



EMMBROOK JUNIOR SCHOOL



Emmbrook Junior School, Emmbrook Road, Wokingham, RG41 1JR • Tel: 0118 978 4940
Email: admin@emmbrook-jun.wokingham.sch.uk • Web site: www.emmbrookjuniorschool.co.uk
Head Teacher: Mr. J Usher

14th October 2020

Dear Parent/Carer,



I have received some questions and seen some social media comments in regards to how the Conqueror Challenge works and what can be classified as a contribution towards the challenge. The Conqueror Challenge aims for children to do that 'little bit extra' over a period of time and not something that is in their daily routine (such as walking to and from school, walking/running around in school and so on). A run, a bike ride, a dog walk or a family day out can be contributed. The challenge is a way for the children to set themselves fitness goals and put additional effort in.

Please find more information and clarification listed below:

- You no longer have to provide evidence/proof of activity. This is due to an upload issue from external networks.
- I have added an additional question on to the form requesting you specify the activity type.
- You only fill in the total distance/steps for that particular activity/exercise.
- Remember - do not collate and send the total steps for the day as these are not all generated from an additional activity/exercise. Some of these steps will be your child's normal day to day routine (such as walking to school) which does not qualify.
- Some children have step counter watches which only give a total step count and do not have an option to set an activity. This is fine and to work this out you, just note the current steps before the activity/exercise and then note down how many you have done at the end of the activity/exercise. Once done, just deduct the start steps from the total steps and that will give you how many you have done for the activity. *E.g. 5000 steps before activity, after activity total steps are 7500. To work out steps for that activity I would deduct 5000 from 7500. Meaning my total steps for the activity would be 2500.*
- Some children do sporting activities outside of school and this is great. However, I am asking children to go that extra little bit to challenge themselves, no matter how small or big that may be, and help fundraise for the school. I understand a busy schedule will make that difficult and I do not want to exclude children that already do lots of activities as part of their normal day/week so I have told the children I will add one of those contributions per week to the Challenge.
- There are lots of apps on mobile devices that are free and can measure total steps/distances. This would be a great and easy way to collate the information. I personally use an app called 'Strava' which is very good, however there are lots of different ones you can use.

I hope this answers the majority of your queries in regards to the Conqueror Challenge. Its been great to see some of the children already taking part and really pushing themselves. We have just gone past the 200km mark and one of the challenges has been completed already!

If you have any queries or require any more information in regards to the Conqueror Challenge then please email me direct at jfisher@emmbrook-jun.wokingham.sch.uk and I will be happy to answer them for you.

Yours sincerely,

Mr. J Fisher
PE/Sports Lead