



November 2021

Dear Parent/Carer,

PE – 5k Sponsored Jog

We are pleased to announce the return of the 5k Sponsored Jog over this module. Students will follow the basic principles of fitness during their PE lessons with the aim of participating in a 5k sponsored run in the last week of term. To help them prepare, this module's PE lessons will include a practise run to set a time target, step aerobics, aerobics, interval training, trampolining and fitness testing.

Running is brilliant for your mental health and can make you feel happier immediately! It can also improve your memory, sharpen 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 the students themselves will benefit from. We plan to consult with our students about which charity we will support and how we will use the rest to improve the student experience at school.

Please ask your child to use the form attached to record your donations but as we are a cashless school we would be most grateful if you could pay in the full amount they collect via your parent pay account.

Thank you for your support with this challenge and for returning the completed form and making the online payment by **Friday 3rd December**.

Yours faithfully

A handwritten signature in blue ink, appearing to read 'J Hamilton'.

Miss J Hamilton
Pastoral Lead/Teacher of PE



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Please write below then names of your sponsors and the amounts donated below and ask your parent to pay the full amount via their parentpay account wherever possible. If you need details of your parentpay login to be resent please send an email to j.pearn@kingscollegeguildford.com

Enjoy your training and THANK YOU!

<u>Name:</u>	Tutor Group:
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<u>Name</u>	<u>Total Amount</u>

Please tick one:

An amount of £ _____ has been made in full via parentpay; or in the event you are unable to log on to your account:

An amount of £ _____ is enclosed (please note we accept £1/£2 coins or notes only)