



Southend School Sports Partnership

Virtual Challenges

Week 4 SGO Challenges:

When: **Monday 1st February – 7th March**

Challenge: Southend's lockdown personal best challenge

Throughout lockdown from 1st February until 7th March we will be running 2 personal best challenges. Select which one you wish to participate in:

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.

[#Southendlockdownchallenge](https://twitter.com/Southendlockdownchallenge)



SOUTHEND EAST



SCHOOL SPORTS PARTNERSHIP





Which virtual Challenge will you choose?

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.

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.

You choose your personal best challenge whether that's a set distance or an amount of time to participate.

Upon completion of your personal challenge send in your results activity log and evidence and we will send out a medal to you in the post.



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Send results/evidence upon completion to:
kfitzgibbon@eastwood.southend.sch.uk