

Term _____

Half Term 1		Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
<i>Example</i>		<i>Bingham football</i>	<i>JT</i>	<i>Table tennis club</i>	<i>HS</i>	<i>30 min bike ride</i>	<i>TH</i>	<i>Wall climbing</i>	<i>EJ</i>	<i>Swimming</i>	<i>IK</i>	<i>Netball club</i>	<i>KL</i>
	1												
	2												
	3												
	4												
	5	Name of sport											
	6												
Signed													

Half Term 2		Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
	1												
	2												
	3												
	4												
	5	Name of sport											
	6												
Signed													

To receive the award, children must participate in at least 5 'formal' sporting, dance or related activities every week. This can be the same activity pursued over 5 or more days. Children must record the activity they are participating in and then get their coach/leader to sign to confirm their participation. You as a parent can also sign. At the end of each week, the child must ask a teacher to sign to confirm the 5 sporting activities.

Sporting Achievements

Representing the School

Sporting Event	Date	Signed

Sporting Achievements Outside of School

Sport	Achievement certificate/medal	Date	Signed

My Future Targets

This award is designed to encourage children to be active and adopt a healthy lifestyle. It recognises and values children's participation in in formal sporting, dance or related activities.

Strive for 5



'Live life in all its fullness'

Name: _____