

Dear Parent,

With sports days unable to take place this year, Ark Acton 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 Acton, has set a distance of 3000km (the distance across Antarctica) which we need to complete during the two weeks of the challenge, from the 1<sup>st</sup> to 15<sup>th</sup> July.

To achieve this goal, we would like each student to complete a distance of: 3km, 5km or 10km 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.

But this is not just for students! We would like our whole community to take part.

So that means parents of course, but we would also like to see aunties and uncles, grandmothers and grandfathers, as well as any and all friends you can rope in to take part. Our only limitation is we unfortunately cannot include any distance from family pets.

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.

Participants will be able to compete across multiple challenges: including the longest distance, best achievement, and fastest time across a series of set challenges. During the two weeks of the challenge, we will be publishing top 10 results for each year group and the adult category. You can also create a team and enter in a family distance.

Other schools in the Ark network will be taking part, so we want to ensure we can get further than them!

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. We want everyone to take part. With a collective 40,000km to achieve, it really is the taking part that counts!

To sign up, all you need to do is visit: [www.arksportsdaychallenge.com](http://www.arksportsdaychallenge.com)

If you can't access this site, please email [sclarke@arkacton.org](mailto:sclarke@arkacton.org) with your results/times/distances so your efforts can be updated.

We would love you to be a part of our sports day with a difference. I have committed to do 70km and look forward to seeing what challenges everyone sets themselves!

Let's inspire each other with what we can achieve together.

Mrs Clarke

Head of PE