

Great School Run

180 junior pupils from Portsmouth High School Junior Department took part in the Tesco Great School Run on Friday 20 June as part of a Guinness World Record attempt.

The girls aged 3 - 11 years took part in the in the an annual 2K event, running the route of Ladies Mile on Southsea Common, supported by parents and teachers cheering them on. The event which encourages children to take part in exercise for fun and to help make physical activity a part of every school's and every family's lifestyle. This year it is hoped that over 700,000 children across the UK will participate in the event in order to break the world record for the largest ever simultaneous walk or run.

Hannah Taulbut, PE Co-ordinator at the school said; "This is the fourth fun run that pupils have taken part in this year, in the spring we offered an after-school running club which was incredibly popular and which we will be starting again in autumn term."

"Only the KS2 pupils ran the full mile, but the younger girls, including those from our Nursery ran a shorter course. All pupils were involved in the preparation for the run, including learning about different food groups and the importance of balanced diets before exercise. We feel it is really important for the pupils to experience different sports and activities; earlier this month some of our older pupils learnt how to play Bowls with members at the Pembroke Bowling Club."