

# AMBER VALLEY SCHOOL SPORT PARTNERSHIP

Swanwick School & Sports College, Hayes Lane, Swanwick, Derbyshire, DE55 1AR



## Walk, Run or Scoot to London Intra School Competition

**Aim:** To see if the school/students can collectively make the distance to London in time for the 2012 Olympic Games

**How:** Students collectively walk, run or scoot around a designated distance to collect meters towards their target

**How far is it?:** From Ripley to the Olympic Park is roughly 140 miles or 225 kilometres

### How to score & measure:

Selecting a distance of roughly 400 meters an average school of 100 students would need to all collectively cover this distance.

$225\text{KMs} = 225,000 \text{ meters} / 100 \text{ students} = 2250 \text{ meters per student} / 400 \text{ meters} = 5.6$  times around the loop of the 400 meters

### When to do it:

Here as a couple of ideas as how to run this event

- One run per week during half term 6
- One run per Day during National School Sports Week
- One run per fortnight commencing in half term 5

Send us your photos of your school challenge! At [pbasterfield@swanwicksportscollege.derbyshire.sch.uk](mailto:pbasterfield@swanwicksportscollege.derbyshire.sch.uk)

Have fun!



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## Class Score Sheet

Class							
Student	Lap	Lap	Lap	Lap	Lap	Lap	Total
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
Total Laps		X distance in meters		Equals		Meters covered	
<i>Eg 10</i>		<i>Eg 250</i>		<i>Eg 2500</i>		<i>Eg 2500m</i>	



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School	225,000 meters	
Target	225,000 meters	
Class	Meters Covered	Remaining
<i>Eg. Mr Basterfield Class 1</i>	<i>2500</i>	<i>222,500</i>

