



**Executive Head Teacher:** Andrew Smith B.Ed (Hons), M.Sc, NPQH

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## **Market Rasen Church of England Primary School (VC)**

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**Learning Together for Life**

Tuesday 20<sup>th</sup> July 2021

Dear Parents,

### **KS2 Pedometer Challenge**

We have an exciting competition for children in KS2 to complete over the summer holidays!

For one week, of your choice, we would like you to take part in a step challenge. You will all receive a pedometer to count your steps on each day as well as a recording sheet for the week.

As previously mentioned you can choose which week you will complete this challenge over the holidays, so be strategic! If you are going on holiday and are likely to be completing lots of steps use this week to record. I will be walking the Cotswold way for a week in the holidays, so I will use this week to record my steps. The only requirement is, once you start the challenge, you must complete the full week (7 continuous days). After each day, you will record your steps on the sheet provided and at the end of the 7 days, record the total for the week. If you find this difficult, please ask an adult to help you.

10,000 steps is the equivalent of 5 miles or 8 kilometres, so you may like to see how far you have walked? You could see what landmark or place your total score could have taken you to. For example, if you complete 10,000 steps a day, by the end of the week you would have walked from Market Rasen to Skegness!

When we return in September, we shall collect everyone's pedometers and your tracking sheets. The steps will then be collated for your class. Market Rasen will be competing against the other year group classes, so there will be one winning Year 5/6 class and one winning Year 3/4 class. At Nettleton, the competition will be between Class Two and Class Three. The winning classes will receive a special sports related prize.

Good luck and keep on stepping!

Kind Regards

Mr D Toothill

Teacher of Physical Education

**Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect**



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