



# Running Club



**When?** Thursday Lunchtimes @ 12:30pm-1pm

Thursday 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> September; Thursday 6<sup>th</sup> and 13<sup>th</sup> October (5 weeks)

**Where?** School Field

**Who?** Boys and Girls, All Years!

**What do I need?** Come to school in PE Kit including Trainers. On wet days, remember to bring in a change of trainers and socks.

Try running different distances to challenge yourself! Run on your own or with others. Can you improve your time each week?

Enjoy and try your hardest!

