**Sheffield Schools Get Active**

**GET MOVING! Lockdown Challenge**

**Select your challenge below and pledge either the distance you will cover, or the amount of time you want to commit to taking part in some sort of physical activity between now and February half-term.**

**​**

**If you are making a pledge to travel a certain distance but are unsure what to pledge, use the guide below:**

**​**

* ***10 miles would be the equivalent of covering approx 0.33 miles every day during one month***

***​​***

* ***30 miles would be the equivalent of covering 1 mile every day during one month***

* ***50 miles would be the equivalent of covering 1.66 miles every day during one month***

***​***

**If you are making a pledge to take part in physical activity for a certain amount of time but are unsure what to pledge, use the guide below:**

***​***

***​***

* ***15 hours would be the equivalent of 30 mins activity every day during one month***

***​***

* ***30 hours would be the equivalent of 1-hour activity every day during one month***

***​***

* ***45 hours would be the equivalent of 1.5 hours activity every day during one month***

**Use the log sheet to help track your progress**