

The Captain Tom Moore Challenge.

This is Captain Tom Moore.



He celebrated his 100th Birthday by walking a 100 laps of his garden and has raised lots of money for the NHS.

How old are you? _____

I wonder if you could celebrate the age you will be turning this year by walking, shuffling, running, skipping or hopping the amount of laps that is the same as your birthday in 1 week. Below is a chart to help you achieve your goal. You could even take some photographs of you working towards your challenge and send them to school. **GOOD LUCK!**

Day	How many laps?	Which form of exercise did you do?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Draw a picture of you or Captain Tom completing your challenge.....