

Cambridge School Sports Partnership Friendship Run!

Take part in the Cambridge School Sports Partnership Friendship Run! Until 23rd 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 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!