



Launton Active 1918

13th June - 5th July 2018

Child's Name: _____

Class: _____

House: _____

Launton Active 1918

Children

Launton School is to celebrate 100 years since World War I ended in 1918 and raise money for the School Field Project in the process.

Challenge Together, can we walk, run, dance, jog or skip 1918 kilometres to mark the anniversary?

You can earn kilometres for your steps each week. You can walk, dance, run, jog, swim, skip, cycle or take part in any activity and we will convert the minutes into steps and the steps into kilometres for you.

You can use the activities that you do at school and at home too.

Who will be first to reach 1918 kilometres? It is approximately 1918 kilometres from Launton to Kaliningrad where England play Belgium in one of their World Cup matches, so we will call it our Race to Russia.

Would other people in your family like to join in and help you or join in with the challenge? If they want to join the challenge they can add their activity or steps (with their name), or you could do it for them.

We will count the minutes and steps on Fridays, beginning 15th June.

What To Do

Children

You will find a chart for each week in the book. Every day fill in the number of minutes of activity you have done, as well as the type of activity. Hand the book in to your teacher each Friday and we will calculate the steps and total minutes for you.

You will receive your book back the same day for you to complete the next week's activity sheet.

We will celebrate all of your achievements in each assembly and announce the winning house at the end of the challenge.

We will complete the total steps and total minutes for you at the end of the challenge so that you can keep the booklet and show your friends and family how well you have done.

Get Your Family Involved

Let's see if they can take on the challenge to race you to Russia!

They can add their minutes of activity or steps to the same chart as you. We will add the totals to your scores each week. You can get as many people involved as you like.

There is a example chart to guide you on the next page.

Example Week

YOUR DETAILS		Friday	Saturday
NAME: [Child's Name]		Race 2 Russia = 15 mins Dance = 60 mins Walk = 20 mins Mum = 10,200 steps Dad = 7,100 steps Aunty = 2,500 steps	Walk = 60 mins Football = 60 mins Dad = 14,200 steps John = 10,100 steps
YEAR: One	HOUSE: Green Mandela		
Sunday		Monday	Tuesday
Trampolining = 20 mins Cycling = 15 mins Mum = 4,200 steps Aunty = 2,500 steps John = 8,000 steps		PE = 60 mins Swim = 30 mins Walk = 20 mins Dad = 3,100 steps John = 10,600 steps Gramps = 8,600 steps	Race 2 Russia = 15 mins Park = 30 mins Walk = 20 mins Mum = 8,200 steps Dad = 7,100 steps Uncle = 4,500 steps John = 13,100 steps
Wednesday		Thursday	TOTAL
PE = 60 mins Tennis = 30 mins Race 2 Russia = 15 mins Dad = 7,100 steps Gramps = 2,500 steps John = 10,100 steps		Race 2 Russia = 15 mins Walk = 10 mins Mum = 12,200 steps Dad = 9,000 steps Granny = 9,500 steps John = 5,100 steps	Steps: Minutes:

STEP EQUIVALENT BY 1 MINUTE OF ACTIVITY

Walking	100
Dance	197
Cycling	242
Bowling	91
Playground games	136
Circuit training	242
Climbing	273
Football	242
Golf	136
Gymnastics	121
Horse riding	121
Ice skating	212
Jogging	212
Skipping	303
Martial arts	303
Rugby	303
Yoga	76
Swimming	182
Tennis	212

Please note that these are averages. The recommended amount of exercise for a child aged 5 to 18 is 60 minutes per day. The aim of this activity is not to force you to do 60 minutes per day but just to get you excited about exercise and activity and understand how it can benefit you.

We have a number of parents who are taking on personal fitness challenges this year to raise money for the school field project. They will be coming into assemblies to talk about what they are doing and why. If your parents, grandparents, carers or older siblings would like to join one of the teams taking on a challenge just contact us on chair@friendsofLaunton.co.uk

Race to Russia

On Your Marks, Get Set, GO!

The Race to Russia starts now!

The totals for these two days will be added to the first week's total.

YOUR DETAILS		Wednesday 13th June	Thursday 14th June
NAME:			
YEAR:	HOUSE:		



Week One

15th June to 21st June

YOUR DETAILS		Friday 15th June	Saturday 16th June
NAME:			
YEAR:	HOUSE:		
Sunday 17th June		Monday 18th June	Tuesday 19th June
Wednesday 20th June		Thursday 21st June	TOTAL
			Steps:
			Minutes:

Week Two

22nd June to 28th June

YOUR DETAILS		Friday 22nd June	Saturday 23rd June
NAME:			
YEAR:	HOUSE:		
Sunday 24th June		Monday 25th June	Tuesday 26th June
Wednesday 27th June		Thursday 28th June	TOTAL
			Steps:
			Minutes:

Week Three

29th June to 5th July

YOUR DETAILS		Friday 29th June	Saturday 30th June
NAME:			
YEAR:	HOUSE:		
Sunday 1st July		Monday 2nd July	Tuesday 3rd July
Wednesday 4th July		Thursday 5th July	TOTAL
			Steps:
			Minutes:

Week Four

6th July to 12th July

YOUR DETAILS		Friday 6th July	Saturday 7th July
NAME:			
YEAR:	HOUSE:		
Sunday 8th July		Monday 9th July	Tuesday 10th July
Wednesday 11th July		Thursday 12th July	TOTAL
			Steps:
			Minutes:

JustGiving

As you know, we are raising funds to transform the school field into an area the children can play on all year round. The improvements will benefit current and future children of the school.

We have set up JustGiving pages for each house, so if you can donate by card and are a tax payer we can claim an extra 25% from the taxman. You have the option to keep your donation anonymous and any amount is gratefully received.

If you would like to donate, but don't want to do it through JustGiving, you can put donations in an envelope and post it in the school post box. Please write '1918 donation' and the house you want to support on the envelope.

We would be very grateful if you could ask friends and family to sponsor your child for the amazing activities they do during this challenge.

Blue (Rowling) = www.justgiving.com/1918blue

Red (Farah) = www.justgiving.com/1918red

Green (Mandela) = www.justgiving.com/1918green

Yellow (Burnell) = www.justgiving.com/1918yellow

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