



# FRIENDSHIP RUN WEEK 2021 – CHALLENGE IDEAS

There is a challenge for everyone whether you want to take part as a **whole school**, a **class** or even ask children to set themselves an **individual challenge** or a **challenge with friends** for the week. There are some ideas below to get you started but feel free to get imaginative and come up with your own.

## WHOLE SCHOOL

Set a challenge children and staff can try to achieve together e.g

- Set a distance/ number of laps to complete as a school throughout the week.
- Can you run from your school to Birmingham (host city for Commonwealth Games 2022) or another destination relevant to your school

## A CLASS

- Use the certificates as incentives and link to a different spirit of the games value each day e.g determination Monday, teamwork Tuesday, passion, Wednesday
- How far can you run as a class? Can you all support & encourage each other.

## WITH FRIENDS

- Set a distance/ time/ number of laps to run with friends and make sure you support and encourage each other
- Put some music on and dance along with friends as you run



## INDIVIDUAL

Ask children to set themselves a challenge for the week and encourage them to have several attempts to see if they can beat their personal best. There is a pupil challenge sheet you can use for this. Some examples of challenges are:

- How far or how many laps can you run in one week?
- Complete a scavenger hunt or create your own (see separate sheet)
- Running streak -how many consecutive days can you run for?
- Can you run non-stop for 15mins? Or set your own time.
- Beat your time -decide a route/ number of laps to run. Record your time and see if you can beat it.

