

Change4Life Competition

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Take part in the fantastic SmallSteps4Life competition!

Get thinking like an athlete – and win a visit by a top athlete to your school



With less than seven months until the London 2012 Olympic & Paralympic Games, Change4Life and SmallSteps4Life are inviting you to get into the spirit of the Games and inspire your class to eat well, get active and feel good.

They're launching a competition to get kids thinking like an elite athlete, to win a visit from a top athlete for their school. London 2012 will see people all over the country getting caught up in the excitement around the Games, so it's the perfect time to inspire your pupils to get healthier!

What are you waiting for? Make your class's start to 2012 the healthiest one yet.

How to enter

On your marks: choose your sport

We want to hear how you've got your class to 'think like an athlete'. Help them pick an Olympic event they feel inspired by, like sprinting, javelin or gymnastics and think about how they would train for it. Perhaps they'll run each morning to be a sprinter; throw bean bags or balls as far as they can for the javelin; or practice a routine each day to be a gymnast. Whatever they do, we want classes across the country to think about what they can do to improve their health, reach their goals and feel good getting there.

Get set: form a training plan

Once you've chosen your 'sport', you then need to create a four week 'training' plan with your class. This can involve doing a healthy task each day, like running before you register; trying a new healthy food; or swapping unhealthy snacks for fruit or vegetables. Mix things up over the week to keep the task interesting, and if you want you can try marking the end of the training programme with an event, like a race day or assembly to show off a practiced routine.

Go! Tell us what you did

Enter the competition: we'd like you to submit a four week diary showing us what your class did, and tell us how it made you feel good. Download the template diary below and where possible include your class in the entry – perhaps you could draw some pictures to show off your work or film the class taking part.

- [Download a competition entry form \(DOC, 1.2MB\)](#)
- [Download competition guidance \(DOC, 2.5KB\)](#)

Important details

- **The competition is open to primary schools, secondary schools and special schools in England only.**

- The competition opens on 9 January 2012 and closes on 9 March 2012.
- Each class can submit one entry only, but schools may submit multiple entries from separate classes.
- Prize visits will take place in April/May/June.

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