



AT HOME FUN RUN CHALLENGE

Active Schools Aberdeen are excited to announce we will be running our At Home Fun Run. This year, we are asking you to record your weekly effort and send us your all your submissions at the end of your 4-week block.

The At Home Fun Run Series will start from Saturday 1st May and you have until Monday 31st May to complete all 4 of your weekly runs.

There is no formal sign up but to let us know you are taking part, simply walk, jog or run and send us some evidence, for example a picture or strava recording, to activeschools@sportaberdeen.co.uk by 4th June and we will send you confirmation we have received your submission.

The Suggested distances are as follows:

P1-P3

400m

P4

800m

P5 & above

1600m

After you have submitted your evidence to us, certificates will be issued via your child's school.

Aberdeen City School's Only

If you need any help or have any questions, then please feel free to get in touch with your Active School Coordinator for more details.