



Students will be taking part in a continuous cardio event using the equipment in our fitness suite. As a house team they are looking to cover as much distance as possible.

Students that have entered will be out of the following lessons to compete in the interhouse event.

- Courage - 1
- Ambition - 2
- Respect - 3
- Excellence - 4

Students that are competing will be required to wear their PE kit all day and come directly to the fitness suite at the start of the above lesson.



If students still wish to enter, they can collect a sponsor form from the PE office. Students with a sponsor form will need to collect a minimum of £5 sponsor money to enter.

At OIEA we CARE

We are showing we CARE by raising money for Comic Relief Friday 15<sup>th</sup> March.

You MUST have a sponsor form and the minimum required donation to come in your kit and to leave your lessons.

**MAY THE BEST HOUSE WIN!**

