

## Trefonen CE Primary Virtual 10k challenge

This term we had planned to re-run our 10k challenge after school club with Key Stage Two children. As we are unable to run it in school, we have been thinking of how we could set the challenge for you at home and this time children from all year groups could join in!

### Here is our Summer 2020 10k challenge

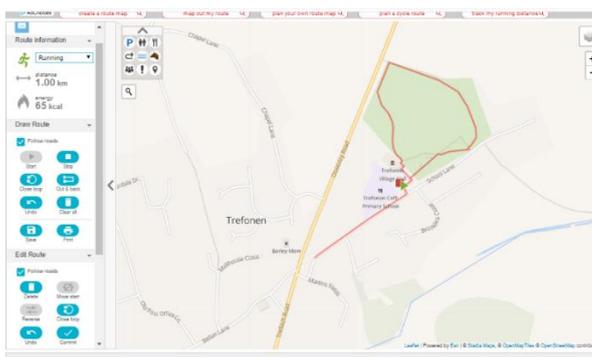
Run, jog or walk (or a bit of all three!) for 10k (6.2 miles) to earn a special Trefonen Primary School 10k 2020 medal. There is no charge to take part.

The distance can be completed over as many sessions as you would like. You can keep a record each time you do a part of it. Really try to challenge yourself- can you jog or run the whole distance in each session?

You might like to work out a 1k route and do it ten times or a 2k route and do it five time etc.

Mapometer is a great website for measuring a route. <https://gb.mapometer.com/>

You can change the measurement to km in preferences.



You must follow the current Government advice about outdoor exercise and COVID-19

Record your progress on the special chart. When you have completed the distance, take a photograph of your chart and email to your class teacher. We will then arrange to send your medal.

### Fundraising

We thought that this may also be a great opportunity for fundraising. A Just Giving page has been set up <https://www.justgiving.com/fundraising/trefonen-school1> We are raising money for the NHS, to support the amazing work that they do and for the Friends of Trefonen School (FoTs) for future projects at our school.

Fundraising is optional, there is no obligation to take part in the 10k, but if you would like to donate and share the details with friends and family please do. To donate to FOTS, this can be done through Paypal- details are on the Just Giving page.

Good luck and we hope you enjoy the challenge.

Trefonen CE Primary 10k challenge Recording sheet

Colour in section of the medal every time you run, jog or walk 1km. You could write the date at the edges. When you have completed your 10k you can take a photograph and email it to your class teacher. Good luck!

