



Leg it to Lapland Challenge:

Class name: _____

	Active journeys to school (Total of pupils virtual miles)	Active journeys from school (Total of pupils virtual miles)	Other active <i>journeys</i> (Total of pupils virtual miles)	Other exercise (total of pupils virtual miles)	In school class miles i.e from PE session, daily mile etc	Total
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Remember...

- **1 active journey to school = 1 mile (unless the journey is longer than a mile in which case every mile counts!)**
- **30 mins of Exercise= 1 mile**
- **To count the time you spend active as a class within the school day i.e. 30 mins netball game x 30 pupils = 30 miles!!!**

