

MAKING UP THE MILES!

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES



ACHIEVE THE CHALLENGE:

This challenge will run throughout the week 1st - 5th February. The aim is to tally up as many miles as you can by running, walking, cycling, scooting, skating, blading or wheeling!

EQUIPMENT

- Bike
- Scooter
- Roller blades
- Wheelchair
- Skateboard

Remember, you don't need any equipment at all to walk, jog or run!
It's free and everyone can get involved

SAFETY

- If you are outside being active, remember to follow social distancing guidance
- Make sure you are aware of traffic – especially if you are listening to music using headphones!
- Make sure you are accompanied by an adult if necessary
- Wear a helmet when you are skating, scooting or cycling

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SCORING

- 1-3 miles per day = 1 point
- 4-7 miles per day = 2 points
- 8-11 miles per day = 3 points
- 12-15 miles per day = 4 points
- Anything over 15 miles per day = 5 points



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Keep a log of your daily scores. Each day, start again from zero.
Tally all your daily points up and submit a final score before **5pm on Friday 5th February**

SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.

