



Christ the King Catholic Primary School

In Jesus we learn, grow and pray together

Our PE and Activities Mission Statement

Christ the King is an active school where we use teamwork to keep healthy, fit and strong and where we believe in ourselves and our ability to push our own limits.

Monday 9th October

The Daily Mile

Dear Parent/Carer,

In the coming weeks, we will be introducing an initiative, whereby children will take part in a 15 minute run to encourage healthy bodies and minds. This is not a competitive run and allows all children to become fitter no matter where their starting point may be. Children will be encouraged to run, however if children decide to walk or jog for parts then so be it. The exercise will take place on the playground and we encourage children to have trainers, a spare pair of socks and a warm, waterproof coat in school as the run will take place in all weathers.

As a trial period, children will start by taking part in the exercise once a week. This will be on the day that their class has Forest Schools. Hopefully, after a successful trial period, the run will become a daily event.

For more information about the scheme and evidence of the benefits, please visit:
<http://thedailymile.co.uk/>

Mr McLaughlin
P.E. Lead

