******Lincolnshire South East School Sport Partnership**

**1 Mile Challenge**

* **Measure out 1 mile (mobile phone apps are ideal for doing this).**
* **If necessary the 1 mile can be achieved by completing laps around the field or the playground. Check that the terrain is suitable and safe and you can keep pupils in sight.**
* **Be aware of pupils with medical problems e.g. asthma, hay fever**
* **Encourage pupils to run.**
* **Encourage pupils to maintain a comfortable and relaxed running style and control their breathing and pace.**
* **Pupils can do the mile as many times as you wish and should be encouraged to beat their own personal best.**
* **Where possible engage pupils in leadership roles such as counting laps, timing, recording, coaching and encouraging.**
* **Awards will be given to the schools with the fastest 3 Boys and the 3 Girls from each year group.**
* **An additional award your school can win is the participation award.**
1. **Gold Award- 100% of the school classes participate.**
2. **Silver Award- 75% of the school classes participate.**
3. **Bronze Award- 50% of the school classes participate.**
* **Please collect the best time for every participant who has completed the 1-mile challenge.**
* **Once collected please work out the top 3 boys and 3 girls for each year group.**
* **Please email Rupert Gibson your results sheet to schoolgameslincolnshirese@gmail.com**
* **This competition is open for Year 1- Year 6 students.**
* **The closing date for the entries is the last day of Term 2 before we break up for Christmas.**

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| Primary School - 1 Mile Challenge. Results Sheet. |
| Name of school |  |
| Number of Y1-Y6 classes in your school |  |
| Number of classes that took part |  |
| Participants | Boys Name\* | Time in minutes and seconds | Girls Name\* | Time in minutes and seconds |
| Year 1 | 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| Combined time for these 6 |  |
| Year 2 | 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| Combined time for these 6 |  |
| Year 3 | 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| Combined time for these 6 |  |
| Year 4 | 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| Combined time for these 6 |  |
| Year 5 | 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| Combined time for these 6 |  |
| Year 6 | 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| Combined time for these 6 |  |

\*Full names only required if you'd like us to recognise the fastest across the SSP and County