



SPAR Lancashire School Games Active Mile Challenge (23rd November - 27th November 2020)

Dear Lancashire Schools & Lancashire residents,

Please see below details of the SPAR Lancashire School Games Active Mile Challenge. On the 27th November we celebrate Lancashire Day. So to celebrate our great county we would like you to go outdoors, explore our county and complete a mile of activity. (Please do so by following current government guidelines!)

Between the 23rd November - 27th November 2020 we encourage schools and their pupils to go outdoors and complete a mile, or a mile's worth of physical activity which will help contribute to the recommended 60 active minutes that a young person should complete each day.

We also encourage schools to promote this challenge with parents, carers, guardians, alumni and local residents.

Why?

Because when an individual or school complete a mile's worth of activity they can log the mile completed. This is important because when you log a mile of activity, you log it to your chosen school and this will count as an entry in to a draw **to win £400 for the selected school to develop their sport and physical activity offer in the school.** The more people associated with the school that log an hour, the more entries the school will have.

The Spar Lancashire School Games Active Mile Challenge timeline:

Challenge Details

November 13th-23rd November 2020: Schools promote this challenge to parents, guardians, carers, local residents to get involved, get outdoors explore Lancashire and be active.

November 23rd -27th November 2020: LOG YOUR ACTIVE MILE (Do this via the link below)

<https://www.smartsurvey.co.uk/s/BSFMQF/> (Miles logged before the 23rd or after 27th November won't be counted).

November 30th 2020: Prize Draw and winning school announced on social media channels below.

Share your videos and photos with us:

[Twitter- @LancSchoolGames](#)



[Facebook- @LancSchoolGames](#)



[Instagram- @lancshireschoolgames](#)



Videos and photos posted of you completing a mile of activity on social media with the #LancsGames21 will also be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.

