

## **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 during October 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 [agilitassports@gmail.com](mailto:agilitassports@gmail.com)**
- **This competition is open for Year 1- Year 6 students.**
- **The closing date for the challenge is the 22nd October 2020.**



# 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

