

## Springvale Primary's Marathon March!



### Aims:

- to get us all in the fresh air and sunlight (hopefully sunshine) enjoying health, wellbeing and family bonding benefits!
- to teach our young people (and model to them) the importance of exercise and looking after our mental and physical health
- to raise vital funds for new sports equipment at play times and new reading materials for pleasure across the school

All children and families who take part will receive a certificate. There will be no prizes or incentives for money raised as we do not want to add pressure to families or children at this difficult time financially. Taking part is optional, being sponsored is optional but every penny raised will really help us. The challenges are set out below:

1. In school- walk or run 1 mile per day across the month of March! See red text on the calendar...
2. Out of school- walk, run or cycle 6.5 miles per weekend as a family! See blue text on the calendar...
3. Mr McClure will be running a marathon from Dunford Bridge to his home. See green text on the calendar...other parents and staff are welcome to join me for part of the run, the whole thing or do their own simultaneously!

March '23	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1			1 Daily Mile (1)	2 Daily Mile (2)	3 Daily Mile (3)	4/5 Miles 0-6.5
Week 2	6 Daily Mile (4)	7 Daily Mile (5)	8 Daily Mile (6)	9 Daily Mile (7)	10 Daily Mile (8) AM and Daily Mile (9) PM	11/12 Miles 6.5-13 (6.5)
Week 3	13 Daily Mile (10)	14 Daily Mile (11)	15 Daily Mile (12)	16 Daily Mile (13)	17 Daily Mile (14) and Daily Mile (15) PM	18/19 Miles 13-19.5 (6.5)
Week 4	20 Daily Mile (16)	21 Daily Mile (17)	22 Daily Mile (18)	23 Daily Mile (19)	24 Daily Mile (20) and Daily Mile (21) PM	25/26 Miles 19.5-26.2 (6.7) Sunday 26 <sup>th</sup> 3pm start (26.2)
Week 5	27 Daily Mile (22)	28 Daily Mile (23)	29 Daily Mile (24)	30 Daily Mile (25)	31 Daily Mile plus 0.2 (26.2)	

**Child's Name** \_\_\_\_\_ **Child's Class** \_\_\_\_\_

I would like to take part **YES/NO** I would like to raise funds **YES/NO**

