



# Nettleham

Church of England Aided  
Junior School

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## The Daily Legacy Challenge

Dear Parents,

Three years ago we trialled an exciting new initiative which promoted healthy lifestyles – The Daily Legacy Challenge, which consisted of children in year 5 and 6 walking, jogging or running around the school field for 10 minutes. The children were not competing against each other but themselves and, as a result, they set their own daily goals/targets, which they personally recorded in their reading records. This also helps all of those involved to meet the government recommended target of being active for 30 minutes every day.

The feedback we have had from the children over the last three years has been very positive, with the majority of children saying that they benefitted not only from increased strength and stamina, but also from greater focus in lessons and an increased ability to concentrate for longer periods of time.

The Daily Legacy Challenge will be continuing this year with all Year 5 and 6 children and it is hoped that the children will soon see the benefits and will eventually be running at least a mile each day. Year 5 will be taking part on Monday, Tuesday and Wednesday, and Year 6 will be taking part all week.

The run will start at 8:55am and children will need to turn up to school in suitable sportswear to be involved. It is recommended that this is not their PE kit as this should be kept in school in their locker. It is essential that children bring their school uniform and school shoes to change into afterwards. In the event of poor weather or unsuitable conditions, children will be directed in to school to change as they arrive.

Thank you for your support.

Yours sincerely,

Ms Summerlin, Mrs Barbosa, Mr Spowage, Mr Handley and Mrs Wicks

