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| |  |  | | --- | --- | | **SAVE THE DATE:**  22  APRIL | Scottish Athletes Selected to Compete at the UK School Games ...  **KEEP YOUR SPIRITS UP**  **KEEPY UP**  **CHALLENGE**  **UP CHALLENGE**  **CHALLENGE** | | If we can’t go to the event…we’ll bring the event to you. Be part of something HUGE…take part in our School Games Nationwide Keepy Up Challenge. Do as many or as few as you can! | You can use any object (ball, soft toy, socks etc) and keep it up using any part/s of your body. Use your imagination!  Apple Sock Rubber duck Football Balloons Balloons | |
| **YOUR SCHOOL GAMES ORGANISER NEEDS YOU…**  Join together on  **10am on 22nd April**  to see how many KEEPY UPS we can do across the Country to say  **KEEP Y**OUR SPIRITS**UP**  Tweet your videos/photos using:  #keepyourspiritsup #StayHomeStayActive |