

# The Buckingham School PE Department

## ‘Cycle through the week Challenge’ 8th -14th February



@TBS\_PEDept



# Your Task

1. Your job is to download a tracking app such as the Strava or Underarmour 'Map my run" App via the App Store or Google Play store & set up an account. Your task is to cycle as far as you can from **Monday 8th -Sunday 14th February**
2. At the end of your cycle, make sure you take a screenshot of your cycle for you to upload to the assignment as a picture or alternatively you can take a screenshot of your week's distance at the end and then upload.
3. Only turn in your work when you have completed your total challenge!
4. House points will be awarded to the top students that achieve the furthest distance in their year group/ form class.
5. Also points are awarded for the biggest terrain cycled (highest incline).



## DON'T FORGET

- Track your ride and start your app at the start of your cycle.
- Wear a cycling helmet for safety!!
- Take a water bottle for hydration if you can
- Parents/ siblings, everyone is welcome to join in!
- Upload a screenshot to your PE Google Classroom at the end of the week to enter!

**For more help, guidance for PE and all things health and physical related; follow our Twitter account @TBS\_PEDept**

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