



MOVE MORE

Miles

26TH JULY - 3RD SEPTEMBER

COMMUNITY

& SCHOOL

CHALLENGE



CALLING ALL MEMBERS OF THE COMMUNITY!

THIS SUMMER - Let's get physical to help our mental health and wellbeing! How many miles can you clock up together this summer for your chosen school?

HOW TO TAKE PART?



Run, walk or cycle your miles between 26th July and 3rd September.



Record the distance you walk as a family on the Move More Miles Chart.



Take weekly photos of your travels and share on social media channels using the #movemoremiles and tagging your school.



Take your chart into school with you OR if you are a member of the community, please photograph & email your grand total chart to HeadsUpChelt@cheltenham.gov.uk.



Miles from each school will be added up and a winner announced!



WHO WILL BE CROWNED THE WINNING SCHOOL & FAMILY?



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Each day fill in how many miles you have walked, run or cycled as a family. For example if a family of 4 did a 1 mile walk that would be 4 miles!

Whilst you are out being active, please take in your surroundings and take photos of nature - this could be a landscape, an animal or a plant - we would love to see them! Please tag us using our social media

channels **RIGHT HERE!**

YOUR FULL NAME:

NO. OF PARTICIPANTS IN YOUR GROUP:

YOUR/NOMINATED SCHOOL:

WEEK 1
w/c 26th July

WEEK 2
w/c 2nd Aug

WEEK 3
w/c 9th Aug

WEEK 4
w/c 16th Aug

WEEK 5
w/c 23rd Aug

WEEK 6
w/c 30th Aug

26

2

9

16

23

30

27

3

10

17

24

31

28

4

11

18

25

1

29

5

12

19

26

2

30

6

13

20

27

3

31

7

14

21

28

01

total:

8

total:

15

total:

22

total:

29

total:



@HeadsUpChelt

@MoveMoreC10

#MoveMoreMiles

CHALLENGE TOTAL:

Now all that's left to do is add up your total miles, fill in the boxes below and return this form to your school admin / PE co-ordinator. If you are a member of the community you can photograph it & email it to us using the address below. Closing date for entries 13th September.

WELL DONE!

HeadsUpChelt@cheltenham.gov.uk

WHAT BEST DESCRIBES YOU...

SCHOOL FAMILY:

MEMBER OF THE COMMUNITY: