

## Cambridge School Sports Partnership Friendship Run!

Take part in the Cambridge School Sports Partnership Friendship Run! Until 23<sup>rd</sup> October children can choose from the activities below to get active. Because of the Covid constraints we are encouraging families and friends to do this together.

1. **Running streak** -how many consecutive days you can run for.
2. **Run with family or friends** -can you complete a run with family or friends and support and encourage each other to complete an agreed time or distance
3. **How far can you run in a week?**
4. **Can you run non-stop for 15mins?** -or set your own time
5. **Scavenger hunt** -how many of these things you can spot on your run?
6. **What's the furthest you can run in one go?** -set yourself a distance goal
7. **How far can you run as a class/school?** -set yourself a distance challenge for the week
8. **Beat your time** -set a route that you can run or walk and then record your time for completing the route. Run/walk your route every day and see if you can beat your time by the end of the week.

Download and print the [Virtual Friendship Run Log Book](#) so pupils can keep track of how they have been taking part.

Let CSSP know what challenge(s) you have chosen and share a photo/video on social media (Twitter or Facebook) or via email [csspadmin@netherhallschool.org](mailto:csspadmin@netherhallschool.org) when you complete it.

### Competition Time

For those that are motivated by a bit of competition we challenge you to see **how fast you can run 1 mile**. Who will be the fastest runner in each School Sports Partnership? Who will be the fastest runner across Cambridgeshire & Peterborough? Log your time online via the google sheets [here](#).

### Awards

There will be certificates for all participants in the Friendship Run plus medals for the top 3 girls and boys in each year group.

Good luck and have fun!