**“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 12 hot minutes to cycle here from home and it was a distance of 2.5 miles. **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. **The main challenge is presented at the location. But there is a time limit!! It will disappear with the rain so try and get there soon! I took 1minute and 27secs to complete the course.**
3. **Extra Exercise challenges:**

* Can you run the whole path from top to bottom with how stopping? How long did it take you?
* Can you run from the bottom of the path to the top with put stopping (ouch)? How long did it take you?
* *EXTREME CHALLNEGE*…10min challenge, how many times can you complete the course then walk/jog back up the grass to go again in 10mins??

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.

