazy golf
- Walking through the woods
- Playing tennis at your local park
- Challenging your friends to a scooter race
- Training for the Children's Cancer Run
- Building Sandcastles

The possibilities are endless and the choice is yours!

There are many other fantastic ideas for outdoor activities on the Woodland Trust website <https://www.woodlandtrust.org.uk/naturedetectives/> or through the National Trust website for 50 things to do before you are 11¾ <https://www.nationaltrust.org.uk/50-things-to-do> .

The challenge begins on Friday 12th May and will run until Friday 30th June lasting for seven weeks. During that time the children are encouraged to bring in either photographs or drawings of their outdoor activities which will be displayed in different ways across the schools. You could also Tweet us any pictures or descriptions of your activities and we will re-Tweet for all of our followers to see. You need to mention us @archibaldfirst in your Tweet so that we can see it and use the hashtag #GSTActiveChallenge so that the Gosforth Trust Twitter will also be able to retweet you. This should create a really great compilation of activities.

This is a fantastic opportunity for the children of the Trust to join together to celebrate an active healthy lifestyle and we hope it will provide opportunities for the whole family to get involved. We look forward to seeing and hearing all about your outdoor adventures!

Good Luck.