

Year 5 – Miles for Mind

As part of our mental health week, we are encouraging children to stay active as an important part of looking after our physical and mental wellbeing.

Mrs Garraway and her daughter are taking part in a 'Miles for Mind' event to help raise money to support the important work that the charity, Mind, do. The idea is that you sign up, choose your distance and go for it! At the end, the children receive a medal to celebrate their achievement! Please see the link below for further details.

[Miles For Mind - Winter Edition \(February\) - Kids Entry - RUNR](#)

Even if you don't want to take part in the official charity event, it would be great to see how many miles we can walk, cycle or run as a school- it would be amazing to see how virtually far we could travel across the world with our total! So get your trainers on, take some photos and send us your miles! Most importantly, enjoy taking the time being active to stay happy and healthy! 😊

Mile Monday!

We would like everyone to try and do a mile in whatever way that they can, be it walking, running or cycling! You could also create an obstacle course to complete using any equipment you can find around your home.

Other possible activities

<https://www.nhs.uk/change4life/activities/indoor-activities>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

KS2 Just Dance [Family Fun | Just Dance | Ubisoft - YouTube](#)

[KARATE FOR KIDS lesson 1\learn karate at home for beginners/Basic Cobra Kai Techniques - YouTube](#)