



# MAIDEN ERLEGH

## CHILTERN EDGE

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Dear Parent/Guardian

### Miles in May – Whole School Challenge

As a PE Department we are thinking of fun and innovative ways to keep our students active during lockdown. During the month of May we will be competing against other South Oxfordshire schools to see which school community – students, their families and staff – can cover the most **Miles in May!**

The idea is to encourage as many of us as possible to get active during lockdown, to combine our mileage to see how far we can “virtually” travel around the world and we hope that you will all join in if you can.

During the challenge we are asking you to record and log the distance you cover when you go walking, running or cycling. You can do this out and about during your allotted time for daily exercise, or in your home or garden.

There are various ways to measure the distance you have covered; you can use apps on your phone such as Strava and MapMyRun/Ride or use a smart watch or fitness tracker. You can use Google maps to work out the distance covered, or measure your own garden or living room - if you are exercising at home - and calculate the distance you have covered the old-fashioned way.

Students will find the **Miles in May** Spreadsheet in their PE Google Classroom and can update this each day with the mileage they and their families have covered.

I will announce the combined totals of the student and staff efforts each week and at the end of the month I will announce how far we have travelled around the world!

There are prizes up for grabs for those that cover the greatest distances, so get your trainers on and let's get active!

Yours faithfully

Mr Hunter  
Head of PE

