



November 2020

Dear Parent/Carer,

**PE – 5k Sponsored Jog**

Over this module students will follow the basic principles of the “Couch to 5K” running programme during their PE lessons, with the aim of them all participating in a 5k sponsored run during the last week of term.

Running can make you feel happier, improves your memory, sharpens your brain and is good for your emotional well-being. These lessons will also help to teach students resilience and give them a sense of personal achievement.

All those who complete the course will receive a Finisher’s Certificate and the top fastest three in each year group will receive a prize.

We are asking for a minimum £2 sponsorship from everyone and attach a form for your child to collect their sponsors’ details. The proceeds will be split 50:50, to go towards a local charity and something that they themselves will benefit from. We plan to hold a students’ vote to determine what and who.

Thank you for your support with this challenge and for returning the completed form with cash payment for the total amount collected by **Friday 4<sup>th</sup> December**.

Yours faithfully

A handwritten signature in blue ink, appearing to read 'Miss J Hamilton', with a decorative flourish underneath.

Miss J Hamilton  
Pastoral Lead/Teacher of PE



<u>Name:</u>	<b>Tutor Group:</b>
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<u>Name</u>	<u>Total Amount</u>	<u>Gift Aid (Yes/No)</u>	<u>Post Code (only if tick Yes to Gift Aid)</u>

<u>Total Amount Enclosed:</u>  Cash: _____
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