|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
| **SAVE THE DATE:**22APRIL | 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 |