

# Lincolnshire South West 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 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- 75% of the schools pupils participate.
  2. Silver Award- 50% of the schools pupils participate.
  3. Bronze Award- 35% of the schools pupils 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 your results to [tplumb@prioryacademies.co.uk](mailto:tplumb@prioryacademies.co.uk)
- This competition is open for Year 1- Year 6 students.
- The closing date for the challenge is Friday 23rd October 2020.

