



401 Challenge 2021-22

@ Godalming Junior School



Ben Smith

In 2015, Ben ran 401 marathons in
401 days throughout England



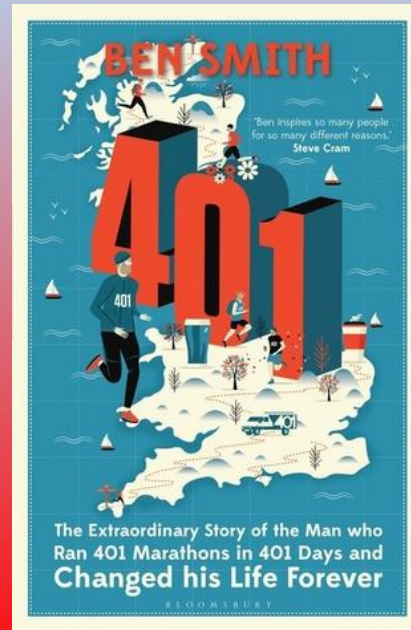
He raised over £300,000 for both
Kidscape and Stonewall charities



In 2016 he received the BBC Helen Rollason Award at the Sports Personality of the Year Awards



Ben then wrote a book about his struggles with mental health and bullying.



He then started the 401 Foundation
providing grants to organizations and
individuals to focus on self esteem and
mental health

<https://www.the401challenge.co.uk/>



In 2017 he visited Godalming
Junior School...



He now has a new challenge...and
you can help!



14,000 miles across 50 US states in 104 days

Physical challenge



1,314
hours of physical activity



calories
will be
burnt



12,690
miles of cycling



1,310
miles of running

452,000 ft of climbing

equivalent to

15 x up Mount Everest!



Financial challenge

£500K

to be raised to support

The 401 Foundation

Emotional challenge

Over **35,000**
young people involved across
126 UK schools

Mental challenge



to raise awareness
of mental health
in the UK

Legacy

To impact
the lives of over

150K

people through our
**Virtual School
Mission programme**



Our Challenge

- We will continue to be as physically active as possible
- You will be asked to input your weekly/daily/monthly active log (in miles) on your year group Microsoft Form (similar to the 'run to Tokyo challenge last year) from Friday
- You will each have a passport to log your physical activity
- There will be different stages (half terms) throughout the year to match the distance Ben will be covering - stickers of State Capitols in the USA
- Display in the hall of progress, stages, miles - Each year group will be a coloured pin
- You will work together as a year group to match Ben's progress
- He will begin his 'mission' next May (postponed twice due to COVID)
- You will be given a class chart of the type of activities you could do, try to vary them!
- You will also have a chart converting steps to miles
- Each half term we will announce how far we have travelled as a school
- Our aim is to reach 14,000miles by the time he starts (May half term)!
- We will also be able to track his progress online from May
- **We will also help Ben meet his financial target by running our 401 Sponsored Challenge - this involves you getting sponsored doing something active 401 times in the month of May - Last time we did this we raised over £1,300!**

Microsoft Forms - Try to fill in weekly

[Year 3](#)


[Year 4](#)

[Year 5](#)

[Year 6](#)

Some Numbers...

- $14,000 \div 60$ children = 233 - How many miles per child
- $233 \text{ miles} \div 8$ months = 29 - How many miles a month per child (roughly 1 a day!)
- **29 miles $\div 4$ weekends = 7 - How many miles a weekend - child**
- $14,000 \div 30$ = 466 - How many miles per staff member
- $466 \div 8$ = 58 - How many miles a month until May
- **$58 \div 4$ = 14 - How many miles a weekend - staff**
- $14,000 \div 182$ = 77 - How many miles a day until Ben starts the challenge if ONE person did the challenge

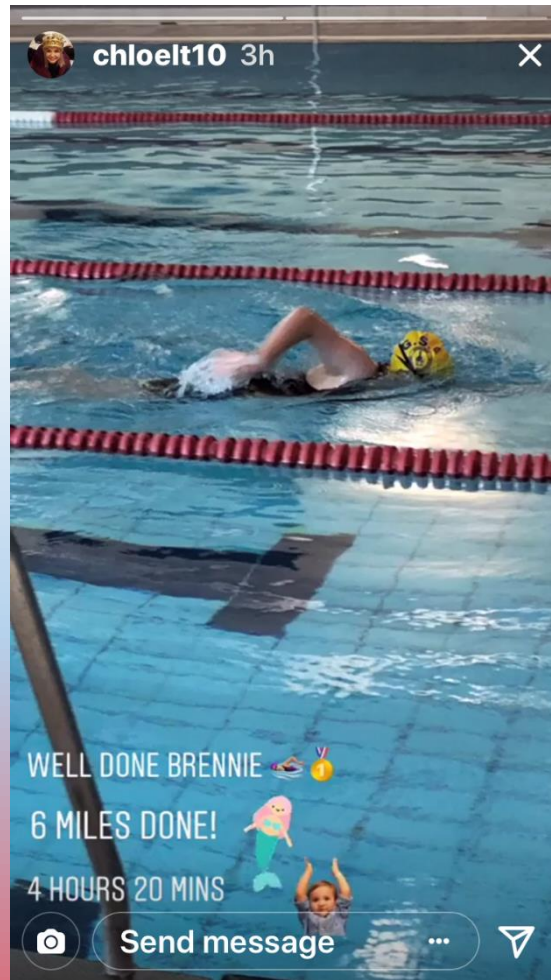
A man with a beard, wearing a blue hoodie, is shown from the side, gesturing with his hands while speaking. He is on a stage with a black background. The heads of an audience are visible at the bottom of the frame.

Ben Smith.

A truly Great British Speaker.

*“Everyone has the right
to find their happy.”*

Ben Smith.



You could be creative and try to raise...
 £4.01 Or
 £40.10 or
 £401



2018 Role of Honour

Holly Williams	£28.07	401 metre swim
Isaac Holder	£10.00	401 minute sponsored Silence
Oliver Cook	£37.00	401 skips
Callam McFarlane	£17.51	401 hula hoops
Martha Francis	£32.50	401 crazy catches
Tosca Michielin	£12.00	401 Cartwheels
Lily Collins-Knight	£50.00	401 Pogo Stick Jumps
Isla Edward-Caton	£19.01	401 Basketball shots
William Adaway	£40.00	401 metre swim
Maddie Barker	£32.71	401 Cartwheels
James Wakefield	£40.10	401 Handstands
Charlotte Martin	£71.00	401 Waterslides
Louisa Cook	£57.00	401 laps of park (cycling)
Jenna Discombe	£25.00	401 Trampoline Jumps
Amelie Oram	£18.01	401 Surfs
George Adaway	£40.00	401 Swimming Pool Jumps
Luka Discombe	£25.00	401 'Keepy Uppies'
Lily-Brenda Lawrence	£600.00	401 Lengths (10km)

Any Questions???

