PE @ NOBEL: 6 WEEKS OF PRACTICAL ACTIVITIES TO KEEP YOU ACTIVE!

Week 1:

Activity:

Choose to walk, run, cycle or swim and complete one of the following challenges:

Bronze challenge: 3km

Silver challenge: 5km

Gold challenge: 8km

Optional – use an app such as Strava to record your distances. Ask a parent to upload the screenshots of your route to Instagram (@NobelPE)to feature on our Nobel PE page!