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WAY BE SAFE TO GET ACTIVE GO! GO GREEN

Way to go to Athens

INSTRUCTIONS

The task is for you to clock up enough miles to get to Athens.

Most of us in Suffolk would be healthier if we got more exercise. Being more active helps health, wellbeing and self image.

The distance is 2400 miles.

To make it simpler we reckon that 20 minutes brisk walking, cycling or running earns you a mile.

A class of 29 children *plus teacher* could reach Athens in 8 weeks if each person managed 10 miles a week. Together as a school you will do it more quickly.

For children who can't walk or cycle to school they can count other walking, cycling and running done during the day.

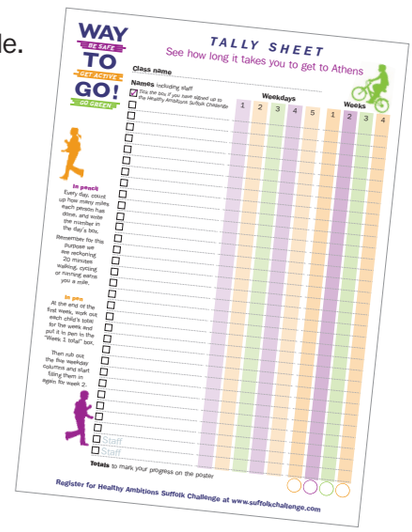
Walking or cycling to school is an easy way to get regular exercise.

What counts?

Each 20 minutes of brisk walking, cycling or running is worth a mile. So walking and cycling to school and home again counts and so does walking or running at playtime.

How do we record it?

Each class has a tally sheet and writes the names of the children *and staff* in the left hand column.



Every day, find out how many 20 minutes worth of walking, running or cycling each person has done. (Could be done in circle time?) and **in pencil** write the number in the day's box. At the end of the first week, add up the numbers and **in pen** write the result in the "Week 1" column.

Now you can rub out the numbers in the days columns and start again for week 2.

On the map

Colour in your progress on the road to Athens at the end of each week.

Each little unit on the map ruler represents 20 miles.

Your target is to do as many miles as you can.

Prizes

Which class in your school can clock up the most miles?
The winning class can print the certificate from the webpage and put it up on the wall.

Which children in your class will be the most active?
The winning three can print off (and decorate) gold, silver and bronze medals and wear them.