



What: A before school walking/running program designed to let all pupils begin each Friday in an active, healthy and fun way.

When: The programme will start on Friday 3rd November 2017 and will continue on every Friday until the end of this academic year.

Time: Every Friday morning from 8:30am to 8:45am.

Where: The pupils will gather on the playground and complete as many laps as they want or can. Parents can join in as well. Members of the Hadrian's Sports Council will be there to record how many laps each child completes.

Competition: In addition to individual prizes and certificates all laps (including those completed by family members) will be added up to form a House total. The winning house will be the first house to walk, run or skip the distance of Hadrian's Wall (84 miles).

Why: To promote an active, healthy lifestyle for all pupils at Hadrian.



Could you be the first
to complete 10 miles?

**Come and give it a go on Friday 3rd November 2017
There will be a healthy breakfast snack afterwards for all walkers.**