

Watling Academy – Virtual Challenge

Let’s join together as a community to walk, run, or cycle our way to success!

Please read alongside the flyer attached.

Dear Students and Parents,

Our PTA – called ‘Friends of Watling Academy’, and I would like to launch our first event to all students and parents of Watling – ‘Around the World in 80 days!’ (give or take!)

The aim is to get students and their families to walk, run or cycle their way to a personally set goal and contribute to a total challenge of 24,901 miles (distance around the world). At the same time raising funds for a local charity and for ‘friends of Watling’.

Once you have reached your goal you will be sent a certificate to celebrate your achievements, that will be on the fridge for years to come!

You do not need anything fancy to take part in this competition – please see below how to work out your mileage if you don’t have a Fitbit, pedometer or any other of those fancy things!

PLAN:

1. Decide if you want to do this challenge on your own or as part of a team – this could be with friends or with members of your whole family. There is no time limit to when your challenge should be completed.
2. Pick a team name if you are entering as part of a team – family or friends (you don’t have to walk together!)
3. Select a challenge – you can pick more than one!

Virtual Challenge	Distance in miles
English Channel	21
Mount Everest	80
Hadrian’s Wall	90
The Great Ocean Road, Australia	149
The Grand Canyon	280
Land’s End to John O’Groats	874
Great Wall of China	5000
Around the world (Total Watling Community challenge)	24,901
Pick your own challenge e.g. from your House to your favourite holiday destination!	??

4. Email your name (and team name if you are part of a team) to Ms Willets willetts@watling.academy
5. Also email which challenge you are taking on.
6. Each time you complete a walk, run or cycle, email your achievements to Ms Willets, in terms of the number of miles travelled. If you are doing it as a team – send in your team’s total with your team name each time you go for a walk/run/cycle. For example – if you are a family of 4 going for a 5-mile walk, 4 lots of 5 miles will equal 20 miles to be submitted (almost the English Channel in one walk!)
7. We would love to see every student at Watling taking on a challenge and many of you getting your family involved.

Working out your miles:

- If walking – 20 minutes = 1mile
- If running – 10 minutes = 1 mile
- If cycling – 1 hour = 10 miles

(Of course, this is an average – if you run or cycle faster, then increase this approximate number.)

You will be surprised at how the miles add up so challenge yourself.

Fund raising

Why not raise some money as you exercise. We will create a link that you can send around to family and friends who may wish to sponsor your achievements.

80% of all funds raised will be going to a chosen charity, and 20% will be used to kick off ‘Friends of Watling Academy’, our PTA who will use funds raised to benefit and support students at Watling.

The plan is to join together as a community to walk, run or cycle our way to success!

Kind Regards,



Mrs Barford
Deputy Head