



# Stroud Valley Community School

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Headteacher - Debbie Sleep

Monday 2<sup>nd</sup> March 2020

Dear Parents,

On Thursday 12<sup>th</sup> March we will be taking part in different activities throughout the day to raise money for sports relief. Every hour all the children (apart from Amethyst & Amber) will undertake a variety of different sporting activities within their classroom competing with their classmates and maybe even trying to beat their personal best! As this is happening in class children will be able to do this in their uniform. Attached is a sponsor form, we are asking for you to raise money for how many minutes each child can undertake each activity for.

## Sports relief 2020

Every hour the children will undertake different activities to see can do it for the longest.

9am	Star jumps
10am	Hopping on one leg
11am	Sit ups
12pm	Squatting
1pm	Burpees
2pm	Lunges
3pm	Running on the spot

Thank you for your support

Miss Nesbitt