

# Stadt Moers School Challenge



## Can you walk to Stadt Moers?

Since 1980 Knowsley has been twinned with Stadt Moers in Germany. This week's physical activity challenge is to see if as a school you can walk to Stadt Moers - it's 555 miles!

- All children and teachers can take part, just download any free exercise tracker from the Google or Apple store (or use your own smart watch, pedometer etc if you have one).
- Use this to record how far you run or walk during the week, then show your teacher.
- Your teacher will add up all the miles that the pupils and staff have done over the week with the aim of reaching Stadt Moers!

**Good luck and get walking!**