

# SURE BREAKING LIMITS COMPETITION: HOW HAVE YOU BROKEN LIMITS?



## THE SURE BREAKING LIMITS PROGRAMME

The **Sure Breaking Limits Programme** equips young people with the confidence to move however they want, by breaking down barriers set by themselves and others. By bringing awareness to the life-changing power of movement, Sure is on a mission to break through the barriers that stop young people from moving and adopting a more active lifestyle.

## THE SURE BREAKING LIMITS PROGRAMME COMPETITION

The Breaking Limits competition helps embed the values covered in lessons by celebrating overcoming obstacles and getting moving. **To be in with a chance of winning, your task is to create a visual – either a photograph, video or drawing – that demonstrates how you have broken a barrier to movement.** This could include a barrier you've broken yourself, or one you've helped a classmate or friend to break.

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### HINTS AND TIPS:

- Think back to the barriers you covered during the programme: self-confidence; inclusion; and having a positive mindset.
- Have you gotten moving in a way that you hadn't considered before?
- Have you found a creative way to add more movement into your day?
- Have you overcome a big challenge that was preventing you from getting moving, or helped a friend to do so?
- Get creative about how you tell us your story!

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### HOW TO APPLY:

Submit a visual telling us how you have broken a barrier or helped someone else to do so. **This could be in the form of a photograph, video or drawing.** You can submit your entry by asking your teacher to send it to [surebreakinglimits@nationalschoolpartnership.com](mailto:surebreakinglimits@nationalschoolpartnership.com)



Enter now to be in with the chance to win an **Olympian** or **Paralympian** at your school sports day!



# SURE BREAKING LIMITS COMPETITION



Name \_\_\_\_\_

School \_\_\_\_\_

**Use the space below if you'd like to draw your entry.**  
Make sure you show us what your barrier was and how you broke it.

A large, empty rectangular area with a thin red border, intended for drawing an entry. The area is mostly white, with a teal shape on the right side of the page.