

Star Chart Challenge

Our Christmas challenge this year is centred on our new reward chart for being active over the holidays and the fun things you can do to earn your stars. Children are able to submit their chart for a chance to win a prize in the new year.



Terms and conditions

The Star Chart Challenge is for children who attend A-Star Sports regular weekly classes in Chester & surrounding areas. The challenge is for fun and attendees are not obliged to participate.

For a chance to enter the raffle, children must earn 30 stars between Sunday 21st December 2014 – Sunday 4th January 2015 inclusive. A completed copy of the chart should be submitted in class or via email (sharon.bassett@a-starsports.co.uk) by Saturday 17th January 2015.

Examples of activities have been suggested (see below*) but these are examples only and full care must be taken by families to ensure that activities carried out are both well planned, supervised and safe for their children. A-Star Sports cannot be held responsible for these activities.

The closing date for submitting star charts and qualifying for entry into the raffle is: Saturday 17th January 2015.

Prizes for A-Star Sports, Chester & surrounding areas include:

- First prize (2) = 1 x dodgeball signed by the England Lions men's dodgeball team / 1 x dodgeball signed by the England Lions women's dodgeball team (both current European Champions)
- Second prize (20) = A-Star Sports drinks bottle
- Runner-up prizes = A-Star Sports wrist band

Winners will be chosen at random by a senior representative of The Cheshire County Sports Club on Monday 19th January 2015 and will be notified in writing via e-mail and/or in classes throughout that week (Monday 19th January – Saturday 24th January 2015).

The winners will be announced on A-Star Sports' social media channels (e.g. Facebook, Twitter, Google+, Linked In, Pinterest), on the A-Star Sports website and blog and via Star Chart Challenge-related PR and marketing using an initial, a surname and, where appropriate, an area e.g. A. Smith or A. Smith, Chester, unless an entrant specifically requests to remain anonymous prior to the raffle prize draw on Monday 19th January 2015.

Entrants' details will be held in accordance with the Data Protection Act 1998, will not be shared with third parties outside of A-Star Sports and only used for the purposes of this competition unless entrants opt in to receive additional information from A-Star Sports in the future via the online competition entry form.

There is no cash alternative offered for these prizes.

Facebook





Please note that whilst the Star Chart Challenge appears on our local Facebook page, we are obliged to acknowledge that the competition is in no way sponsored, endorsed or administered by, or associated with, Facebook. A complete release of Facebook by each entrant or participant must be respected as part of this competition.

A-Star Sports, Chester & surrounding areas

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*Star Chart Challenge – information for parents / carers

The Star Chart Challenge is a two week challenge to earn 30 physical activity and healthy living stars. 1-5 stars can be earned each time physical activity is completed or a healthier living option chosen to complement it. Below is a list of examples of how stars can be earned:

1 star activities 	2 star activities 
<p><i>For example:</i> Walking (15-30 mins) Hopscotch (10-15 mins) Balloon keepie uppies (10-15 mins) Play catch/frisbee (10-15 mins) Activity dice** (10 mins at a good pace) e.g. 1 = sit down quickly / 2 = run around / 3 = drums on your knees / 4 = stretch up to the sky / 5 = disco dancing / 6 = collapse on the floor! The memory card run** (10 mins at a good pace) e.g. use a traditional memory card game but place the cards at the other end of the room/garden and players take turns to run and choose a pair as quickly as they can (or within 20 seconds!) Playing at the park/in the garden/at a playbarn (more than 15-30 mins) e.g. on the swings, roundabouts, climbing frames, shooting goals etc Indoor sock bowling (15-30 mins) e.g. using rolled up socks as balls to get as close to the 'jack' as possible! Eating fruit and/or vegetables at a mealtime</p>	<p><i>For example:</i> Walking (more than 30 mins) Running or just running around! (10-20 mins) Cycling / scooting / skating / penny boarding (10-20 mins) Skipping with a rope or hoop (5-10 mins) Trampolineing if you have one in your garden or a mini trampoline indoors! (10-15 mins) Activity dice** (10+ mins at a good pace) e.g. 1 = spider walks (touch your toes, then walk your spider fingers away from you until your tummy is on the floor, then walk them back again, remembering to bend the knees as you stand up again) / 2 = jumping jacks / 3 = skipping (without a rope) / 4 = lizard stretches (on hands and knees with the opposite arm and leg raised – alternating sides) / 5 = frog jumps / 6 = collapse on the floor! Playing at the park/in the garden/at a playbarn (more than 30 mins) e.g. on the swings, roundabouts, climbing frames, shooting goals etc Dance/jump around during each commercial break whilst watching TV ☺ Having a good night's sleep (making sure you've had a good night's sleep throughout a whole week)</p>
3 star activities 	5 star activities 
<p><i>For example:</i> Walking (more than 1 hour) Running or just running around! (more than 20 mins) Swimming Cycling / scooting / skating / penny boarding (more than 20 mins) Playing sports e.g. a session of football / hockey / dodgeball etc either at a club or in the garden or park (30-60 mins) Skipping with a rope or hoop (more than 10 mins) Trampolineing if you have one in your garden or a mini trampoline indoors! (more than 15 mins) Athletics mix** – (more than 20 minutes) Military mix** – (more than 20 minutes) Drinking water (rather than juice or soda) throughout a whole day</p>	<p><i>For example:</i> Homework done before Christmas day to make time for more fun, games and physical activities ☺ Household chores – at least one household chore a day for each day over the Christmas holidays! ===== **See eBook to make your own dice, activity cards and read more about additional examples of games and activities. Plus print off a certificate of achievement. <i>The examples given here and in the accompanying eBook are examples only and full care must be taken by families to ensure that activities carried out are well planned, supervised and safe for children / those taking part. A-Star Sports cannot be held responsible for these activities.</i></p>

Feel free to add in your own activities and gauge the rewards based on the above examples. Where a timing is given, this doesn't have to be done 'all at once' but can be done in smaller spurts of activity and added together to reach the time at the end of a day. Each time stars are earned, simply colour in the relevant number of stars for your activity on the chart. If required, additional charts can be downloaded and printed from our website and this is also where you can find additional fun activities in our **free eBook**: <http://www.a-starsports.co.uk/our-programme/free-resources/>

Prizes

For a chance to enter our raffle, earn 30 stars between Sunday 21st December 2014 – Sunday 4th January 2015 inclusive and submit a completed copy of your chart to your coach by Saturday 17th January 2015:

- **First prize (2)** = 1 x dodgeball signed by the England Lions men's dodgeball team / 1 x dodgeball signed by the England Lions women's dodgeball team (both current European Champions)
- **Second prize (20)** = A-Star Sports drinks bottle
- **Runner-up prizes** = A-Star Sports wrist band

Full terms and conditions can be found on our website:

<http://www.a-starsports.co.uk/programme/find-local-class/chester-surrounding-area/>