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 **ARE YOU UP FOR THE CHALLENGE?**

**You are going to travel from Knocklyon to Dún Laoghaire for a virtual swim in the sea! It is 16 kms-ish. Can you make it by Friday 15th May for a virtual swim in the sea with everyone in your class? Here is how you can make your way. Each of the activities are worth steps and what do steps make - kilometres! Write in what you do each day and how far you have travelled. On Friday 15th May, perhaps you could take a funny photo of yourself ‘at the seaside’.**

**Remember that some step counters can give you steps when you shake your arm so be careful to only count real steps. Good Luck!**

**Around 1,500 steps = 1km**

**Around 700 skips with a skipping rope = 1km**

**You could count the steps from the back door to the end of the garden/around the garden. You could count how many stairs you have and run up and down as many times as you can.**

**Push ups, high knees, burpees and jumping jacks each count as a step.**

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|  | **ACTIVITIES** | **HOW FAR IN METERS?** | **HOW FAR IS LEFT?** |
| **Mon 4th** |  |  |  |
| **Tues 5th** |  |  |  |
| **Wed 6th** |  |  |  |
| **Thurs 7th** |  |  |  |
| **Fri 8th**  |  |  |  |
| **SAT 9th**  |  |  |  |
| **SUN 10th**  |  |  |  |
| **Mon 11th**  |  |  |  |
| **Tues 12th** |  |  |  |
| **Wed 13th** |  |  |  |
| **Thurs 14th** |  |  |  |
| **FRIDAY 15th of MAY** |  |  |  |