



3 July 2020

Dear Parent/Guardian and Student

We are around the time of the year where we would normally have Sports Day, an athletics competition where houses compete. In an attempt to have a school sporting challenge this school year, we would like to invite all students to take part in Virtual Sports Week Challenge, beginning on Monday 13th July and ending at 3pm on Friday 17th July.

The event is purely optional and is open to every student from year 7 to year 13 who would like to take part. We would like students to take part in physical activities of their choice over the course of the working week, accumulating a total distance of 20km, and when this is completed and evidence sent they will be entered into the prize draw to win a small prize (1 small prize per year group).

Activities could include running, cycling, walking, etc. Evidence could be collected on exercise tracking apps such as strava, details from the screen of a rowing machine, ergometer, treadmill, details from a fitness watch. As long as we can see evidence of the distance achieved through exercise, we can include it into the draw.

At the end of the week (Friday 17th July by 3pm) please send the evidence to the PE department. We need your full name, year, plus the evidence of the distance completed. Each member of the PE team is responsible for recording the results of a year group so, depending on your/your child's year, send details to:

bolt@danecourt.kent.sch.uk - YEAR 8

dmetcalfe@danecourt.kent.sch.uk - YEAR 7

jargyrides@danecourt.kent.sch.uk - YEAR 9

awhite@danecourt.kent.sch.uk - YEAR 10

wallace@danecourt.kent.sch.uk - YEAR 11

peassistant@danecourt.kent.sch.uk - YEAR 12 AND 13

Once the week is complete we will put all participating students into the prize draw and announce which students from each year group will be awarded a small prize and has won Virtual Sports Week 2020 for their year group.

I do hope many of our students will want to take part in this all-inclusive competition and we look forward to seeing who will walk away with the prizes from this unique event!

Kind regards,

Miss G Bolt
Head of PE