

'AROUND SCOTLAND IN JANUARY'

LINKIM

KILLIES

HURKUR

CRUMMLES



Your PE for this month is a whole school Walk/Run/Cycle/Scoot challenge.

This will be a **house challenge** - let's see which house(s) can make it all the way around Scotland by the end of January!

WHY?

It is important to stay **ACTIVE** and to get **OUTSIDE** in the **FRESH AIR** — this is good for your **health and wellbeing**.

Some of you may wish to use this challenge purely as a '**BRAIN BREAK**' from the rest of your school work. This will help you focus better when you come back inside.



Others may need this opportunity to **BURN OFF ENERGY**.

This will help you to feel more settled and should help you to sleep better too.



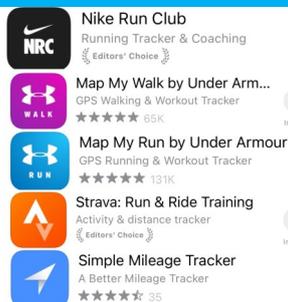
There will also be many of you who are keen to use this to **CHALLENGE YOURSELF** physically.

This will improve your fitness and give you a real sense of achievement.



Instructions

- ⇒ You can walk, run, cycle or scoot. Stick to the same throughout the challenge, or change it up every day. It's up to you!
- ⇒ Plan a route. This can be one you have done before, or create a new one.
- ⇒ Find a way to measure how far you go. This could be via an app on a phone (some of the more common ones are shown below), or by measuring a route in the car.
- ⇒ Send me a record of how many miles you do. The easiest way is to upload a screen shot of your completed 'workout' to SeeSaw. Younger children may not do a whole mile—that's ok!
- ⇒ Make sure that everything you do is with **parental/carers consent** and is within the **Government Guidelines**.



For those families with more than one child, remember to log the miles for everyone who was out with you.....e.g. if are a family of 3 children who all do the same 2 miles, remember to upload the distance to all 3 class pages—that would be a total of 6 miles.

Look out for regular updates on SeeSaw and Facebook!