

# Personal Best Challenge: Daily Mile



Clixby  
Active Pro Sports

## Equipment:

- Stopwatch/Clock
- Suitable area for walk or running
- Measuring ruler
- Mark out course/track

## Instructions:

- How far can you walk or run in 10 minutes.
- Using a sensible area can you work out how many metres you can walk in 10 minutes.



## How will this help me?

- My measuring skills which will help me during maths lessons.
- Help my body become better at running longer distances which is good for a healthy heart.

## What else could i try?

- How many metres can you travel in 20 mintues