



5.30 SCHOOL PROJECT 2020/2021 IN YOUR SCHOOL, WITH YOUR STUDENTS.

5.30 is a 5k walk-run, in the city center, at 5.30 in the morning. The goal is **to promote people's well-being through movement and healthy nutrition**. Thanks to physical education teachers, since 2009, more and more high school students participate in 5.30 events in the various cities around the world.

The 5.30 School Project aims to transform skills already acquired by each student - the importance of daily movement and healthy eating - into practical experience and positive emotions:

- wake up before dawn, run 5.3 km,
- celebrate the finish line together with fellow students. class,
- enjoying fresh seasonal fruit for breakfast.

From knowledge, to know-how, by participating at the 5.30 events.

Last year, more than 10,000 students running with us at dawn!

Joining the 5.30 School Project is simple. If you are a physical education teacher, and you have decided to take your pupils at 5.30 event, **you can do it in 4 simple steps:**

1 - contact us

2 - invite your students

3 - collect the entries

4 - collect the t-shirt

1 - Contact us. Send an email to jo.osborne@run530.com indicating in the subject “School Project” or call Sergio at +44 7763531424, to indicate the willingness to participate with your students at 5.30 event in your city.

2 - Invite your students. By the end of March, we will send you the flyer (pdf) presenting the event, which you can talk on in class and sharing with your students, inviting them to participate.

Remember to hang a flyer in the information bulletin board dedicated to students and one in the teachers’ lounge (so they will remain in evidence until the event).

3 - Collect the entries. For each student, collect, name, surname, class, the desired t-shirt size and the registration fee of £14. Remember £1 each student will be returned (as a donation) to the school for the purchase of sports equipment.

4 - Collect the t-shirt. At least 10 days before 5.30 event, please let us know the list of enrolled students. In the previous 2 days, at the collecting t-shirt pointy, bring the list to Jo, and you’ll receive the t-shirts.

Waiting for 5.30 event:

during the hours of physical education, you can invite students to train to participate in the 5.30, simulate a walk of 5k, or comment the students Decalogue, which you can download on this web site section.

CONTACT US

INVITE YOUR STUDENTS

COLLECT THE ENTRIES

COLLECT THE T-SHIRT