

Fortnightly Challenge



This weekend should have been the Sunderland City Runs. However, these have all been postponed until September.

However, in its place they have ran a Virtual 5km run for people to participate in at home. You can see more information about these at www.sunderlandcity10k.com.

Task

Over the next fortnight we'd like you to try and achieve the 5k of something of your choice. For example during your daily exercise walking 5km over the two weeks.

Please send in pictures of you doing your challenge as well as how many you achieve over the time. Why not also draw a picture or write a small piece about the challenge you completed?

Variations

If you don't think you'll be able to manage to walk the 5km why not complete a challenge in multiples of 5? For example:

- Throwing or catching a ball 5 times a day
- Doing 25 skips
- Hopping 10 times

If you are doing things every day aim to see if you can add more each day and make a note of how many you do so you can total it up at the end of the challenge!