



From the 24<sup>th</sup> to the 26<sup>th</sup> of June a group of teachers and parents will be taking on the gruelling challenge of climbing the three highest peaks in England, Scotland and Wales. To show our support we have created a challenge for you.....**The Virtual Three Peaks Challenge**



## King Athelstan Virtual Three Peaks Challenge

# Your Challenge Pack

## The Virtual Three Peaks Challenge

If you want to get involved...

1. Come up with three challenges you think you can complete by the 26<sup>th</sup> of June (see next page for some inspiration).
2. Fill out your challenges on “My Three Challenge” sheet and put this up somewhere you can see it
3. Ask your friends and family to sponsor you [www.givey.com/thenational3peakschallenge](http://www.givey.com/thenational3peakschallenge)
4. Ask your grown up or take some selfies as you do your challenge and stick them onto your “Challenge Completion Sheet”. Hand in at drop off after the 26<sup>th</sup> to claim your achievement certificate and be in for a chance to win a special prize

[www.givey.com/thenational3peakschallenge](http://www.givey.com/thenational3peakschallenge)

All money raised will go towards the **£5,000 target to fund the Stage area** for the Big Outdoor Project.



# Some Challenge ideas to get you started.....

## Sports / fitness ideas

- Complete a 3k run
- Skip without stopping for 5 minutes
- Set up a football challenge or game with your friends
- Walk 10k steps in a day
- Trampoline non stop for an hour
- Walk to Hampton Court

## Creative ideas

- Bake and create a cake masterpiece
- Paint a picture of your favorite place
- Write a song or poem and perform it to your family
- Design your own t-shirt
- Build a domino run the length of your house
- Ride the circle line and take a photo of yourself at each station

## School skills

- Read a 100 page book in a day
- Learn to count to 100 in a new language
- Do your times tables backwards
- Write a story and illustrate with your own drawings



# My Three Challenges

Challenge 1

Challenge 2

Challenge 3



Your friends and family can sponsor you here...

[www.givey.com/thenational3peakschallenge](http://www.givey.com/thenational3peakschallenge)



# My Challenge Completion Sheet

Name:

Class & year:

My Three Challenges

Pictures of me doing my challenges

Hand in after the 26<sup>th</sup> of June to claim your Recognition certificate and have a chance of winning a special prize