

PE Task 1

Walk/Run/Cycle

- Plan a 1, 3 or 5km route.
- You can choose to either walk, run or cycle your route.
- If you are able to, you can record your route using a watch to track the distance, or you can download any of the following apps to plan your route as well as track it: Strava, Mapmywalk, Mapmyrun, Under Armour app (or any other app that has the capability to do this).

Challenge task:

Complete 3 routes within a 7 day period.