

## Tuesday Challenge

### Session 2

I'm sure you won't have forgotten but tonight would have been our Junior cross country championships and we will be going ahead – with a few minor changes!!

So, your challenge this week is to complete the 1.6km race in one of these ways:

- Run the 1.6km distance and record your time. Have multiple attempts throughout the week to see if you can get your time down.
- Complete 1.6km in the most unique way possible – the possibilities are endless but make sure they are safe!!
- If no access to large outdoor space then try and do in small chunks, maybe 200m per day – up and down the stairs, use the hall way, laps of the garden. Be creative you don't have to run it!!

As with all your challenges please remain in a safe space at all times with your adult.

Remember: you have a whole week to complete this as many times as you can!! All of your attempts will be added to our collective total.

The purpose of this activity is to show you that things don't always go to plan and we need to draw positivity from any changes, large or small.

Have fun and stay safe, Jo x