



## AFTER SCHOOL RUNNING CLUB AT ROBERTS - AUTUMN 2

Open to boys and girls from Year 5 and 6

**FRIDAY, 3.30PM - 4.30PM**

- Friday 8<sup>th</sup> November until Friday 13<sup>th</sup> December 2024.
- Collection time is 4.30pm.
- **If your child is not able to make a session, please send a note in or telephone school beforehand.**
- No cost to take part.
- Open to all abilities.
- Sessions will take place on the MUGA, field and playground or hall if it is raining.
- Children will need to wear suitable clothing (P.E. kit or shorts/tracksuit bottoms and t-shirt).
- Trainers are advisable for outside but P.E. pumps will need to be worn indoors should it be raining.
- Children will need to change back into their school uniform at the end of the club.
- Jewellery and earrings must be taken out for all P.E. activities.
- The club will be run by Mr Hughes and Mr Roberts.
- Children to be collected from the main school reception.
- **If you are interested in your child taking part, please reply by email to [info@roberts.dudley.sch.uk](mailto:info@roberts.dudley.sch.uk) no later than Wednesday 23<sup>rd</sup> October 2024, putting the subject "Running Club" in the subject line.**

### *Interesting in running?*

*Junior parkrun is a series of 2km events for children aged between 4 and 14. They are held in areas of open space around the UK every Sunday at 9am. They are open to all, free, and are safe and easy to take part in. Our local one is held at Stevens Park in Wollescote (DY9 7JG).*

*How about the next step - parkrun; a weekly, 5km timed run around the world (or closer to us at the Dell Stadium in Dudley, West Park and East Park in Wolverhampton or Sandwell Valley Park!) They are open to everyone, free, and are safe and easy to take part in – for parkrun, children under the age of 11 must be accompanied by an adult. See [www.parkrun.org.uk](http://www.parkrun.org.uk) for more details.*

**Lighting the Way to Success**