

BLUEWAY

CHALLENGE

1. Measure around the outside of your garden/or green in your estate using a tape measure.
2. Add up how many times you have to run/walk around it to get to 1km.
Remember 1km =1000m.
3. Try to run/walk a km or more a day to get to 21km.
4. Write your name and record your distance each day on the worksheet.
5. Congratulations you have run/walked the Blueway.