



# Spar Lancashire School Games Active Mile 2021

## 22<sup>nd</sup> - 28<sup>th</sup> November 2021

To celebrate Lancashire Day on the 27th November 2021, we are encouraging schools to log a Mile of physical activity from the 22nd-28th November 2021.

We are also asking parents, businesses, communities and anyone else to also get involved and support their chosen school. However instead of completing a mile, we want you to complete an active journey, replacing a journey you would normally take in the car and replace with an active journey (run, walk, cycle etc.)

**We are also celebrating Birmingham 2022 and the Commonwealth Games. So to celebrate, our aim is to get 11,541 miles logged, so we can reach Wellington, New Zealand. The furthest commonwealth capital from Lancashire. Let's do it and get Lancashire moving!**

**Miles and journey's logged will be entered into a prize draw to win £250 of sports equipment for your chosen school.**

### What is the Active Mile & How to log your mile (Schools)?

Whether you run, skip, hop, cycle or any other way imaginable to complete a mile, we want children to go outdoors and complete a mile of activity in school. **We want children and school staff to get involved in completing the mile! Log your mile here; <https://www.smartsurvey.co.uk/s/EMQVVR/>**

### What is the Active Journey & How to log your journey?

Where this differs from the school engagement, is we want you to complete an Active journey. We want you to log a journey which you normally would use a car or motorbike, and we want to know how you completed this journey. Whether that is walking, running, cycling etc.

This journey could be the school drop off, your commute to work, or a trip down the shop! **Let's be active and less reliant on jumping in the car! Log your journey here; <https://www.smartsurvey.co.uk/s/EMQVVR/>**

**Each active journey logged will be added to the mile total!**





## Share your videos and photos.

We want to see you taking part, so please share your videos and photos to:

[Twitter- @LancSchoolGames](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancashireschoolgames](#)

Use the #lancsgames22 in any of your social posts

### Terms & Conditions

Any school that logs a mile will receive 1 entry per class (no more than 7 entries). Each class can only log and record their miles once.

Any individual that logs an active journey will also receive 1 entry to the prize draw. This can only be done once, however if there are more than 1 of you completing this active journey, we will count these journeys (up to 7 entries).

**Your entries will go into a prize draw to win £250 of sports equipment to improve the physical activity/sport offering at your chosen school.**

**The more logged miles/journeys associated to a school will give that school more chance of winning the prize draw.**

Funding can be used to purchase sports equipment, map an orienteering route or can be used in another way to ensure young people can be active. By completing the short form and logging your activity, we can see how many people have completed the SPAR Lancashire School Games Active Mile/journey.

**Miles logged before the 22nd November or after the 28th November will not receive entries into the prize draw!**

If you have any further questions please contact Dominic Holroyd at [dholroyd@activelancashire.org.uk](mailto:dholroyd@activelancashire.org.uk)