

The logo for Imperial Health Charity, featuring the text "Imperial Health Charity" inside a stylized, multi-colored circular graphic.

Imperial  
Health  
Charity

The NHS Imperial logo, consisting of the NHS logo above the word "Imperial" on a blue background.

**NHS**  
Imperial

A decorative banner at the top of the page with colorful triangular flags in shades of pink, blue, and green.

# Project Play!

**DID YOU KNOW? JUMPING GAMES, LIKE SKIPPING, HELPS TO BUILD STRONGER BONES!**

**Playing outdoors has lots of benefits for your health. From boosting Vitamin D and helping your eyesight, to getting in your daily exercise.**

**This half term holiday, we want you to join our competition creating outdoor chalk games!**

**Send us photos of your creations (by emailing [imperial.cc4c@nhs.net](mailto:imperial.cc4c@nhs.net) or sending them to your teacher) and we will pick winners for:**

- The best chalk game for **EXERCISE**
- The **MOST IMAGINATIVE** design

An illustration of a woman in a pink shirt and blue pants jumping or playing with a child in a green shirt and black shorts. They are both smiling and have their arms raised.

Here's one famous chalk game to get you started.  
Do you know other games from around the world?  
This video shows you how to play hopscotch:  
<https://bit.ly/3orY4RM>



## Remember to play safe:

**Wash your hands with warm water and soap after playing outside**

**If you are on the move you can use hand gel and wet wipes**

**Avoid touching your face and clean your hands before eating**

**Do not play on the road, test your road safety skills with this quiz: <https://bbc.in/3ooRU4W>**



*Did you know? The world's longest hopscotch was 6,438.9 m long! The Guinness World record was set by Legwork for Lungs in New Jersey, USA, in 2019.*

