

# Paula's families AT HOME

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**Atom bank**



## The Concept:

Work as a family team to cover your chosen distance. Compete online with other families OR just take part for some healthy family competition!

## The Rules:

- 1 Name your team
- 2 Choose your distance: 1K, 3K or 5K - this can be in your garden, front room, park etc.
- 3 Measure out your laps (we recommend using a tape measure) and mark these with anything you can find - shoes / t-shirts etc.
- 4 When the time starts, each member will take it in turns to complete laps until your chosen distance has been achieved. You don't all have to compete the same distance, as long as you all cross the finish line together! **Top Tip:** let the children work out how many laps are needed to reach your chosen distance... help bring the fun to home schooling maths!
- 5 Find a collection bucket / bag / bowl and some suitable 'counters' i.e. stones / pennies etc.
- 6 Nominate a 'Team Counter' - this person will use the counters and the bowl to track the laps until you reach your total distance.



Share your pictures and videos online using **#familiesathome** to be in with a chance of winning a personal message from Paula and her family plus Nike Families on Track T-Shirts and join in the fun with the rest of our **#familiesathome** community.