



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 in a team 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).



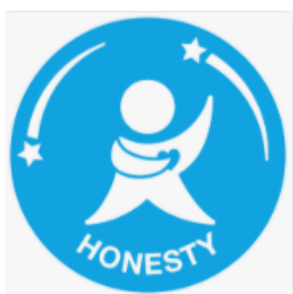
HOW DO I TAKE PART?



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 colour in the miles you have completed on the record sheet attached. 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 can complete the challenge as an individual or as a team with family you live with, just enter the total distance covered by your whole family on each walk. For example if 4 members of your family walked 1 mile on one day, you would colour in 4 miles. Make sure you make it clear at the top of your record sheet if your challenge is individual or 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 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?