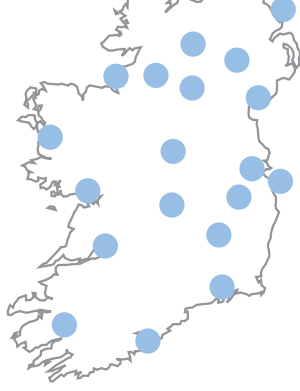


RUN

around

IRELAND

part one



Active School Flag encourages YOU to walk, run or roll to visit the landmark sights of Ireland. Begin by calculating the distance from your school to each landmark.



1 lap = 1 km

Where will you visit?

Destination	County	Distance from our School (km)	I did it!
 Aran Islands	Galway	_____	<input checked="" type="checkbox"/>
 Blarney Stone	Cork	_____	<input type="checkbox"/>
 Benbulbin	Sligo	_____	<input type="checkbox"/>
 Carrauntoohil	Kerry	_____	<input type="checkbox"/>
 Clara Bog	Offaly	_____	<input type="checkbox"/>
 Cliffs of Moher	Clare	_____	<input type="checkbox"/>
 Giant's Causeway	Antrim	_____	<input type="checkbox"/>
 Glenveagh National Park	Donegal	_____	<input type="checkbox"/>
 Hillsborough Castle	Down	_____	<input type="checkbox"/>
 Hook Head Lighthouse	Wexford	_____	<input type="checkbox"/>
 Kilkenny Castle	Kilkenny	_____	<input type="checkbox"/>
 Kylemore Abbey	Galway	_____	<input type="checkbox"/>
 Malin Head	Donegal	_____	<input type="checkbox"/>
 Mizen Head	Cork	_____	<input type="checkbox"/>
 Newgrange	Meath	_____	<input type="checkbox"/>
 Powerscourt Waterfall	Wicklow	_____	<input type="checkbox"/>
 Rock of Cashel	Tipperary	_____	<input type="checkbox"/>
 Slieve Donard	Down	_____	<input type="checkbox"/>
 Slieve League Cliffs	Donegal	_____	<input type="checkbox"/>
 The Spire	Dublin	_____	<input type="checkbox"/>

Record the number of running laps completed in school with laps that you complete of your garden/local park every day. If you manage to persuade a friend or family member to run with you then you can add their laps to yours and gain lots more kilometres.

Don't forget to tick the destinations that you reach overleaf.

1 lap = 1 km

Week 1 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps						/	/
My Home Laps							
Family/Friend Laps							
Daily Total							

Week 2 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps						/	/
My Home Laps							
Family/Friend Laps							
Daily Total							

Week 3 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps						/	/
My Home Laps							
Family/Friend Laps							
Daily Total							

Week 4 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps						/	/
My Home Laps							
Family/Friend Laps							
Daily Total							

I DID IT!	I ran EVERY DAY for four weeks!	
------------------	--	--