

1. **Go to** [**www.mapmyrun.com**](http://www.mapmyrun.com) **>routes>create routes to design your route (or, if you don’t have access to a phone, just make your own diary showing the distance you have travelled each day)**
2. **Ask a parent/carer to supervise you and get your running shoes on**
3. **Complete your running activities over the course of the week. Don’t forget to warm up before completing**
4. **Keep a record of your route/distances/times**
5. **When you have completed your 5K, send your evidence (screenshot of total distance covered/photo of your diary) in to your teacher by Friday afternoon by email.**

**Good luck and have fun!**

**Miss Bowes**