

Cross Country Trials

On Thursday 7th October 2021 the whole of key stage 2 (years 3, 4, 5 and 6) went to Parliament Hill Fields to compete in our cross country trials. Our Race was 1.20km long. we raced uphill and downhill and we had so much fun, even though it was very exhausting! Some of the skills we covered are highlighted in red.

We remembered to choose which speed to run at during each part of our race.

We used certain running techniques on different gradients of our race route.

We sustained our pace over a longer distance.

We can't wait till our next cross country competing against other schools.

