**“Where am I?” Wednesday Challenge**

These challenges are things that can be included into your daily exercise outings, if you can manage. They are just ideas and a little bit of fun and healthy competition. Do as many or as little as you like, even adapt or create your own to suit yourselves. Open for all to take part; pupils, siblings, parents, carers, dogs, teachers, young and old! Please enjoy, keep safe and keep active. ☺

**Tasks**

1. **Where am I**???

Can you visit here and re-enact my selfie (or take a better one)? It took me 17mins and 32secs to cycle here in the wind and it’s a distance of 3.4 miles from my front door to my selfie spot using the cycle path from KFC. **Can you time yourself cycling/walking here from your house? Can you record how far or how many steps (on Fitbits etc) it takes you?**

1. **Can you find my message**? (Hopefully the rain hasn’t washed it away.) **Where was my message?** **What did it say?** **Did you take a photo of it?** If you have chalk why not take it with you and **leave your own nice message or picture to make someone smile.**
2. **Exercise challenges:**
* How many steps does it take to walk one lap? It took me 280 steps for half a lap and 485 steps for a full lap.
* Time how long it takes you to walk one lap. It took me 2mins and 27secs to walk half a lap and 4mins and 10secs to walk a full lap.
* Time how long it takes you to cycle one lap. It took me 1min and 04secs, sticking to the very outside to ensure I didn’t get in the way of other users.
* One lap is roughly 0.25 miles, how many laps would you have to complete to travel one mile? Can you complete that challenge? How long did it take you?
* 5min challenge, how many laps can you walk/jog/run/cycle in 5mins?

I’d love to hear from you if you try any of these challenges by commenting on my tweet or emailing me through twitter. Any photos, answers, times, recordings would all be welcome, and your comments might even motivate others.

Enjoy… I’ll post on Tuesday night my location and then on Wednesday I’ll post a new location with new challenges.

