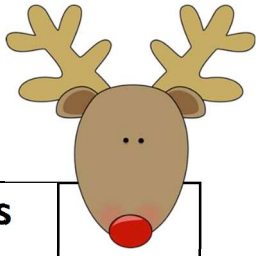
**Leg it to Lapland Challenge**

**School: _____** **Class name: _____**



| | *Class total virtual miles of pupils + staff* | | | | **In school class miles** i.e from PE session, daily mile etc | **Totals** |
|---|---|---|---|---|---|---|
| | **Active journeys <u>to</u> school** | **Active journeys <u>from</u> school** | **Other active journeys** | **Other exercise** | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| | | | | | Grand total: | |

***Remember...***

- **1 active journey to or from school = 1 mile** (if the journey is longer than a mile then every mile counts!)
- **30 minutes of exercise = 1 mile**
- **Count the time you spend active as a class within the school day i.e. 30 mins netball x 30 pupils = 30 miles!**