



DEVONPORT HIGH SCHOOL FOR GIRLS

A SPECIALIST LANGUAGE COLLEGE

12th February 2021

Dear Parents and Carers

The Devonport High School for Girls Round Britain Challenge

The race is on! As part of our drive to support the wellbeing of our school community, we have created a 'fun' challenge that we encourage staff, parents/carers and students to take part in. The challenge is a race around mainland Great Britain with 4 house teams: Edgcumbe, Flete, Hartland and Kitley all working together to achieve the full distance, whilst also competing against each other to see which team covers the greatest number of kilometres. Sixth form students can choose which house they would like to support.

According to the Ordnance Survey, the coastline of Great Britain (not including islands) is 17,819 kilometres, which, whilst it may sound a lot, when divided between our staff, students and parents and carers, becomes a far more achievable goal. The start and finish line is Plymouth and our aim is to complete the full distance in 2 weeks, starting at the end of school on Friday 12th February at 3.35pm.

To cover the distance, any form of exercise is valid, from walking, running or cycling to a step class or rowing machine, they all count. You can calculate distances using any device or app or even our simple calculation method shown below and then entered via a quick form link here.

There will be house points for each house team, dependent on how far they get, and bonus house points for the winning house. There will also be prizes for the individuals who work the hardest to achieve their kilometres.

We will use our social media feeds to update the school community of each team's progress and the accumulated distance. Students are welcome to upload photographs and videos of their activities or pictures of the destinations 'passed along the way' to their One Drive account and share these using the e-mail address athomas@dhsq.co.uk or share a post with our twitter account @DHSGNews or send a message to our Facebook page @DHSGirls.

We hope this challenge will encourage all members of our school community to get outside, spend some time away from a screen and enjoy the outdoors during half term and beyond, whatever the weather.

Please make sure that you carry out your journey safely, make sure that you have someone with you or that someone knows where you are and what you are doing. Please don't carry out any dangerous activities. Also, please ensure that they do any outside exercise within Government lockdown restrictions.



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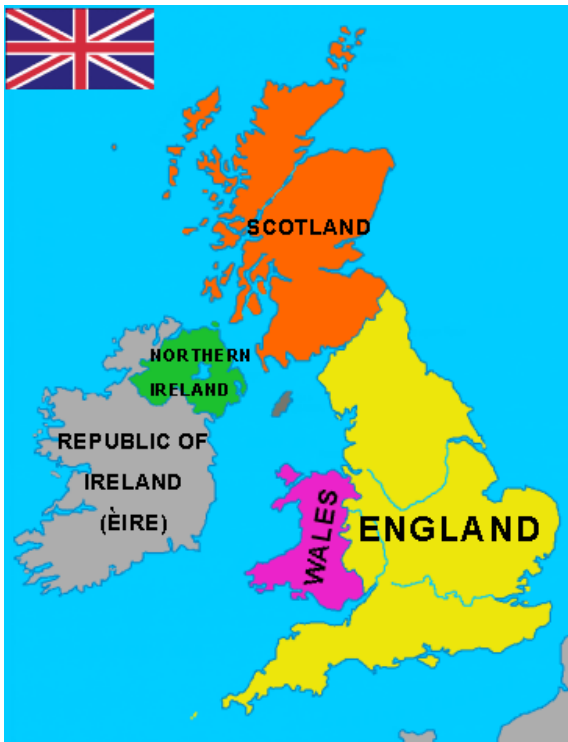
To make this even more of a competition, we are going up against some other South-West girls' grammar schools. So it is not just your house reputation, it is DHSG's reputation too!

So get ready, do what you can, record your distance after every piece of exercise and good luck. Can the DHSG School community make it around mainland Great Britain in 2 weeks? Thank you for your participation and we will update you when we return from half term on the progress at the end of the first week.

Kind regards



Ms S Clatworthy
Head of PE



Please note all calculations are approximate:

Fitness classes:

Count what you can:

Over 16: 1 step = 0.75m so multiply number of steps/lunges by 0.75 to get your distance in metres.

Under 16: 1 step = 0.60m, multiply number of steps/lunges by 0.60 to get your distance in metres

Spin bike

Use 15km/h as average speed. 1 hour session = 15km,
30 mins = 7.5km, 15 mins = 3.75km

Other exercise

Please calculate as best possible or get in touch