



WALKTOBER - PTFA Event

Throughout October, Hampshire Schools and the NHS are encouraging all children to get active and focus on their mental well-being using these five steps:

'Connect, Be Active, Keep Learning, Give to Others and Be Mindful'

To celebrate this, Manor PTFA would love to see as many children and parents walking to school during October!

We are inviting all children to get sponsored for **ONE** week of walking from Monday 4th - Friday 8th October 2021. We would like your child to take part in the home event **and** they will also join in with the whole school Sponsored Walk on Friday 8th!

All sponsorship will **'Give to Others'** and support your children's class charities & the Manor PTFA.

All children will receive a reward for their efforts!

Name: _____ Class: _____

Home Challenge - Monday 4th - Friday 8th October

<i>Please complete this grid every day if you would like to take part.</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Total:
Steps Taken						
Distance Covered						

Steps to Distance

Approximately 1400 steps = 1 kilometre

<u>Steps</u>	<u>Kilometres (approx.)</u>		<u>Steps</u>	<u>Kilometres (approx.)</u>
280	0.2		1680	1.2
560	0.4		1960	1.4
840	0.6		2240	1.6
1120	0.8		2520	1.8
1400	1.0		2800	2.0

