

## Challenge 2020 Points Scheme

| Distance/activity                                                     | Points          |
|-----------------------------------------------------------------------|-----------------|
| Every 1,000 steps                                                     | 10 points       |
| 5,000 steps                                                           | Extra 10 points |
| 10,000 steps                                                          | Extra 20 points |
| Every 20 mins of active exercise (bike ride/swim/jog/walk/scoot/skip) | 20 points       |
| Walk / cycle / scoot to school                                        | 20 points       |
| Attending an exercise class/going to the gym (approx. 40 mins – 1 hr) | 20 points       |
| PE lesson in school                                                   | 20 points       |
| Active after school club ( Including Change 4 Life )                  | 20 points       |
| Challenge 2020 event                                                  | 100 points      |
| Park Run                                                              | 50 points       |
| Representing the school in a sporting activity                        | 100 points      |
| Out of school club session/activity                                   | 50 points       |
| Any other sporting activity you do that you think deserves points!    | 20 points       |