



GET OUT AND GET ACTIVE CHALLENGE



Join this easy family challenge to help you keep active while home learning. Get points for any walks/cycles/scoots you take, then add extra points if you complete any of the **get out challenges**.

Get **150 points** to enter the prize draw to win a £10 book token! Just send your points total to your teacher. If there is more than one child at school, each child can enter separately, as long as you each hit the points target!

BASIC CHALLENGE

Get points for every time you walk, cycle or scoot somewhere—

10 points—take a walk (or cycle or scoot) that lasts 15 minutes or more

Add 5 points—if your walk (or cycle or scoot) is 30 minutes or more

Jot your points each time you take a walk in this box

Total Points:

GET OUT CHALLENGES



Get **5 points** if you complete any of these challenges, but you can only get points for each of these *once*. Tick the box beside any you complete.

5

cycle or scoot for 15 minutes



5

walk, cycle or scoot up the biggest local hill you can find

5

walk, cycle or scoot along a local path you haven't been along before, or you haven't been along for ages

5

5 extra points if you manage to get up this hill without stopping!

5

go for a walk in the rain

5

tell someone your favourite thing about your walk, cycle or scoot

Total Points:

/ 30 (max score)

POINTS TARGET:

150

YOUR TOTAL POINTS:

(Add the points from the basic and get out challenges)

Congratulations if you achieved 150 points or more! Now send your total points to your teacher to be entered in the prize draw!