

19th January 2021

Dear Parent / Guardian

For the next 4 weeks, the PE department will set weekly distance targets via google classroom for your child to achieve as part of the ‘St. Louise’s PE 4 Week Challenge’.

Your support in encouraging and accompanying your child to go the minimum weekly distance safely would be appreciated. The targets set will be achievable for all and will gradually increase each week.

**In participating safely, it is important we adhere to the latest Covid 19 rules. Therefore, we must:**

1. Carry out the distances with members of household bubbles.
2. Remain at least 2m distance from members of the public.
3. Stay within a 10mile radius from home.
4. If you have to leave your home for exercise limit this to once per day.
5. When exercising in public spaces maintain 2m distance and avoid socialising.

**It is also important to comply with road safety and child protection rules:**

1. Pupils should plan their route in advance and share it with parents/guardians. It would be encouraged that parents accompany pupils for added safety.
2. Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight in the evening.
3. Wear appropriate safety gear e.g. bicycle helmet, under armour reflective clothing etc.
4. Walk on footpaths whenever they are available. If there is no sidewalk, walk facing traffic and as far from traffic as possible.
5. Keep alert at all times; do not be distracted by electronic devices that take your eyes (and ears) off the road.
6. Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians.
7. Watch for cars entering or exiting driveways

**The challenge**

This is an inter-year group competition. The challenge for each year group is to build up the most cumulative distance in kilometres. The year group with the highest distances by Friday 12th February will be the winner.

1. Your child can choose how they complete the distance. For example, by running, jogging or walking. They can also complete the minimum set target by breaking it up into shorter activities throughout the week – just to encourage being physically active.
2. The challenge will be monitored via the ‘Strava’ app. This is available on a free subscription form any apple or android app store. Once this has been downloaded your child can create an account using their c2kni.net accounts. More information will be available via google classroom for your child to learn how to use the app.
3. The year group with the most cumulative distance will achieve the Platinum award and boasting honours. The awards will be allocated as follows:

|  |  |
| --- | --- |
| **Award** | **Kilometres Completed** |
| Bronze | 50km |
| Silver | 75km |
| Gold | 100km |
| Diamond | 125km |
| Platinum | 150km |

1. There will also be an award at the end of the challenge for the top overall student who completes the most kilometres in each year group. More details to follow on what these awards will be.

Yours sincerely,

The Physical Education Department

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