

Lincolnshire South East School Sport Partnership

1 Mile Challenge

- Measure out 1 mile (mobile phone apps are ideal for doing this).
- If necessary the 1 mile can be achieved by completing laps around the field or the playground. Check that the terrain is suitable and safe and you can keep pupils in sight.
- Be aware of pupils with medical problems e.g. asthma, hay fever
- Encourage pupils to run.
- Encourage pupils to maintain a comfortable and relaxed running style and control their breathing and pace.
- Pupils can do the mile as many times as you wish during October and should be encouraged to beat their own personal best.
- Where possible engage pupils in leadership roles such as counting laps, timing, recording, coaching and encouraging.
- Awards will be given to the schools with the fastest 3 Boys and the 3 Girls from each year group.
- An additional award your school can win is the participation award.
 1. Gold Award- 100% of the school classes participate.
 2. Silver Award- 75% of the school classes participate.
 3. Bronze Award- 50% of the school classes participate.
- Please collect the best time for every participant who has completed the 1-mile challenge.
- Once collected please work out the top 3 boys and 3 girls for each year group.
- Please email Rupert Gibson your results sheet to agilitassports@gmail.com
- This competition is open for Year 1- Year 6 students.
- The closing date for the entries is the 31st March 2022.

Primary School - 1 Mile Challenge. Results Sheet.

Name of school				
Number of Y1-Y6 classes in your school				
Number of classes that took part				
Participants	Boys Name*	Time in minutes and seconds	Girls Name*	Time in minutes and seconds
Year 1	1		1	
	2		2	
	3		3	
	Combined time for these 6			
Year 2	1		1	
	2		2	
	3		3	
	Combined time for these 6			
Year 3	1		1	
	2		2	
	3		3	
	Combined time for these 6			
Year 4	1		1	
	2		2	
	3		3	
	Combined time for these 6			
Year 5	1		1	
	2		2	
	3		3	
	Combined time for these 6			
Year 6	1		1	
	2		2	
	3		3	
	Combined time for these 6			

*Full names only required if you'd like us to recognise the fastest across the SSP and County



YOUTH
SPORT
TRUST