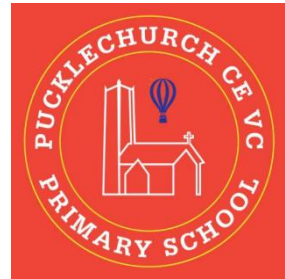


Fit February



Although we may not all be together this month, that doesn't mean we can't still compete against each other! Let's see how many kilometres we can achieve during the month of February.

Sports Crew would like you to log all of your kilometres moved throughout the month of February. This could be running, walking, jogging, cycling, scooting, horse riding, high intensity work out (5 minutes = 1 km) or stretching/pilates) 20 minutes = 1 km)

Whether you are at school or at home, all you have to do is complete the log sheet with the activities that you have taken part in and how many kilometres you have achieved (round to the nearest whole number) and we will announce the podium positions each week in celebration assembly and then declare the final bronze, silver and gold position at the end of February.

Get involved with your friends and family to see who can log the most!

If you do not have a fitness tracker watch, Pacer is a free app which counts steps and tracks kilometres. Please e-mail your results after each week to your class teacher.

1 st	
2 nd	
3 rd	
4 th	
5 th	
6 th	
7 th	
Week 1 total:	
8 th	
9 th	
10 th	
11 th	
12 th	
13 th	
14 th	
Week 2 total:	

15 th	
16 th	
17 th	
18 th	
19 th	

20 th	
21 st	
Week 3 total:	
22 nd	
23 rd	
24 th	
25 th	
26 th	
27 th	
28 th	
Week 4 total:	
February total:	