

# 10 100 Mile club (or other distance)

## Health-related activities



### Age range

- 8-14.

### Group size

- On your own.

### What you need

- Photocopiable record sheet (see back of this card).

### Safety points

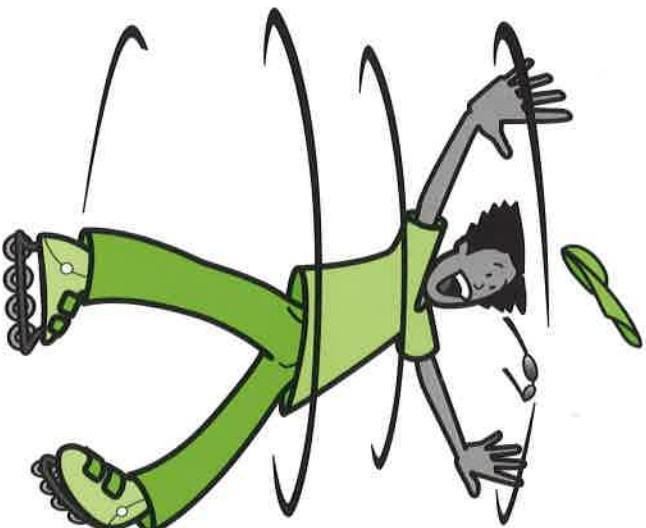
- It is important that you do not perform too much activity on any one day. You should not feel so fatigued that you are unable to participate in your other daily activities e.g. school work.
- Do not go out on your own.
- Make sure you tell an adult where you are going.

### Easier

- Set up a 50 Mile club.

### Harder

- Set up a 500 Mile club.



### What to do

- You will become a 'member' of the 100 Mile club when you cover 100 miles doing activity.
- This should be achieved over a period of time.
- Fill in your log book or record sheet (see back of this card) to record any miles you do. This should be signed by someone to confirm the miles you have covered.

