



Sedbergh Drive, Kendal, Cumbria, LA9 6BE  
 Telephone (01539) 790440  
 email: [admin@castle-park.cumbria.sch.uk](mailto:admin@castle-park.cumbria.sch.uk)  
 website: [www.castleparkschool.org.uk](http://www.castleparkschool.org.uk)  
**Headteacher – Mrs H.F. Richardson**  
**Deputy Headteacher – Mr N. Stoker**

Thursday 6th September

Dear Parents & Carers

**After School Running Club**

I am pleased to be able to offer this club to Y3, Y4, Y5 and Y6 children. The sessions will be run by coaches from local running and fitness club, Jogging Pals.

There will be 5 weekly sessions on a **Tuesday**, starting at 3.15pm until 4.15pm. The sessions will be on 18<sup>th</sup> September, 25<sup>th</sup> September, 2<sup>nd</sup> October, 9<sup>th</sup> October and 16<sup>th</sup> October.

“Jogging Pals Juniors is designed to help children enjoy athletics and run, jump and throw. Mixing technique principles in with fun, we do short 10 minute bursts of different activities, while encouraging children to do their best, rather than competing. We start every session with a warm up and dynamic stretching and we use games, such as Hopscotch or ‘Morecambe and Wise’ to merge into activities.” - Wayne, Jogging Pals.

All equipment will be supplied by Jogging Pals.

The club is limited to a maximum of 30 children. Names will be drawn out of a hat if the club is oversubscribed.

If you would like your child to take part, please complete the slip and return it to the school office **by Wednesday 12<sup>th</sup> September**. Children will be advised if they have a place by Thursday 13<sup>th</sup> September. There is no charge for this club.

Please indicate how your child will be getting home after the club. Year 5 and 6 children can walk home with parental permission.

Yours sincerely,

*Miss Breeze*

PE Subject Leader

**After School Running Club**

My child ..... in year ....., would like to take part in the After School Running Club commencing on Tuesday 18th September.

They will be collected / walk home at 4.15p.m. after the club (**please delete as appropriate**).

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

