



Dear Parent,

Welcome to Sport Diddy. Our aim is to get children active at home, off the gadgets and spending quality time together with their family. We have lots of PE challenges for your child to do and we would love you to get involved.

Step 1: Watch the video

Step 2: Find a safe area and set up the challenge

Step 3: When completed sign your child's scoresheet

Helpful information/Frequently asked questions

We don't have the right equipment?

We have designed the challenges to use easily available and minimal equipment. Bins and boxes make great targets to shoot into. Can you borrow the equipment from a friend or school? If you are really stuck then create a similar challenge using the items you have in and around your house.

My child can't do the challenge?

Firstly, keep going and don't give up. Many things in life take time to do and if improvement is happening you will get there. Secondly, on our web-site under each challenge there is a section on "differentiation" where we suggest an easier and harder option. Have a go at making the challenge easier. If you are still finding it hard then keep trying and keep changing the challenge until you find success.

The weather is terrible we can't get outside?

Can you do the challenge inside or pick another challenge to do. When the weather is better you can do the original one.

As a parent should I do the challenge also?

We encourage family and friends to join in our challenges. In fact, for some of the challenges you are needed. Give your child as much support as they require. That may be doing the challenge with them, making it a family competition or cheering on from the sidelines.

