



Re: Lunchtime Running Club

Dear Parents/Carers

We will set up a new weekly lunchtime running club as part of our PE and Sport Development encouraging more physical activities throughout the school term.

Why running is good for children:

- Keeping physically active.
- Healthy exercise habits.
- Working towards goals.
- Improves focus in class.
- Helps being ready to learn.
- Positive mental health.
- Something the family can do together at home.
- It is fun!

Long term impacts for your child from running are:

- Learning to participate individually and in a team.
- Build confidence and self-esteem.
- Help strengthen their bones and muscles.
- A good way to get out and about.
- Travelling to and from places.

We want to establish healthy exercise habits that will stay with your children for life from now and onwards.

Each term, we will train a group of children every week running safely which includes naming parts of the body, learning how to warm up and cool down correctly.

During the lunchtime running club, we provide your child with a high-visibility vest. Please ensure your child brings their PE kit every Monday.

If you have any questions or comments, please feel free to get in touch with us.

Regards

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KS2 Team Leader

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