



Friday 16th February 2024

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Y5/6 Triathlon!

Tuesday 5th March

Dear Parent/ Carer,

Your child has been offered the wonderful opportunity of taking part in the Sunderland Primary Schools Year 5/6 Triathlon at Silksworth Sports Complex.

The triathlon will take place on **Tuesday 5th March 2024**. Children will be leaving school at approximately **8:45am** to arrive at Silksworth Sports Complex by 9:00 to start. The event finishes at 11:45am so the children should be back to school for lunchtime as normal (traffic dependant).

The triathlon consists of three activities: a 3-minute swim; 2-minute cycle, which will be a static bike; and a 5-minute run. The total distances the children have completed will be added together to be given both individual and team winners.

The children will need to ensure they bring to school the appropriate kit:

- Swimming costume/trunks/spare underwear
- Towel
- A bag to carry their swimming kit in
- Appropriate PE kit (white t-shirt, black shorts/joggers) - **children can wear this PE kit to school, but will be changing back into it after the swim.**
- Asthma inhaler if needed
- A bottle of water

If your child is attending the triathlon, they **must** be able to swim over 50m confidently.

Thank you,

Miss Humble, PE Coordinator

Name of child _____

I confirm that my child can swim over **50m** confidently.

I confirm that my child may take part in **the Triathlon** on **Tuesday 5th March 2024**.

Signed: _____

Relationship to child: _____

Enjoy - Respect - Achieve

