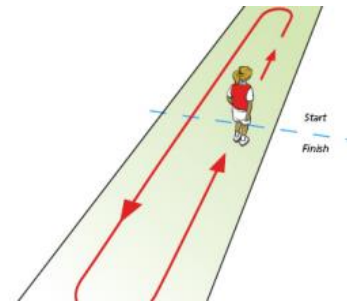


Virtual Competition

Window 2: Lap Land

Focus: Participation



GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Window 2: Monday 5th October – Friday 16th October 2020

Lap Land is a distance jogging and/or walking challenge, allowing athletes to complete 'laps' during the school day.

Rules

- Distance running must take place outside on a safe surface, on the school site, during the school day.
- Using a trundle wheel 'a lap' is marked around the school site using chalk, cones or other suitable markers.
- The lap distance of around 300 metres would be ideal, but this depends on the school site and areas available to particular 'bubbles'.
- As this competition is about participation, every child in a bubble / class will register each day how many laps they have completed. Using the excel spreadsheet provided, this will calculate the completed class / bubble distance each day and at the end of the two week window. Only full laps can count towards a score.
- The KS1 total distance covered (Year 1 & 2) will be divided by the number of KS1 children on roll to produce an average distance per child.
- The KS2 total distance covered (Year 3,4,5 & 6) will be divided by the number of KS2 children on roll to produce an average distance per child.
- Those schools' who show the greatest average scores in a key stage will win.

Safety and COVID-19 guidance

- Suitable footwear must be worn by all participants.
- Please ensure your 'lap' is clearly marked, and avoids sharp turns and all participants travel in the same direction.
- You may consider staggered starts in smaller groups to allow distancing, or starting small groups at different points around the 'lap' so the start and finish of each lap is different to avoid congestion and crowding.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back.

Result to be submitted via www.letsgetahead.co.uk by 6pm on Friday 16th October