



Sports Relief Mile Report

By Shakira Smith

On Wednesday 23rd March, the children of Wren's Nest Primary School ran 13 laps of the school field (a mile in length) to raise money for the Sports Relief charity to help homeless children in our country and all over the world.

Firstly, because I was in year 5, we went onto the field at 11:00am. We started with the sports leaders showing us a couple of warm-ups. It was incredibly hard to concentrate because behind us Mr Butler was doing a really funny dance to warm up too!!

Then finally, we were able to line up and get ready for running/walking the mile. I was nervous because I don't really like running but I was determined to do it.

After the first few laps, it started to get really challenging, luckily, Miss Wilkins had been showing us in P.E different ways to complete the mile at our own pace so I tried to do as she had advised.

Finally, I was on my 10th lap, I was ready to give up but with Mrs Allport's encouragement I didn't. On the last stretch of the field I ran as fast as I could (I think it was a little bit faster than a jog because I was very tired) and then I FINALLY FINISHED!

This year was the first time I had ever finished the mile.

The fastest girl to complete the mile in Year 5 was= Chloe Oakes

The fastest boy to complete the mile in Year 5 was= Lucas Oko Ageymang

I am still waiting for the fastest teacher results! I can't wait for the next mile run!