

## Sports relief 2020

To mark sports relief 2020 the children and staff came to nursery in sports clothes and took part in a group run. We encouraged the children to feel their heart beat before, during and after exercise so they could experience the effects the run had on their bodies. They marked their laps down on paper. The money that the children helped raise by taking part in these activities help vulnerable people in the UK and the worlds poorest countries.

