

St. Joseph's

Catholic  
Primary School



March 2022

Dear Parent/Carer,

During the summer term there will be a Running Club open to KS2 children with a maximum number of places for 30 children.

The club will run every Monday from 3.30pm to 4.15pm. Children attending the club will need to have appropriate clothing (PE Kit) and appropriate footwear (trainers) and ensure they have a water bottle. The club will start on Monday 25<sup>th</sup> April 2022.

Miss Mellor and I will lead the club. We will focus on a warm-up and stretches before our run and cool down and stretches afterwards; discussing the importance of why we need to do so. We will aim to do stamina training in short drills and will run 1km initially building this up to 2km then 3km. We will be running on the school grounds and NOT outside of school grounds.

Please consent to your child taking part in the club via School Gateway and indicate in the comments box if your child will be leaving school unaccompanied after the club (Year 5 and 6 children only).

Should you have any further questions, please do not hesitate to contact school.

Kindest regards,

Mrs R Di Vito and Miss C Mellor

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