



## TRAVEL TO TOKYO WITH GET SET

Get set is the British Olympic Association and British Paralympic Association's youth engagement programme which was created at the time of the 2012 Olympics to inspire a generation of young people to help fulfil their potential and maintain healthy, active lifestyles. Although the Tokyo 2020 Games are not happening this year, you and your family can still get active, stay connected and with prizes with Travel to Tokyo, Team GB and Paralympics GB's official free programme.

Carmondean Primary School have registered with Get Set. This will allow families to get active together at home and log their activity to their school team. There will be chances to win weekly prizes, for teams to beat weekly goals and also share their activity to win amazing prizes like fitness trackers. Set out below are instructions as to how to register your activity.

- Click on the following link [www.getset.co.uk/travel-tokyo](http://www.getset.co.uk/travel-tokyo)
- Click on the families tab
- Click on Find school and enter the post code EH54 8PX. Carmondean should pop up and you should click on the name and press submit.
- You will then see a list of teams by primary stage. The school team option is for the staff and their families to log their activity too so we are all taking part!
- Once you have chosen your stage you will see a list of activities to choose from to log your exercise. Click on the appropriate picture and then fill in the details underneath such as how much you enjoyed the activity, the time you spent on it etc. Once this is completed, click on submit and this will then log your activity. Only complete the name and email section if you are looking to receive the newsletter.

We hope that everyone will take part in this no matter how much or how little activity you log.