



**Virtual Friendship Run
Autumn 2020
Log Book**

Name:

Class:



Friendship Run Challenges

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Running Streak</p> <p>Set a running time or distance and see how many consecutive days you can run for? Tick each day you run.</p>					
<p>Run with Friends or family</p> <p>Can you complete a run with friends and family to support and encourage each other to complete an agreed time or distance? Tick each day you run.</p>					
<p>How far can you run in a week?</p> <p>Log your distance each day.</p>					
<p>Can you run non-stop for 15 minutes?</p> <p>Or set your own time—tick if you have completed this.</p>					
<p>Scavenger Hunt (see next page)</p> <p>How many of the items can you spot on your run? Make a note how many you spot each day.</p>					
<p>What is the furthest you can run in one go?</p> <p>Set yourself a distance.</p>					
<p>How far can you run as a class/school?</p> <p>Log your distance.</p>					
<p>Beat your time</p> <p>Can you beat your previous time?</p>					

Remember to register and submit your results with Playwaze for this challenge.
Your school to be entered into the prize draw to be in with the chance of winning a prize!

Scavenger Hunt

How many of the items below can you spot on your run?

NATURE
SCAVENGER HUNT

 Flower  Butterfly

 Water  Grass

 Tree  Green Leaf

 Spiderweb  Brown Leaf

 Bug  Ant

 Rocks  Fern

 Bird  Cloud

 Tree Bark  Sand or Dirt

www.stayathomemum.com.au

Competitive Running Challenge

How fast can you run 1 mile?



Record your score below so you do not forget!

Make sure you also ask your teacher to register and submit your times on Playwaze for you to be in the chance of winning a prize!

To register on Playwaze, please use this link:

<https://playwaze.com/Search/CustomFinder/LivingSportChallenges>

or visit your SSP website!

Attempt	Time
1	
2	
3	

