

# DEAR KIDS,



## Get active as part of the #MyMiles challenge for the European Week of Sport

This September, SportsAid Week is joining up with the European Week of Sport to encourage young people to **#BeActive** through the **#MyMiles** challenge.

SPORTSAID WEEK  
24 – 30 SEPT

We all know how important it is to be active and stay active and as a SportsAid ambassador and previous recipient of the charity's support, I am asking **YOU** and your school to get involved.

### Who are SportsAid?

SportsAid are a national charity that provides young, talented athletes with financial support, recognition and personal development opportunities in the early stages of their sporting journey. They help athletes at a vital time – the majority are between 12 and 18 years old – when the only financial backing they receive is from their parents or guardians. SportsAid supported me when I was in my early teens and it made a huge difference, not only financially, but in helping me to believe that I could achieve my sporting dreams.

### SportsAid Week and the European Week of Sport

This September (24th-30th), SportsAid Week and the European Week of Sport are encouraging schools to **#BeActive** by taking part in the **#MyMiles** challenge. **#MyMiles** was created to highlight the amazing commitment and dedication of young SportsAid athletes. **Did you know, on average, they each cover around 40 miles every week, under their own steam, in training?** **#MyMiles** is a great way to recognise and support this by encouraging members of the public to get active in SportsAid Week and keep them company, so to speak, and say "we are with you...we are out doing our miles too!".

### How can your school get involved?

We are asking schools to get involved by encouraging every pupil to complete a minimum of one mile in SportsAid Week. If the activity is difficult to measure then 20 minutes of exercise is equivalent to one mile!

This can be in a PE lesson, at lunchtime or in an after school activity, with all pupils encouraged to donate £1 to take part. All the money raised will go directly to SportsAid, helping us to support even more young athletes.

Detailed overleaf is a simple to follow guide about how your school can get involved. The **#MyMiles** challenge will be supported by Olympians and Paralympians throughout the week...and they may even be making a few school visits along the way!

For more information, please email [sportsaidweek@sportsaid.org.uk](mailto:sportsaidweek@sportsaid.org.uk) or visit [www.sportsaid.org.uk/sportsaidweek](http://www.sportsaid.org.uk/sportsaidweek).

**Thanks very much and get thinking about what you can do in SportsAid Week!**



REBECCA ADLINGTON OBE

Olympic Swimming Champion



#SportsAidWeek

**#BEACTIVE**

# THE #MYMILES CHALLENGE FOR SPORTSAID WEEK

We are asking pupils to complete at least one mile each in SportsAid Week, whether it is in a PE lesson, at lunchtime or in an after school activity, while kindly donating £1 (or more if you want!) to SportsAid. Your miles can be covered by any method – walking, running, cycling, swimming, football or dancing to name a few. If the activity cannot be measured in miles then 20 minutes of exercise is equivalent to a mile.

See below for how to take part:

## 1 Order your #MyMiles pack:

You can order your free #MyMiles pack by visiting [www.sportsaid.org.uk/sportsaidweek](http://www.sportsaid.org.uk/sportsaidweek) or emailing [sportsaidweek@sportsaid.org.uk](mailto:sportsaidweek@sportsaid.org.uk).

## 2 Decide when your school is going to take part in #MyMiles:

We encourage you to get involved during SportsAid Week (24-30 September) – Tuesday 25 September is our dedicated #MyMiles Schools Day. But if that doesn't work for you then you can choose any date!

## 3 Decide on your #MyMiles activity:

It could be a special PE class, 20mins of a physical activity, a walk at lunchtime or even a special sports day. The most important thing is making it accessible to every pupil.

## 4 Let everyone know you are taking part:

Your pack will include posters and a link to a great #MyMiles video – perfect for a school assembly. Don't forget to email SportsAid ([sportsaidweek@sportsaid.org.uk](mailto:sportsaidweek@sportsaid.org.uk)) to let us know you are taking part so we can celebrate your involvement!

## 5 The #MyMiles day/s:

Encourage all pupils to bring in £1 to take part in their #MyMiles challenge. If you want to collect even more money on the day for SportsAid then you could include a healthy bake sale or fancy dress day (dress like your favourite sports person!).

## 8 Celebrate your involvement:

You have just raised money to help SportsAid support young talented athletes with your pupils getting active in the process. What an achievement!

## 7 Count up your miles:

Don't forget to count up those miles and either email them to SportsAid or tag us in your social media letting us know (handles below). Remember 20mins of exercise = one mile.

## 6 #BeActive:

Take part in #MyMiles and take as many pictures as possible. We want to see you all getting involved in the European Week of Sport!



SPORTSAID WEEK  
24 - 30 SEPT



@TeamSportsAid



/sportsaid

#SportsAidWeek | [www.sportsaid.org.uk/sportsaidweek](http://www.sportsaid.org.uk/sportsaidweek)

#BEACTIVE

#MYMILES



## DON'T FORGET.....

Whatever you do, don't forget to let SportsAid know that your school is taking part in the #MyMiles challenge.

Throughout the week we will be holding a number of surprise visits from SportsAid athletes as well as SportsAid Week ambassadors. By letting us know you are taking part, your school could be in with a chance of securing a visit! Email [sportsaidweek@sportsaid.org.uk](mailto:sportsaidweek@sportsaid.org.uk).

## AND THERE'S MORE.....

The most miles covered as a school or class, best photos from the week and the most creative ideas will win you a prize! Make sure to get your thinking cap on....

### Are you up for the challenge?

If your school wants to take #MyMiles to the next level, you can order SportsAid headbands to give to everyone who takes part (see pic). Headbands cost £2.50 each and orders will be required before 1 September.



We look forward to seeing you get involved in SportsAid Week!

Ellie Simmonds

Adam Peaty

Lutalo Muhammad

Laura Wright

## OUR SPORTSAID WEEK AMBASSADORS

#BEACTIVE

#MYMILES



@TeamSportsAid



/sportsaid



SportsAid

#SportsAidWeek | [www.sportsaid.org.uk/sportsaidweek](http://www.sportsaid.org.uk/sportsaidweek)

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