

Southend School's lockdown Challenge.

Throughout lockdown from 1st February – 7th March we will be running 2 lockdown challenges:

1. To travel a certain distance by walking, running, cycling or scooting until 7th March

or

2. To pledge an amount of time you want to commit to participating in physical activity until 7th March.



Firstly, select your challenge below and pledge either the distance you will cover or the amount of time you want to commit to taking part in some sort of physical activity between now 1st February until 7th March.

1. Travel a certain distance by walking, running, scooting or cycling.

Using an activity tracker participants will need to track their progress between now until 7th March whilst we're in lockdown. You decide the distance you want to complete.

You could use a Fitbit, Garmin, Apple Watch, Strava, Nike running, Under Armour or other similar recording devices/apps to record your distance or you can use an online map to calculate how far you've covered such as Mapmyrun if you don't have an activity tracker.

If you are making a pledge to travel a certain distance but are not sure how far to travel here are some guides you may find useful:

- 10 miles is equivalent to covering approximately 0.33 miles every day over one month.
- 30 miles is equivalent to covering 1 mile every day over one month.
- 50 miles would be the equivalent of covering 1.66 miles every over one month.

2. Pledge an amount of time to commit to taking part in any form of physical activity between now and the 7th March e.g. 15 hours of exercise.

If you are making a pledge to take part in physical activity for a set time but are unsure what to pledge here are some guides you may find useful:

- 15 hours is equivalent to 30 minutes of activity every day over one month.
- 30 hours is equivalent to 1 hour of activity every day over one month.
- 45 hours would be the equivalent of 1.5 hours of activity very day over one month.

Choose your lockdown challenge whether that is to complete a set distance or an amount of time to participate.

Upon completion of your challenge submit your evidence:

(that could be a screenshot of some of your activities) and complete the activity log sheet and email your details too including which challenge you participated in.

Send your results to:

kfitzgibbon@eastwood.southend.sch.uk

All participants will receive a medal which will be posted out to them

