Arnside National Primary School

'Aspire – Believe – Achieve'

Headteacher: Mr Nick Sharp BA Hons (QTS)

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Dear Parent/Carer,

During October and November, your child will join thousands of other children taking part in The School Run Virtual Competition Autumn 2019. (www.ukschoolrun.com)

Promoting physical activity is currently high on the Government's agenda given the increasing rates of obesity amongst our younger population. In September 2017, the much publicised sugar tax began to provide schools with a £415 million levy to invest further in school sport and increase levels of physical activity and promote healthy lifestyles. At Arnside National School we recognise the importance of promoting regular physical activity and so have decided to embrace this exciting virtual competition.

This autumn, we will challenge children to complete three sporting activities during their PE lessons at school. The results from every member in the class are submitted and points awarded.

The three challenges are as follows:
● Square Run
● Throw, Catch and Clap Challenge
● Jumping Coordination Challenge

As results are submitted onto specially designed online tracking sheets, they are automatically converted into points and the class with the average highest points at the end of the challenge are declared the winners.

Medals will be awarded to three pupils in each class and every child will receive a sticker and certificate. The winning class in each category across the country will receive a trophy for their classroom.
It's not all about winning though and instead more about children taking part in physical activity, promoting healthy lifestyles and competing against other schools from all over the country.

We hope that you will encourage and support your child throughout this challenge and recognise their achievements throughout the term.

Yours sincerely,

Mrs Shipperd
PE and Sport Coordinator