



Pukerua Bay School

10 May 2018

Dear Parents/Caregivers,

Cross Country Training

This year we have decided to give students options around training and competing in the cross country. This has come from our investigation of our Health Curriculum. We believe that it is important that students can articulate why they are participating in personal fitness (e.g. doing the cross country) and what benefit it has on their physical and emotional health.

This year every **Tuesday** and **Thursday** the whole school will be running the traditional cross country course. We will take our top 2 students from each of the 4-8 year groups to represent us at the Paramoana Cross Country on 12 June at QE2 Park.

On **Mondays** and **Wednesdays** students will be actively involved in other cardiovascular activity where the goal will be striving towards their personal best in an area such as running, skipping, cycling, power walking and so forth. The bike track will be used as an accurate measure so that students monitor their progress and improvements.

On the day of the school cross country competitors will run the cross country track in an attempt to qualify for the inter-school competition. Non-competitors will be aiming to beat their personal bests.

The school cross country is scheduled for the 07 June starting at 2pm.

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