

PE Limited Screen Day Activity Wednesday 10<sup>th</sup> February

Get away from the screen, get outdoors and wrap up warm!

Bronze – 1.5km jog and / or 2.5km walk and / or 5km cycle

Silver – 3km jog and / or 5km walk and / or 10km cycle

Gold – 5km jog and / or 7.5km walk and / or 15km cycle

Platinum – More than 5km jog and / or More than 7.5km walk and / or more than 15km cycle

Pick one level and try one activity, or if you are feeling particularly energetic try a combination of activities.

We'd love for you to send us some pictures of your efforts!