

# Around the UK or further in the World?

Read the next couple of slides to find out what this week's PE challenge is .....



# The Challenge - Your Task

Run, walk or cycle as far as you can this week.

Try to travel as many miles as you possibly can.

Challenge starts at midnight on Monday 1 March 2021

Challenge ends at midnight on Sunday 7 March 2021

You can record up to two runs, walks or cycles per day.

Use a tracking app or device to record your miles.

Collect your individual results to add to your forms final total

***Make sure you continue to follow COVID 19 restrictions. This means staying local but you can do numerous laps of your village to record a further distance.***



# Recording your Miles



Use an app to record the number of miles you travel each day.

Save the information from your app at the end of each run, walk or cycle

Remember only two entries per day maximum and they must be from you

At the end of the week, count up the number of miles or km you have done

Send your total number and your saved workout data to your form tutor

What form can travel the furthest? What year group? What house? Which staff member?



# Calculating Your Final Destination

Every form will begin their journey at the Buckingham School

Your individual miles will be counted

All individual miles will be added together to give a form total

This challenge will run for a week

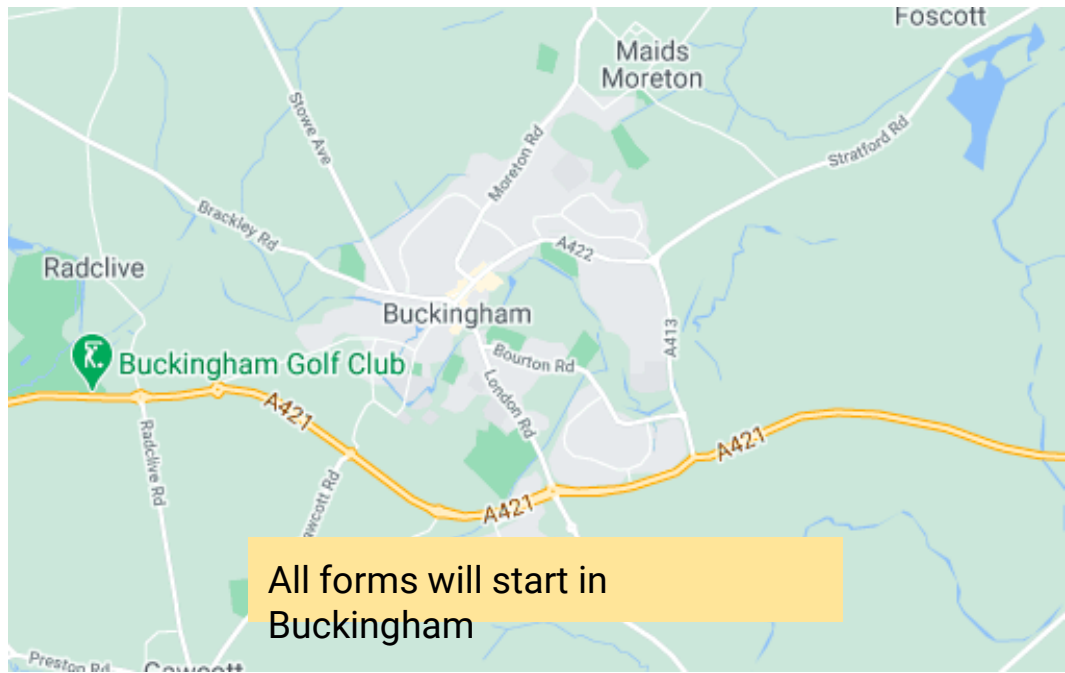
How far in the world can your form travel?

Will you be staying in the UK?

Will you manage to get further and travel the world?



Destination	Miles from TBS
Milton Keynes	14.0
Northampton	21.7
Oxford	30.0
Brighton	130.5
Manchester	149.3
Exeter	175.0
Glasgow	353.4
Paris	358.0
Barcelona	996.8
Rome	1209.6
Dubai	4512.4



**Some examples of destinations and the distance from TBS**





A photograph of a road stretching towards a sunset over hills. The sun is low on the horizon, casting a warm glow over the landscape. The road has white lane markings and leads the eye towards the horizon.

**“The world is  
waiting for you.  
Good Luck.  
Travel Safe.  
Go!”**

Phil Keoghan

If you have any questions, message your PE teacher on your PE Google Classroom. Your teacher will be able to help and support you.