**Tuesday 2nd February**

**PE**

I have a running challenge for you today. You can do this alone or team up with other members of your family and see how you do together.

The instructions below say to measure and set up your 10m distance and run for 13 minutes either individually or to tag family members to do a length or two and add them all up to see how many lengths you can complete in the time. I’m going to have a go but I will see how far I can go in 13 minutes when I go out for my run! I don’t expect me to get anywhere close to 5K! I can’t wait to hear how you all get on!

