

Dear Parent,

With sports days unable to take place this year, Ark Swift is taking part in the Ark Sports Day Challenge - to get the schools across the Ark network to collectively cycle, run and walk the distance around the world. It is 40,000km!

Ark Swift, has set a distance of 1000km, the distance which we need to complete during the two weeks of the challenge, from the 1st to 15th July.

To achieve this goal, we would like students, friends & family to help by running, walking, cycling or something else creative. Climbing a staircase 286 times will get you to 1km! Regardless of your ability everybody can join in.

We need to act in accordance to social distance rules and to be sensible at this time, but being active and getting outside, even if for 15 minutes, is very important to maintaining good health – physically and mentally.

Other schools in the Ark network will be taking part, so we want to ensure we can get the most distance achieved!

To begin you just need to register at <https://www.arksportsdaychallenge.com/> and finally record your distance through the tracking form which you will receive 24 hours after completing registration! This all starts 1st July to 15th July 2020.

Useful tracking apps;

- <https://runkeeper.com/>
- <https://www.strava.com/apps>
- <https://www.mapmywalk.com/>

If you cannot access the tracking apps, please speak to your teacher about the recording the distances you have achieved.

In addition to having lots of fun doing this together, we are hoping to raise some money for our school. Everything the school raises will be doubled thanks to a match funding scheme we can access. We know this is a very difficult time for many – so please do not consider it a requirement to raise sponsorship money or donate to take part. <https://www.justgiving.com/campaign/arkswiftprimaryacademy>

Thank you so much for taking part - let's inspire each other with what we can achieve together.



Mr. Blair

Head of Sport, Fitness & Health