

# Paula's TWO-15 CHALLENGE



## THE CONCEPT

Paula Radcliffe and the Events of the North team have adapted the essence and concept of Paula's Families on Track into a school holiday programme for Berkshire. A simple challenge that complements the work of the School Games across all school age groups.

## WHAT IS FAMILIES ON TRACK?

This is a concept devised by Paula with the aim of offering an opportunity for the whole family to enjoy a safe, fun and competitive activity as a unit together.

## HALF TERM FAMILIES ON TRACK PAULA'S TWO-15 CHALLENGE

In a nod to her former World Record Marathon time of 2 hours 15 (25 secs) Paula will challenge children and their families to complete a **MINIMUM** of 2 hours 15 minutes of exercise **TOGETHER** across the week of half term.



## IMPLEMENTATION

- 1 Pick ANY type of PHYSICAL ACTIVITY and make sure that MORE THAN ONE family member joins in
- 2 Log your activity in whichever way you find the easiest, a simple watch or exercise apps (such as Strava/Apple Fitness/Fitbit), design a family activity chart or a simple pen and paper design will work – integrate it as fun project, with some basic maths thrown in to calculate the families' progress
- 3 The physical activity duration reflects the TIME THE FAMILY UNIT (min of 2 people) takes to complete it, NOT a combined total. e.g., If 4 members of the family walk the dog for 30 mins, this is 30 MINS towards the family total, not 2 hours
- 4 USE the videos from Paula or our ideas suggested for family fun activities
- 5 Please stress the importance of adhering to current government COVID-19 guidelines regarding exercising and social distancing
- 6 Once the magical target of 2 hours 15 mins of activity has been completed you've achieved PAULA'S CHALLENGE – WELL DONE but don't stop there, keep going and top up the total as much as possible!
- 7 Please share your family activities with us on social, @berkshiregames and @familiesontrack on Twitter, @familiesontrack on Instagram. The more unique and diverse the better!

## IDEAS FOR FAMILY ACTIVITIES

- All the family walk the dog
- Wheel, run, walk, or scoot to the park for a game of family rounders
- A simple jog or alternate run/walk between lampposts with another family member
- Put some of the family's favourite music on and have a kitchen disco for 20 minutes
- Relay shuttle runs around the garden
- A family fun circuit in the house or garden, include easy simple exercises that require no equipment – sit ups, press ups, star jumps, squats, running on the spot, plank. 30 seconds on 30 seconds off. Alternate exercises with a family member
- Design and make a safe obstacle course inside or outside the house and time each family member taking part

The list is endless...all Paula asks is that you're physically active in whichever way is possible for you and your family  
**AND HAVE FUN!**

## COLLATION OF RESULTS

Families collect and record the duration of their family activity on a simple homemade scoresheet and submit to school after the half term. Results to be inputted into a school excel spreadsheet retained by the school, and not submitted. Inclusion of pupils' names is optional but can be useful for you to review school rewards and personal best achievement. The excel spreadsheet will collate participation percentage based on school size. The schools (special/primary and secondary) with the greatest percentage engagement will be our winners. Please ensure your school scores are submitted by Feb 22nd 2021 using the online results sheet.



## THE WINNERS

All schools who take part will receive a Paula's TWO-15 challenge Digital Participation Certificate signed by Paula

We will recognise schools with the highest percentage of families taking part with a special edition digital Paula Radcliffe Spirit of the Games Award

The winning schools (Special, Primary and Secondary) will be determined by the one who has the greatest engagement from pupils and their families

Our winning schools will receive a unique VIRTUAL Visit from Paula during the next term of school



## SCHOOL RESOURCES ABOUT PAULA RADCLIFFE

Paula Radcliffe, MBE is a one of the greatest British long-distance runners in history. She is a three-time winner of the London Marathon, three-time New York Marathon champion and Chicago Marathon winner. She was previously the fastest female marathoner of all time holding the Women's World Marathon Record with a time of 2:15:25 for 16 years from 2003 to 2019.

Alongside her big city Marathon career Paula is a former world champion in the marathon, half marathon and cross country. She has also been European champion over 10,000 metres and in cross country. On the track, she won the 10,000 metres silver medal at the 1999 World Championships and was the 2002 Commonwealth champion at 5000 metres. She represented Great Britain at the Olympics in four consecutive games (1996 to 2008).

Paula is a Mum to two children, Isla (14) and Raphael (10), and her passion is to engage the family in activity they can all enjoy together.

**PAULA'S TWO-15 CHALLENGE** is the start of an exciting plan for Berkshire schools with Easter Holiday activity and a Summer GRAND FINALE planned for 2021. MORE EXCITING DETAILS COMING SOON!



Watch Paula's World Record  
2.15.25 highlight here



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