



TOGETHER ACTIVE

Staffordshire & Stoke-on-Trent

#STAFFSLOCKDOWN3PEAKS

Virtual Three Peaks Challenge (In your local area)

AIM

Can you take on the iconic three peaks challenge in your **local area**? You can challenge yourself to complete this individually or with members of your family who you live with. The aim of this challenge is to keep all family members as active as possible during lockdown. You can walk, jog or cycle (as long as these activities are allowed according to the most up to date Covid guidance).



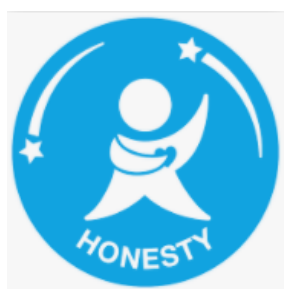
HOW DO I TAKE PART?

During your daily walks, log how far you travel around your **local area** (you can use an app, smart watch or Google Earth to measure distances covered), then take a screen shot of your app to show how far you have travelled on your walk. Repeat this until all 26 miles have been completed or the deadline has been reached. Once you have finished the challenge, take a photo of your record sheet and **email it back to your teacher**. They will then send you an 'I completed the Virtual Staffordshire Three Peaks Challenge' certificate. Even if you don't complete the whole challenge, please send your record sheet back to your teacher so they can see the effort you have put into attempting the challenge.



HOW CAN MY FAMILY (WHO I LIVE WITH) GET INVOLVED?

You complete the challenge form as an individual but we would encourage other family members (who live with you) to walk with you and complete the challenge for themselves. Please feel free to print off a record sheet for all members of your family!



HONESTY

This challenge relies on the honesty of those taking part. This is not a competition against other people, instead we want to see how many people can successfully complete the virtual Three Peaks challenge during lockdown! Can you be one of them?

CERTIFICATES

Once you have completed your record sheet, make sure you return it to your school by Tuesday 23rd of February 2021. Once your school has received your completed record sheet they will award you with an 'I completed the Virtual Staffordshire Three Peaks Challenge certificate!'



ARE YOU READY TO TAKE ON THE CHALLENGE?



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Virtual Three Peaks Challenge Record sheet

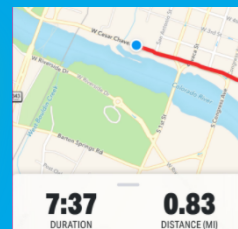
Name:

Class/Form:

Did any of your family
members take part with you?
If so how many?

**HAVE FUN AND
GOOD LUCK!**

**EVIDENCE
EXAMPLE**



Take a screen shot of your app and add it to this sheet every time you walk, jog or cycle around your local area. When you have completed 26 miles or have reached the deadline of the 23rd February 2021, take a photo of this sheet and send it to your teacher to get your certificate. Cross off the miles along the bottom of the sheet to help you keep track.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16,
17, 18, 19, 20, 21, 22, 23, 24, 25, 26

ARE YOU READY FOR THE CHALLENGE?



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CONTACT DETAILS

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ARE YOU READY TO TAKE ON THE CHALLENGE?