

Dear Parent/Guardian

## Your school has agreed to do The '100 Mile Challenge'

The challenge is simple, each participating school will be encouraged to get as many children as possible to complete and record 100 miles by any means of physical activity (walk, push, jog, run, cycle, swim etc) during the Academic Year. If pupils who wish to do more miles, that's great, the more the merrier!

### Getting started

We want to make this challenge as simple and straight forward for the school, to help get started we have developed a 100 mile challenge pack per school which includes: -

- Stickers and Certificates for milestones along the way to 100 miles;
- Medal for those who complete the 100 Miles
- Record Card for participants so they can do the challenge in and out of school;
- A Wall Chart for each class to keep an on-going record of miles undertaken;

### Taking part and keeping track on the 100 Mile Challenge

Each pupil will be given a small record card to mark down their miles. The pupil can also do additional miles at home on their own or with the family

Each class have been provided with a wall chart. The wall chart will allow miles to be verified weekly by school staff and for pupils to see their progression, this information will be taken from the individual record card.

### Saying 'well done' to the pupils

Stickers and Certificates will be provided in the schools pack for particular milestones along each pupil's journey to 100 miles. Further versions of the certificates will be provided electronically for use by the school as appropriate. This year we have medals for those completing the 100 Miles.

For more information and if you have any questions, please contact [cameron.wilson@cumbria.gov.uk](mailto:cameron.wilson@cumbria.gov.uk) or via 07423 797081.

Regards

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Be part of it!