



## Cross Country

During Autumn term in PE, year 4, 5 and 6 children take part in cross country running. You run in a group around Hunts Wood. As you go along the teacher and other children encourage you to get faster. We share tips to help us and try to improve how far we can run within a given time. Last year within ten minutes I could manage 25 laps of the Wood! In the actual competition against local schools at East Court I came 77<sup>th</sup> out of 200. I am taking part again in October this year and am hoping to get an even better position! I would encourage everyone to have a go – it's fun taking part even if you don't qualify for the next round of the competition.

Dylan Ovenden – Willow Class (Year 5)