

Dear Parent,

How do you fancy challenging friends, family or neighbours to some fun, virtual sporting activities this summer?

At national children's charity, the Youth Sport Trust, we are determined to ensure that young people stay active and connected through this difficult time. We've been helping families do this with our daily #StayHomeStayActive activities since March and now we're challenging the public to go one step further by joining us in our first ever National School Sport Week at Home, supercharged by Sky Sports.

Taking place from 20-26 June, the week will give families, communities, schools and sports clubs the opportunity to take part in a series of virtual sporting challenges which help young people capture the enjoyment, competition and camaraderie they may be missing out on and the Youth Sport Trust is delighted that Sky Sports will be helping to supercharge the campaign.

How do I find out more?

Registering couldn't be simpler. Just go to our website www.youthsporttrust.org/nssw and click on the link for parents. You will be asked a couple of questions as you register about who you might challenge and how many people you would like to get involved.

After signing up we will provide you with free and easy-to-use resources to help plan your week of National School Sport Week at Home Activity, set challenges for your families, friends and neighbours, and shout about it online.

So, what are you waiting for? Join the growing number of people who will be running, jumping and throwing their way to glory from 20-26 June.