



To the Parents and Carers of Girls in Years 4, 5 and 6

20<sup>th</sup> September 2019

Dear Parents and Carers

**Girls Running Club – Thursdays 8.00am**

The ‘This Girl Can’ organisation was set up to encourage girls and women to take part in sports. Please visit <http://www.thisgirlcan.co.uk> for further information. Inspired by this I have set up a girls only running club for girls in years 4, 5 and 6. I am a very keen runner myself, competing in both half marathons and a marathon and wanted to share my love for this sport with the children. The girls who took part last year improved their physical fitness as well as their confidence. I was also delighted that most of them took part in the cross country fun run and races at Abington Park in the summer.

This term’s running club will start at 8.00am every Thursday from 26<sup>th</sup> September until 13<sup>th</sup> November, when this year’s cross country and fun run will be held at Abington Park. We will be training on school premises, but we will also be leaving the school grounds, running around the local area and using the large playing fields behind the Duston Trilogy Sports Centre.

The sessions will cover a variety of running skills, involving both endurance and interval training. The girls will also take part in fun activities to build their overall strength.

Your child does not need to be a keen runner already; all I ask is that they show a willingness and commitment to have a go. They need to wear comfortable trainers and clothing and bring their own water bottle. A light waterproof jacket or hoodie would be advised as the mornings get cooler. If children are not dressed appropriately they will not be able to take part. We will go out and train whatever the weather!

This club will be free of charge but there will be limited places available. If you would like your child to take part then please fill in the form below and hand it back to the office. Places will be allocated on a first come first served basis; I will contact you at the beginning of next week to confirm whether or not your child has a place.

Yours sincerely

*Cath Wardell*

PP

Cath Wardell  
PE Lead/Coordinator

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My child ..... in class ..... would like to join the Girls Running Club.

Signed ..... Date .....

Pendle Road, Duston, Northampton, NN5 6DT  
Tel: 01604 751625

Headteacher: Mrs Samantha Phillips BEd, NPQH  
Deputy Headteacher: Mrs Michelle White: BSc, PGCE

