



The Virtual Around the World Competition for 2021

Can you reach Tokyo by Easter, and can you get all the way around the World by the end of the School Year.

Did you know?

1. There are 874 miles from Lands End to John O Groats – the distance from end to end of Great Britain
2. There are 5914 miles from London to Tokyo – where the Olympic & Paralympic Games will be held
3. There are 24,901 miles to travel around the world!

The Task.

Each week try to complete at least 5 sets of 10 minutes of physical activity – this is one 10 minute activity per day for 5 days, or 10 1 minute activities each day.

For every 10 minutes of Physical Activity that you complete you will travel 1 mile! The physical activity does need to be something that raises your heart beat, and there are recommendations below.

The Home Challenge

Each week challenge yourself to complete as many miles as possible – if you complete Joe Wicks PE session then these count as miles – if you go out for a brisk walk/bike ride/scooter ride – these count as miles. Add your miles together and record them on the personal record sheet then input your final miles into the results form (below) – How far can you travel?

The Family Challenge

How many miles can your family travel each week – Track your activity on the sheet below and input your results at the end of the week and use it each week to see if as a family you can increase the miles you get each week – How far can you travel?



The Class Challenge.

As many members of your class as are able to should complete 10 minutes of activity each day – Use your individual home tracker to send in to your teachers – they will collate each class member's miles and see how far your class can travel between now and half term. Teachers then input the results on the form below.

The School Challenge

Each class teacher to then send their data to the PE lead, who will collate the data to see how far each school can travel between now and half term. – The PE lead to then input the data on form below. Can North East Herts travel around the world?

You can also make it an intra school event – which house/class can get the most miles completed.

Send your results in using these links:

The Home Challenge : <https://forms.gle/ZnDv2gmRaeNv9pcH7>

The Family Challenge: <https://forms.gle/UvTNopMh9pbVo93B9>

Teacher result forms:

The Class Challenge: <https://forms.gle/zH2SbdRvjtKMEeS16>

The School Challenge: <https://forms.gle/NtcYoWCKsQpqJcXDA>

The catch! – we need some evidence of your pupils doing their 10 minutes of activity — Schools can then share these on twitter **@NEHSSPKJAR**

Activity Ideas



You can either do 1 whole set of 10 minutes of any activity that raises your heart rate, or 10 1 minute personal challenges per day

Personal Challenge – Can you improve the number you do each day/week?

Daily Activities	Brisk Walk	Bike Ride	Gentle Jog
	Scoot	Playing in the park	Long Run
Personal Challenges	Step Ups	Star Jumps	Ski Jumps
	Boxing Jabs	Kick Backs	High Knees
	Marching	Hop Jump (hopscotch)	Sitting Leg Cycle

Personal Challenge Diary

Write the number of minutes of activity you do each day – 10 is the minimum. Then complete the total number of miles travelled each day and a total for the week.

	Day 1		Day 2		Day 3		Day 4		Day 5		Total Miles
	What did you do	How many Minutes	What did you do	How many Minutes	What did you do	How many Minutes	What did you do	How many Minutes	What did you do	How many Minutes	



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Example	Star Jumps Brisk Walk	10 x 1 minutes 30 minutes	Joe Wicks Work Out Bike Ride	30mins 20mins	Hop Scotch	10 x 1 mins	Step Ups Marching	10 x 1mins 10mins	Joe Wicks	30 mins	15 miles
Week 1											
Week 2											
Week 3											
Week 4											
Week 5											
Week 6											
TOTAL MILES TRAVELLED											

Family Challenge Diary

Write the number of minutes of activity your family does each day – 10 is the minimum. Then complete the total number of miles travelled each day and a total for the week.

	Day 1		Day 2		Day 3		Day 4		Day 5		Total Miles
	Adults	Children	Adults	Children	Adults	Children	Adults	Children	Adults	Children	
Example	20 minutes	40 minutes	10 minutes	10 minutes	60 minutes	60 minutes	40 minutes	60 minutes	60 minutes	120 minutes	48 miles



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Week 1											
Week 2											
Week 3											
Week 4											
Week 5											
Week 6											
										TOTAL MILES TRAVELLED	

