



junior parkrun

**parkrun primary**

**Merseyside**

# What is junior parkrun?

*run, walk, jog, together.*



junior parkrun



# The basics:

**It is FUN!**

**You can walk, jog, run, skip around the course, volunteer or spectate. It's all fun!**

**It is not a race and there is no time limit for finishing.**



**It's a 2k community event for 4 to 14 year olds.**

**It's free and all events are delivered by amazing local volunteers.**

**We welcome parents and guardians to accompany their child around the course if they want to but it is not essential**

**You register once via the [parkrun website](#) and then you can take part in any parkrun event**



# Five steps to get involved

- Ask a parent or adult to register you on the [parkrun website](#), you will then be sent your very own parkrun barcode
- Join us at any junior parkrun or parkrun event
- Bring your personal barcode with you
- Walk, jog, run, skip around the course, volunteer or spectate
- Most importantly **have fun...** see you on Sunday!





# How to find your local event

**There may be a junior parkrun event on your doorstep!**

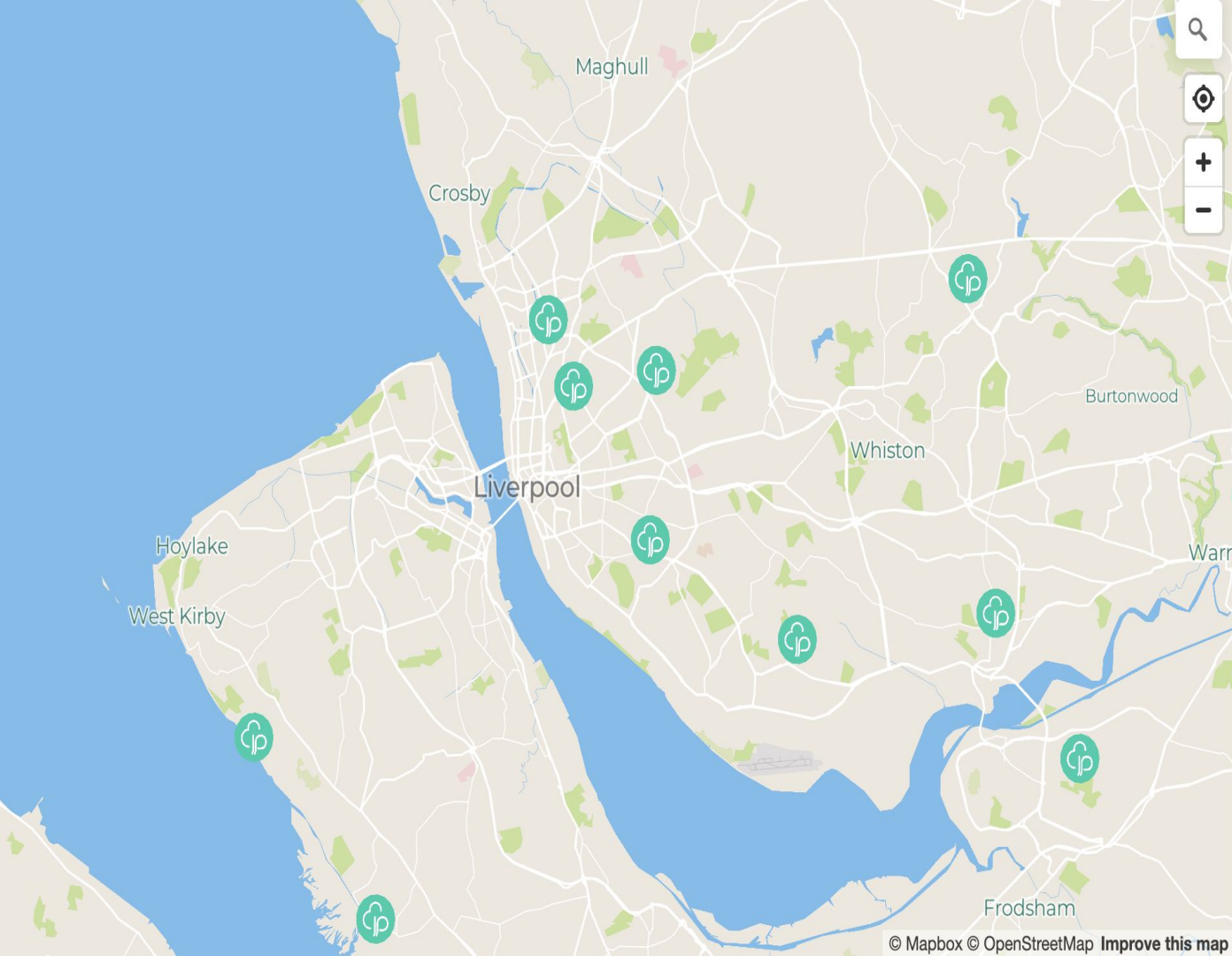
**There are currently over 450 junior parkruns and new ones are starting all the time.**

**You can find your local junior parkrun event on our map [here!](#)**

**Feel free to email your local junior parkrun team on their dedicated email address found on their event page, or you could go to your local event on Sunday morning and talk to a the volunteer team.....they are always friendly!**







Wirral Way - Parkgate

Wirral Country Park -  
Thurstaston

Hesketh Park - Southport

Derby Park - Bootle

Stanley Park - Anfield

Norris Green Park

Mystery Juniors - Wavertree

Halewood

Widnes

Phoenix Park Runcorn

Victoria Juniors – St Helens

# parkrun primary

parkruns mission is to create a healthier and happier planet for everyone. Becoming a parkrun primary is joining this mission with schools everywhere.

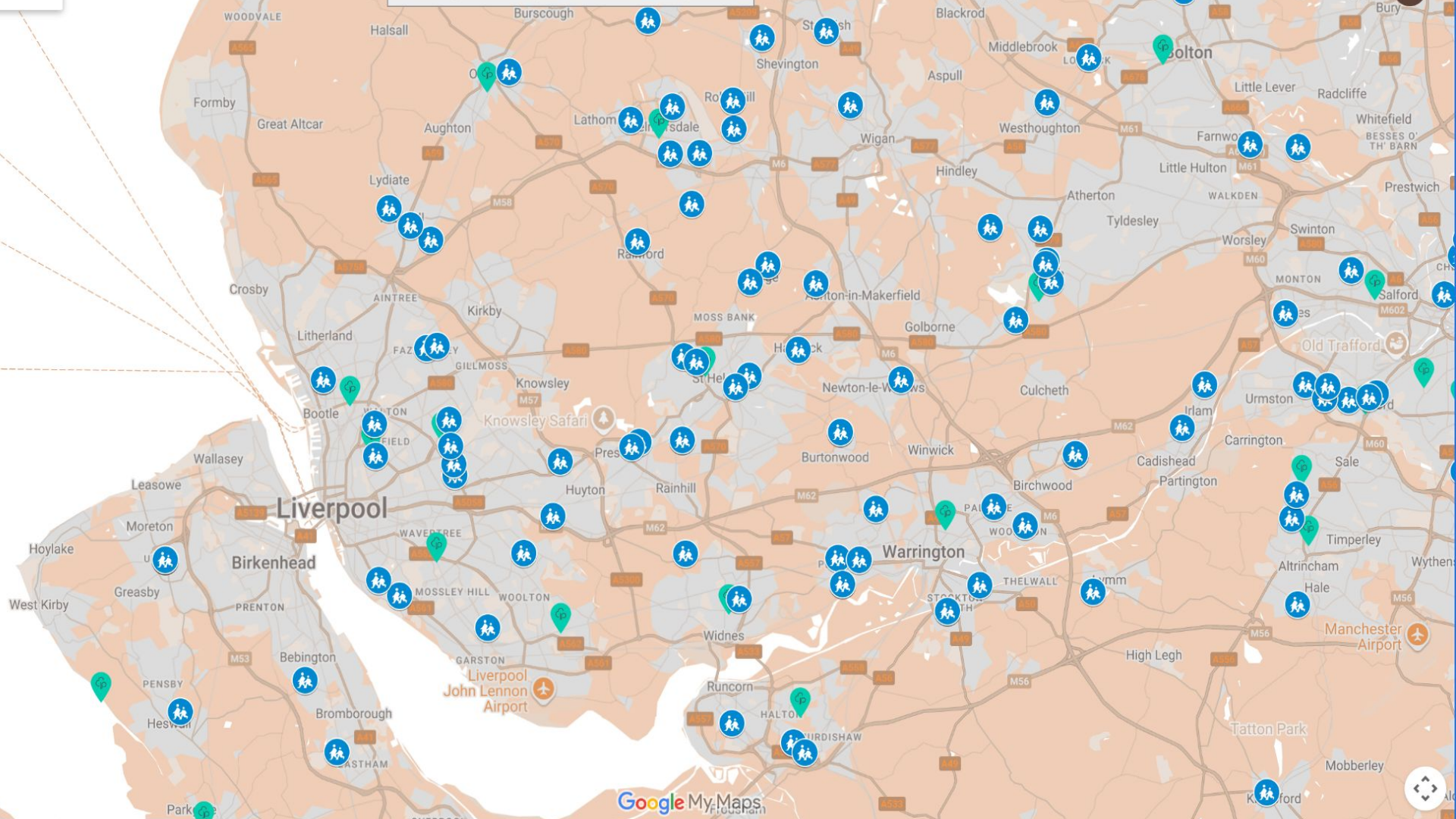
The parkrun primary resources and best practice ideas in this guide will give you the tools to bring junior parkrun into the school curriculum, encourage pupils to be physically active, support wellbeing of everyone and embed your school further into the amazing local community.



To register as a parkrun primary, please complete the google form [HERE](#)









**Why you should become a  
parkrun primary?**

# Health & wellbeing for young people

**Being a parkrun primary will support you to:**

- Creating more opportunities for young people to connect with their local community so they can continue to be active on the weekend in a fun way at junior parkrun.
- Increased physical activity in your school, working towards 60 minutes a day for every young person.
- Creating an inclusive and social environment for young people to thrive.
- Foster learning and important discussions around mental and physical wellbeing.
- Encourage being outside, active and reducing screen time for young people.



The Ofsted framework assesses your whole-school approach to support mental health and wellbeing. This includes aspects such as resilience, confidence, independence, personal development and how to keep healthier and happier. junior parkrun and our parkrun primary resources are designed to support pupils with this and to develop external links for continued wellbeing opportunities in your local community.

Being a parkrun primary school, will also support your school to evidence:

- Developing links to external support and opportunities within your local community.
- Providing activities that contribute to improvement of health and wellbeing of your pupils.
- Evaluate and monitor the welfare of children and young people.
- Providing resources for additional staff CPD.
- Support the needs of particular individuals and their families, including pupils facing greater disadvantage.

We provide our [monitoring and evaluation framework template](#) for schools. We have put this together with our potential outcomes, to support you to demonstrate your health & wellbeing provision as a school. This can be used for your reports and evaluations, including ofsted.



# **How to use parkrun primary in your school?**

# School assemblies

School assemblies are a great way to make your pupils more aware of junior parkrun and build a buzz within the school. To support you to deliver a junior parkrun assembly we have created a [school assembly presentation template](#).

From our experience, we would suggest personalising the presentation by adding information of your local junior parkrun event and a few images on slide 6 & 7. This will help the presentation to resonate. Please download a copy of the presentation to your computer so you are able to edit it. Information and images can be found on the events website.

We have also added speaker notes to each slide and encourage it to be delivered in an active and engaging way. The warm up is always a hit! We know it's really important that parents/carers are aware of junior parkrun too, so we have produced these [articles](#) to go in your newsletter.





# School taster event

Running your own school taster event is a great way to introduce pupils to junior parkrun in an environment they trust. These can be shorter runs or walks depending on the space and class size. Here's our step by step guide on running your own school taster event below and printable parkrun signage for school taster events [here](#).

1. First mark out the course with cones using the space you have, whether that is a field, playground or hall. Mark the start and finish clearly.
2. Check the safety of the course, following your schools safeguarding policy and risk assessments, then brief the class on the route.
3. Include some volunteer roles for children - marshals, warm up lead and tailwalker. More information on volunteer roles [here](#).
4. Encourage everyone to participate with a focus on enjoyment and fun. Moving at their own pace.
5. Children aim to run and/or walk for the target distance or time.
6. When children finish, encourage them to cheer each other on until the tailwalker finishes.
7. Big smiles and tidy up!



# Headliner event

A headliner event is when a group of people organise to attend and support one of our parkrun or junior parkrun events on a selected date. This can be a really special event and helps to encourage new people to attend for the first time. Especially if they feel anxious about attending by themselves for the first time. Being with a group of friends or seeing a friendly face can make it a really positive first experience.

This works best when done with the assembly, taster events and comms to parents, building up to a fun headliner event. There are some great examples of schools taking part in headliner events with their local junior parkruns, attending as a group and filling lots of the volunteer roles. Check out Ella's story and how she set up her school headliner event:

<https://blog.parkrun.com/uk/2022/04/19/inspiring-others-at-school/>

To organise a headliner event, please reach out to your local junior parkrun event team via email (this is on the event website) and they will be able to support.



# School ambassadors and milestones

Another way schools have involved junior parkrun in their weekly school activities and engaged pupils is through school ambassadors and milestone assemblies.

**School parkrun ambassadors** - a pupil that is selected to be an advocate of junior parkrun in your school by encouraging and motivating other pupils to attend. Answering questions pupils might have about junior parkrun and supporting with the milestone assemblies.

**Milestone assemblies** - at junior parkrun we celebrate milestone for participant for 11, 21, 50, 100 and 250 junior parkruns. Children receive a certificate and a wristband for this achievement. These are a fantastic achievement to celebrate in assemblies and this can help to encourage other children to join in the fun at junior parkrun.



# parkrun primary certificate

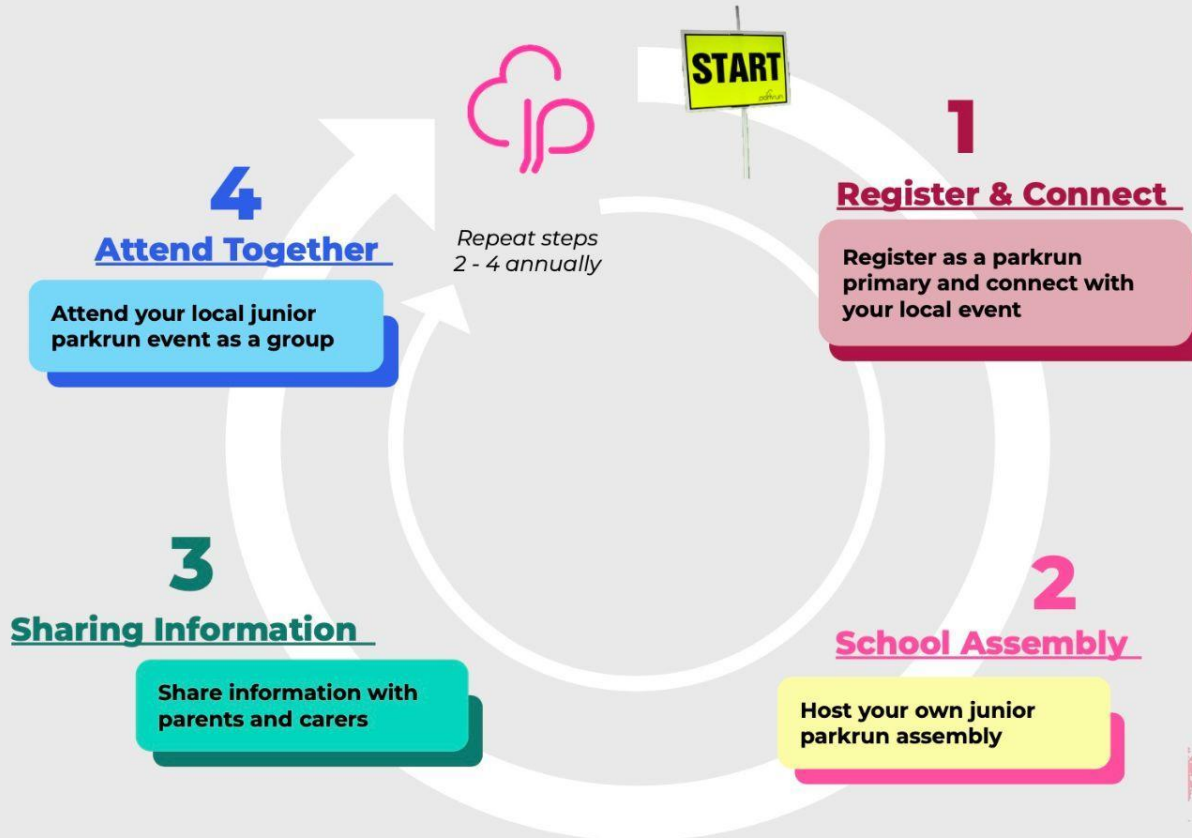
We are delighted to welcome you to the junior parkrun community and we hope you enjoy spreading the **positive, welcoming** and **inclusive** message to all your pupils & staff.

As a parkrun primary school, we provide your school with our parkrun primary certificate and ongoing support to create more opportunities to live a healthier and happier lives! If you have any questions on the resources in the toolkit, please feel free to contact: [parkrunprimary@parkrun.com](mailto:parkrunprimary@parkrun.com)

We would like to hear from you about your experiences and feedback of using the parkrun primary toolkit - if you could complete the short questionnaire via the google form [HERE](#), that would be greatly appreciated.



# How to become a parkrun primary?



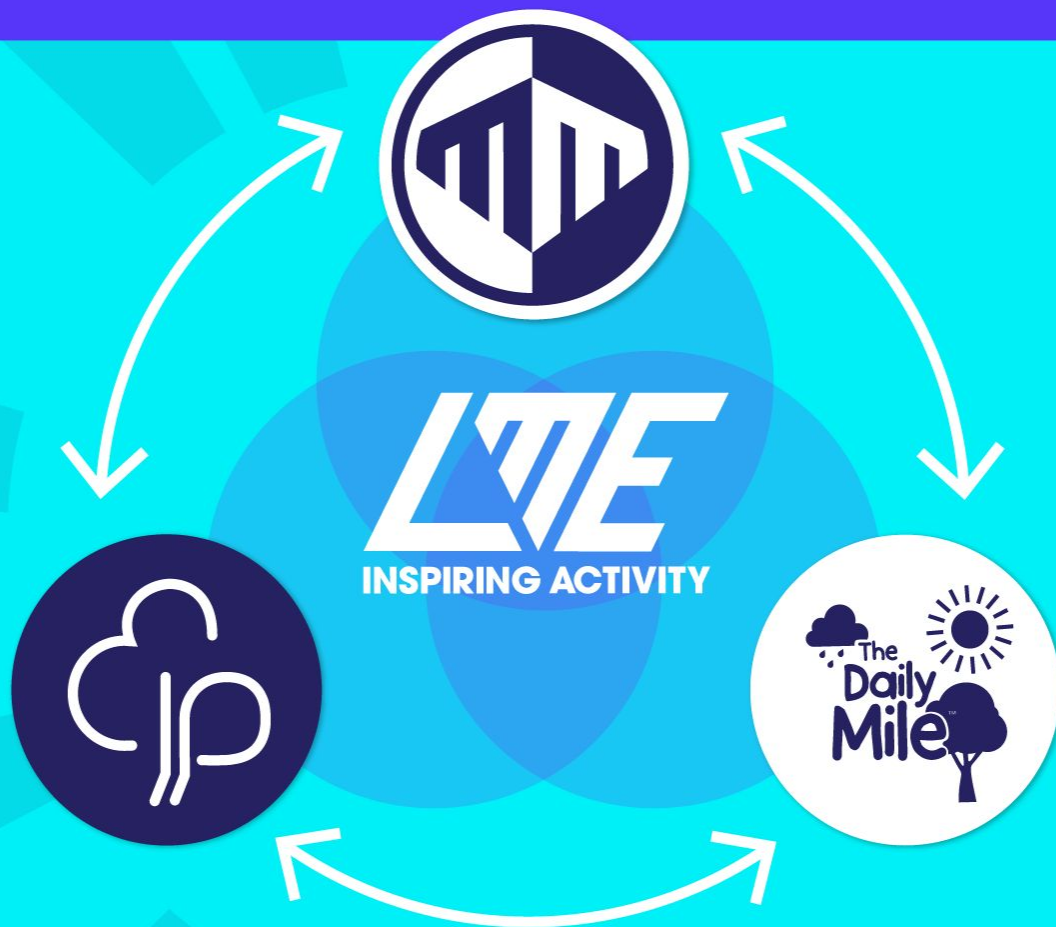
A young boy is shown from the chest up, wearing a white t-shirt. The t-shirt features a logo that reads 'junior parkrun' in a light blue script font, with 'parkrun primary' in a bold, dark blue sans-serif font below it. The background is blurred, showing other people and greenery.

junior parkrun  
parkrun primary

We're here today to celebrate the launch  
of the parkrun primary initiative.



# PARTICIPATION PATHWAY





## CORE PRINCIPLES



### QUICK

15 minutes in class time  
at least 3 x a week



### INCLUSIVE

Whole Child,  
Every Child,  
Free



### FUN

Run, wheel or walk  
outdoors together



## STAFF AND PUPIL QUOTES

"They're out with their friends, they're in a positive environment and an exercise environment – It contributes to the culture within the school."

**Parent**

"The Daily Mile – It keeps you healthy, it keeps you fit, it's great exercise and I just love it!" **Pupil**

"For any other school thinking of starting The Daily Mile, I would definitely recommend it. You don't need any equipment, it's completely free, the children themselves love it, and we've noticed even the staff love it and getting their wee moment outside for a bit of fresh air. It's great for everybody so I'd definitely recommend any school to give it a go!"

**Teacher**

"The children love The Daily Mile and it gives them a good chance to take part in physical exercise. It's also a great 'brain break' and gives children the opportunity to revitalise ready for learning."

**Teacher**

"You can do laps without even knowing you're doing them 'cos you're talking and having fun with your friends." **Pupil**

"I'm a Great Daily Miller because it helps me focus in class more." **Pupil**



# MINI LONDON MARATHON 26

## IN SCHOOLS



### JOIN THE MOVEMENT!

Over 600,000 pupils take part every year – our goal is 1 million by 2030!

### WHEN CAN YOU TAKE PART?

Any day within 2 weeks either side of the London Marathon

### EXCITING REWARDS

Trophy for every school  
Chance to win a school visit from Joe Wicks

### WHY TAKE PART?

- Boosts physical activity
- Supports mental health and wellbeing
- Fun, inclusive, and completely free
- Be part of a national movement!

### OUR CHARITY PARTNER

The Body Coach Foundation

### WHAT'S INCLUDED FOR SCHOOLS?

Free Downloadable School Toolkit

- Running bibs
- Activity cards
- Certificates
- And more!



Will your school be part of that journey?



junior parkrun

**Thank you!**

[tom.rowlands@parkrun.com](mailto:tom.rowlands@parkrun.com)