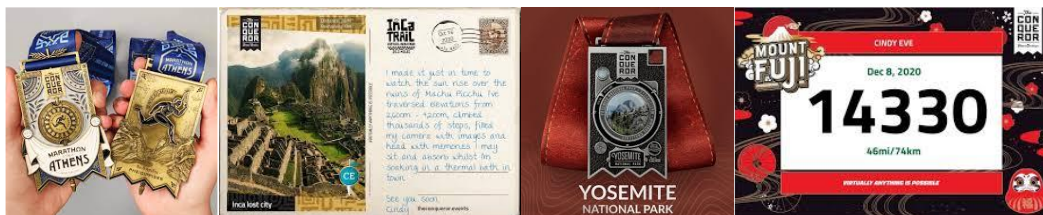


## The CONQUEROR *Virtual Challenges*

### INTRODUCTION

Conqueror Virtual Challenges are a set of landmark challenges undertaken by hundreds of thousands of people all over the world.

- Over 50 challenges totalling over 30,000 kilometres.
- Landmark settings include Route 66, The Great Wall of China, Grand Canyon and Mount Everest.
- Medals, postcards and certificates presented to the school for participation and completion of challenges.



### THE REASON

The main goal of these challenges as extracurricular activities is to increase activity outside school, giving children targets and the chance to feel part of something big. Whatever the distance you cover, they are a great way to support children's health and well-being and to increase quality family time. Children really get involved with the encouragement of their parents.

### HOW IT WORKS

The challenges officially start this weekend and continue throughout the year. All children from Nursery to Year 6 can take part. We will only work towards one challenge at a time before moving on to the next one.

Example activities that can count towards the challenge include:

- |           |                             |
|-----------|-----------------------------|
| Walking   | Playing/running in the park |
| Dog walks | Sports outside of school    |
| Scouting  | Park runs                   |
| Swimming  |                             |

**Measuring & Recording:** Using a Fitbit or smartwatch that can calculate steps or distances (km/m) or mobile phone apps that record the necessary information. When measuring steps, it is important to only count the activity and deduct any steps from the rest of the day.

Enter the information for your completed activity into the form linked below. You can fill this out after every activity or fill out the total each week. You also need to submit a picture or screenshot as evidence to Mr Winship – [ben.winship@stedwardsprep.com](mailto:ben.winship@stedwardsprep.com)

### [Submit Activity Details](#)



### REWARDS

Children who have contributed to each completed challenge will receive a certificate and a picture of them with the medal to take home and keep. During our Celebration Assemblies, there will also be a Conqueror of the Week for individual contributions. Information and pictures will be included in the Headteacher's Update so parents can keep up-to-date with the latest statistics.