

Stepping it out from Llanelli to Lesotho!

Ysgol Gymraeg Parc y Tywyn school are part of an exciting initiative led by Carmarthenshire County Council and Dolen Cymru Lesotho through the Walk the Global Walk international project.

The aim is for us to get from Llanelli to Lesotho by tracking our daily steps. Whether you walk five minutes or five miles a day, every step now counts! We are going to try and arrive before schools close for the holidays in Lesotho on 30th June . It's a very, very long way but, with your help, we just might make it!

Taking part will help contribute to physical fitness levels as well as help mental wellbeing. It will hopefully encourage more children to walk to school, where this is possible, and so help cut down on carbon emissions. As you may know, we are linked to Letsika school in Lesotho where children walk many miles every day to get to school.

May is National Walking Month so see [National Walking Month | Living Streets](#) for more information on the benefits.

How do I get my child involved? Your child will be encouraged to log as many active steps as possible each day and upload them to our step tracker. Link to the Step Tracker can be found [here](#)

How do I get my child to track steps they have taken?

Don't worry at all if you haven't got a special device that tracks steps. Just use the table below or download the step conversion tracker here [Step Converter.xlsx - Google Sheets](#) to help them work out how many they may have taken on a walk.

Alternatively, you can log steps using a smart watch, a smart phone or a simple pedometer.

Step Converter

1 Mile	2500 Child Steps	2000 Adult Steps
$\frac{1}{2}$ Mile	1250 Child Steps	1000 Adult Steps
5 Minutes of Walking	500 Child Steps	400 Adult Steps
60 Minutes/Hour of Walking	6000 Child Steps	4800 Adult Steps

Can adults take part too?

Yes ! We need all the help we can get so if you would like to join us , you can record your steps on our school's step tracker [here](#) choosing the appropriate option.

Which countries will we be “walking” to?

We will be collecting steps to reach different countries along our chosen route. When we've totalled enough steps to reach that country, a welcome video from the country will be shared. This will be a great opportunity for our children to learn about people in other countries, different cultures and languages.

Sponsorship

Ysgol Gymraeg Parc y Tywyn will be raising money for **Dolen Cymru Lesotho charity** by participating in this virtual walk to Lesotho. We kindly ask for a donation of £1 per pupil towards the journey. We can guarantee that you will be making a difference in Lesotho, not only today but for the future.

Please send your donation to school with your pupil in a clearly marked envelope.

Celebrate progress on Twitter

We would love you to share photos/step evidence if you're willing.

Twitter - @parcytywyn @GoalWales @wtgw2018 @DolenCymru @CarmsCouncil
using the hashtag #LlanelliLesotho

We hope that this challenge will be enjoyed by everyone and are very excited about seeing the steps mount up !

DIOLCH Y FAWR IAWN