



# Virtual Sports Day

Your weekly timeline to June 13th 2020

Sign on @ <https://healthy-kidz.com>

in partnership with



**Week 1 - 11 May**  
Sprint  
Long Jump

**Week 2 - 18 May**  
High Jump  
Egg & Spoon

  
**START THE JOURNEY**  
Before 11th May sign up at  
<https://healthy-kidz.com>

**Week 3 - 25 May**  
Welly Boot Toss  
Superstrong Challenge

**Week 4 - 1 June**  
Marathon Challenge  
Create your own obstacle course

**Week 5 - 8 June**  
Pick your best 5 events and work on each before Sports Day

**SPORTS DAY**  
**13th June**

Be sure to log all activities every day to get your 20-day streak