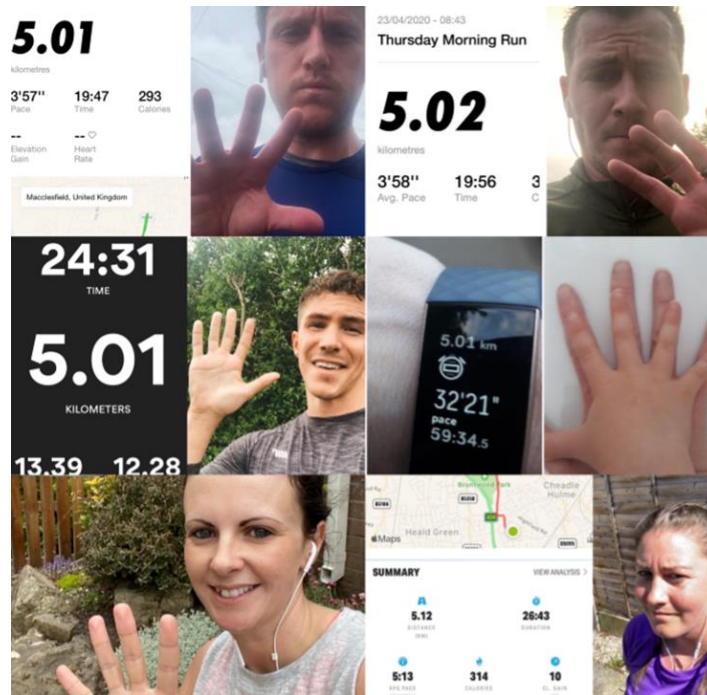


PHS Run 5K for the NHS

Calling ALL students, staff and the local community. The PE staff at Poynton High school challenge you to walk, run or cycle at least 5KM to help raise money for the NHS to help raise valuable funds for them during Covid 19.

<https://www.justgiving.com/fundraising/poyntonhigh>



Our mission:- Run/Walk/Cycle at least 5k

- Get sponsorship from friends and family.
 - Tweet a picture to @PHS_PhysEd once you're done.
- ...TOGETHER Team Poynton LET'S RAISE 1.5K or more!

This will act as a house competition and house points awarded to those who raise the most money!

Any challenges, whether that's time or distance covered you want to set the PE team to achieve in order to raise more money are fully accepted!

If you're going for a run/walk this week (*adhering to the NHS guidelines*) can you do it for the NHS workers?

Your health and safety is upmost important to us, so please only do this following the government guidelines (found on our Just Giving page)