



Headteacher
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Thursday 6th January 2022

Dear Pupils, Parents & Carers,

Cross Country

This half-term, Key Stage 2 (**Years 3, 4, 5 and 6**) will be doing Cross Country in one of our weekly PE lessons. These will take place on **Wednesday afternoons**, starting on Wednesday 12th January 2022.

Apart from the health and fitness benefits of outdoors aerobic exercise, we will also be practising for the upcoming inter-school Cross Country Competitions.

To ensure the children's enjoyment, it is imperative that they are suitably dressed. As usual on PE days, they should come dressed in PE kit but they should have long jogging bottoms and a tracksuit top or sweatshirt (complying with school uniform). They would also benefit from having gloves and a hat, to ensure they stay warm. They will also need a suitable pair of trainers. It is highly likely they will get muddy during these PE lessons, so white is not recommended. Each child should have a change of shoes to wear inside school when we return and a water bottle.

If a child can not take part due to injury, they should bring in a note explaining the reasons and they will be encouraged to walk the course to stay warm. Please note that this activity will go ahead in light rain, only heavy rainfall will prevent it. In this case, we will do alternative indoor PE activities.

To enable this activity to work well, we are asking for parent volunteers to act as course marshalls. Volunteers will need to be at school for 1:20pm. We would aim to return to school by 2:30pm. We would also be grateful for any parent who is a competent runner to act as a pace-setter for our faster pupils and help to coach them on running distance, rather than sprinting. If you are able to volunteer, please do let your child's class teacher know we will then confirm with you on Monday whether you are needed or not, just in case we get a flood of volunteers! Obviously, this event is subject to any update on Covid guidelines

If you have any questions about this, please do not hesitate to ask.

Yours faithfully,

The KS2 Team

