



# WIND YOUR WAY TO WEMBLEY FAMILY CHALLENGE 2021



## INSTRUCTIONS

1. Each football on the map of our Euros journey from Glasgow to London represents 30 minutes of physical activity as a family (eg. if a family of 4, all 4 need to be involved in the activity). If you do something for an hour then mark off 2 footballs. This includes the flag footballs.
2. You can then mark a football off your map by crossing it off with a pen or covering it with a sticker, working from football to football until you arrive at the final of the Euros venue – Wembley stadium in London.
3. When you have marked all the footballs off on your poster and recorded all your activity on your recording sheet, you have finished the challenge.
4. At this point send your recording sheet back into us to let us know you have finished.
5. The first 3 families to do this will receive the top 3 prizes. All families who finish will receive a certificate.
6. Examples of possible family activity are family walk, cycle ride, swim, park run, game of badminton/tennis etc.– limited at the moment with the lockdown, but not all impossible - Be creative! The deadline date to finish is June 30th.



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