**Race to Health**

**Health and Wellbeing Team Camden Learning**

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**Target ages: families; KS1 (5-7 years old); KS2 (8-11)**

**Summary**

An online whole school activity to encourage primary aged children to increase their physical activity levels.

**Partners**

Public Health

**Description**

Race to Health [www.racetohealth.co.uk](http://www.racetohealth.co.uk) is an award winning online whole school physical activity challenge designed to encourage primary school aged children to increase their physical activity levels. Pupils are challenged to meet their 60 daily physical activity minutes and help their school achieve the collective goal of following a topical route around the world to a set destination.

Once a school has registered, pupils are given a username to access their own area on the website and record their physical activity including: what they have done, where they did it (home or school) and how long they were active for. All recorded minutes of activity go towards helping their school reach the target destination first.

Each race lasts 5 weeks and is open to any Primary or Secondary school in Camden and Islington. Each school is competing to see which, can collectively travel the furthest and become Race to Health champions.

2017 was the 4th year Race to Health has run in Camden and 2nd in Islington. 17 schools (15 primary and 2 secondary) and 8 libraries took part in a Race to Health challenge with a total of 1910 primary and KS3 pupils participating. The race is open to all pupils at a school and as a result we have seen fairly equal participation of boys (946) and girls (960) across the year. These young people logged a total of 1,799,422 active minutes.

Pupils at one of the primaries who used Race to Health as part of their Healthy Schools London Gold Award application increased pupil’s average daily physical activity from 33 minutes in 2016 to 45 minutes in 2017.

Race to Health is flexible, and can run bespoke races for individual schools and in different settings. In 2017, two Camden Primary schools ran their own Race to Health challenge to help them evidence and achieve one of their targets for Healthy Schools London Gold. In summer 2017 the team worked with the library and sports service in Camden to run a Race to Health challenge for young people registered at libraries for the summer reading challenge.

Race to Health won the London Sport Award 2018 Technology for Participation award.

For learn more about Race to Health and to see the online resource view our [online video](https://www.youtube.com/watch?v=BWMwbxqYCGY)

Camden are licensing the site and this could be considered as a local option.

**Cost –** low to none if library hosts

**Top tip:** children can have fun when increasing their physical activity