

MAKING UP THE MILES!

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT



ACHIEVE THE CHALLENGE:

This challenge will run throughout the week (22-26th June). The aim is to tally up as many miles as you can by running, walking, cycling, scooting, skating or blading!

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

PLAY THE VIDEO

Watch how the game is played [here!](#)

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**

Keep a log of your daily scores. Add them all together and submit the final score **before 4pm on Friday 26th June 2020**

BONUS POINTS:

Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

- 1 point for every family member and year group teacher who tries the challenge
- 1 point for completing it in fancy dress
- 1 point for a video sent to the school or speaking to a teacher if you are in school, telling them how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games



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