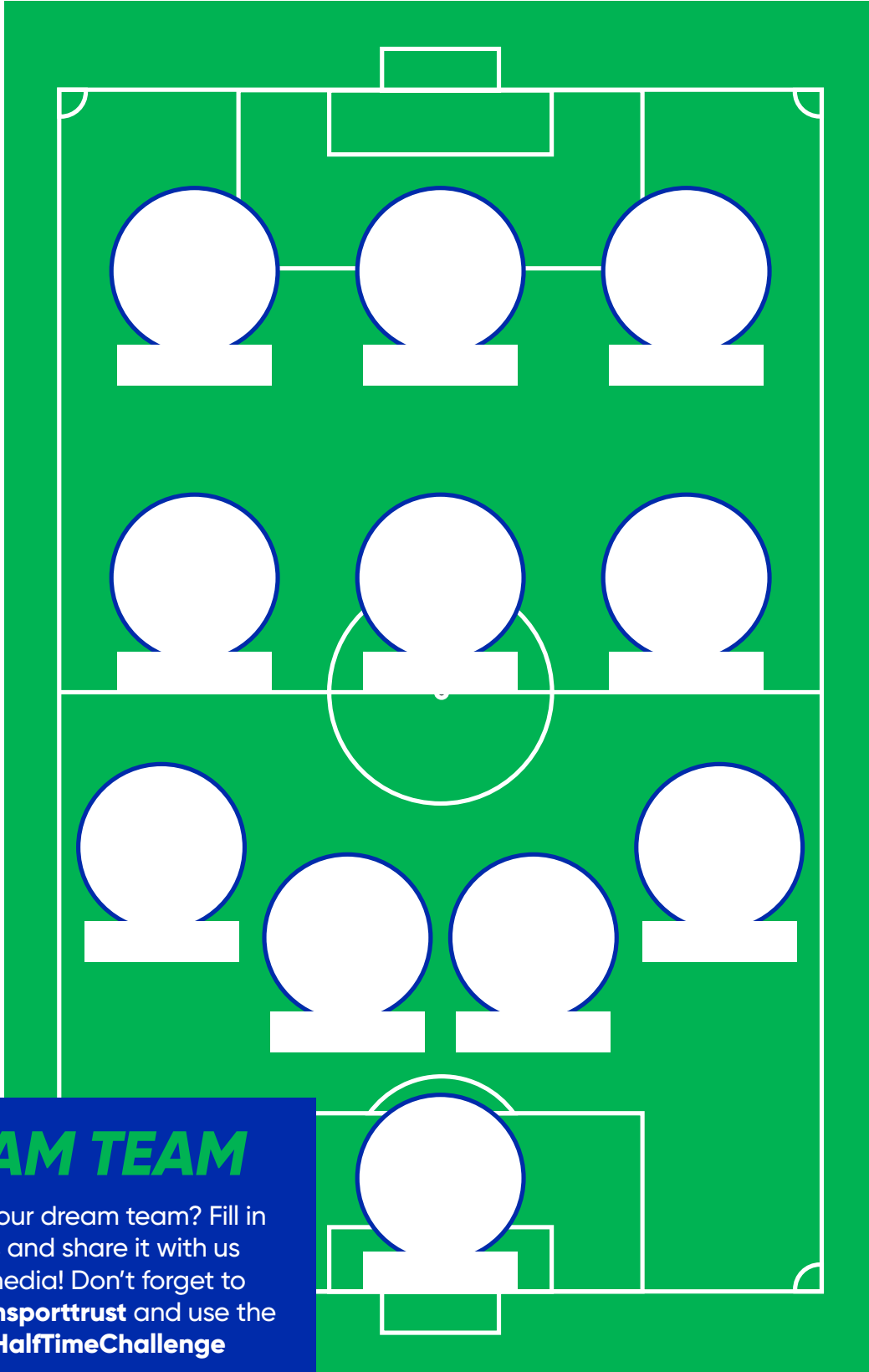
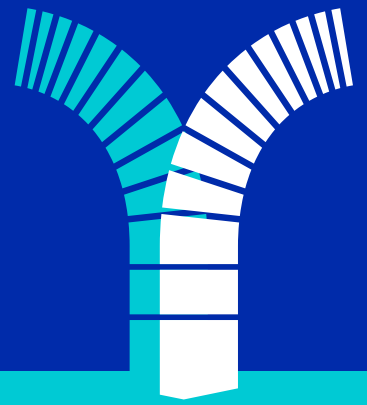




2022 World Cup #HalfTimeChallenge

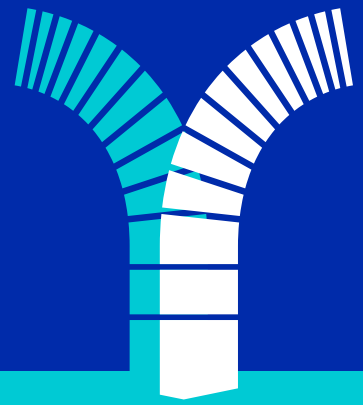


DREAM TEAM

Who is in your dream team? Fill in the spaces and share it with us on social media! Don't forget to tag **@youthsporttrust** and use the hashtag **#HalfTimeChallenge**



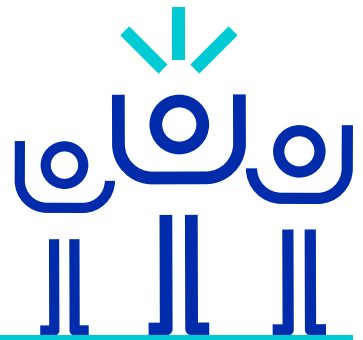
2022 World Cup #HalfTimeChallenge



Youth Sport Trust

We're a national children's charity based in Loughborough but operating nationally. We work with schools and families because we want to create a future where every child enjoys the life-changing benefits of play and sport. We believe sport gives young people a platform to have their voice heard and a place to feel they belong.

To find out more about us and what we do, visit: www.youthsporttrust.org



#HalfTimeChallenge

Our **#HalfTimeChallenge** is designed to get families active and having fun together during half time breaks across the **FIFA World Cup!** We know that almost half of young people don't meet the daily requirements of at least 60 active minutes a day, and this is a worry. We want young people to grow up happy and healthy.

As well as our colourful, downloadable PDFs we will share three videos showing different skills you can try out. We'll release the follow-along videos one at a time on our social channels:

The first on **21 November** which is when the Home Countries play their first matches

The second on **3 December** when the knock-out stages begin

The third on **13 December** – the day of the semi-finals

We'd love you to join in by having a go and sharing what you're doing with us on social media.

Take part and win a FIFA World Cup training football to help you stay active this winter

It's easy to enter and we'd love to see how you are taking part in the **#HalfTimeChallenge**. Here's how you do it in three easy steps...

Watch the **#HalfTimeChallenge** skill video

Make a video of you copying the skill (perhaps even including your family)

Post onto Twitter, Instagram, TikTok or Facebook using **#HalfTimeChallenge** and **@YouthSportTrust**.

Make sure you follow us so, if you're a winner, we can DM you!

We're doing prize draws on the following dates when we'll pick three winners each time. We'll let the winners know via social media.

2 December

12 December

19 December



You'll also be able to find the videos on our **#HalfTimeChallenge** landing page