



## **PE Challenge**

From 18<sup>th</sup> January you will have 15 days to walk 100 miles. Use your phone or smart watch to calculate your steps. You must take a picture of your steps and email it to Miss Davies by Friday 5<sup>th</sup> February. Good Luck!

100 miles = 160 Kilometres

100 miles = 211200 steps. This means that on average you should be walking around 14000 steps a day. (If you include your weekend this averages around 11000!)

100 miles = Huddersfield in West Yorkshire and back!

Form Challenge: Once we have completed your individual task. We will be adding form groups together to calculate which form have walked the furthest! Good Luck!

**Please take all necessary precautions to stay safe while you exercise. Stay local, wear bright clothing and exercise with members of your household when this is permitted.**

**Be sure to check and follow the latest Government requirements about exercising during the pandemic.**