



# STEPS CHALLENGE

## Steps to Summit. Can you help us?

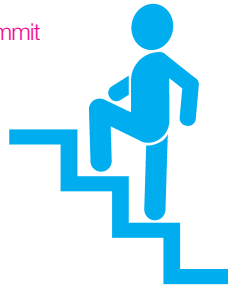
We invite you and your family to join us in making a positive change. Take a step in the right direction towards a happier, healthier local community by taking part in our step challenge. The aim is to promote mental and physical well-being whilst enjoying what your local area has to offer in terms of open and urban spaces.

We encourage all school-aged children, parents, carers, siblings, grandparents, aunties, and uncles to get involved to see how many steps we can do and how many mountains we can conquer together!

### Mountain

Scafell Pike	6,180
Mount Snowdon	7,120
Ben Nevis	8,810
UK National 3 peaks (all 3 above)	22,110
Mount Blanc	30,420
Mount Kilimanjaro	38,680
Mount Everest	58,070
<b>Total</b>	<b>171,390</b>

### Steps to summit



### How:

Join the Dorset School Games Community on Playwaze via the QR Code and register for the Move It Week Steps Challenge

There are two versions of the challenge available;

### Tracker Challenge

(integrated with popular fitness apps & wearables) and an

### Evidence Challenge

(suitable for group entries or those without fitness apps or wearables). Select your preferred challenge and start stepping up to the summit – see you at the top!

**N.B.** For any problems accessing the step challenge please contact:

[Schoolgames@activedorset.org](mailto:Schoolgames@activedorset.org)



SCAN ME