

As a team we will be launching a weekly challenge to increase participation in physical activity for children and young people across Wrexham whilst they are at home.

We will be promoting the challenges via our social media platforms on Facebook, Instagram and Twitter. Each Monday morning at 10am a challenge or topic will be set for the week such as; a ball activity; a striking activity; a movement activity etc. Anyone who would like to take part will have until the 12noon on the Friday of the same week to send their videos, posts, photos etc in and we will select our favourite based on which one we think is the most creative. We will announce the winner on the Friday afternoon. Each week the winner will receive a prize of sports equipment which will be based on a different theme.

Our social media tags/ pages are as follows:

Instagram - Tag [@ActiveWrexham](#)

Twitter - Tag [@ActiveWrexham](#) / [@WrexhamEgniol](#)

Facebook Page - [Active Wrexham](#)

As there is a bank holiday a week on Friday (8th May), we will be setting the first challenge today! Entries must be in by Thursday 7th May at 12noon. The winner will be announced on the Thursday afternoon.

We are looking to try and reach out to as many children and young people as possible across Wrexham.

We would be grateful and appreciate any level of support that you could offer as we look to provide inspiration to families to engage in/ continue to engage in physical activities during these difficult times.

Many thanks