



Yate Academy

School Sports Partnership



# Active Christmas

Have an Active, Healthy and Happy Christmas? Tick off as many of the below activities and earn your 'Active Christmas' certificate. Make sure you get permission from your parents or a responsible adult before doing any of the activities, why not get them involved. We would like to see some of your attempts on X (Formerly known as Twitter) using #ActiveChristmas and tagging: @SGOYateAcademy

Please email Dean Garrett, Yate Academy School Games Organiser to claim your 'Active Christmas' Certificate at [dgarrett@yateacademy.co.uk](mailto:dgarrett@yateacademy.co.uk)

1

BAKE SOME COOKIES



2

GO FOR BIKE, SCOOT OR WALK



3

READ A BOOK IN A SAFE FUNNY WAY



4

PLAY A BOARD GAME



5

WATCH A CHRISTMAS MOVIE WITH FAMILY OR FRIENDS



Name .....

School: .....