

parkrun primary

parkrun's mission is to create a **healthier and happier planet** for everyone. Become a **parkrun primary** and join this mission with schools everywhere! Actively promoting junior parkrun within your school will support young people's health and wellbeing, it will help to create opportunities for physical activity and support your school to connect with the local community.

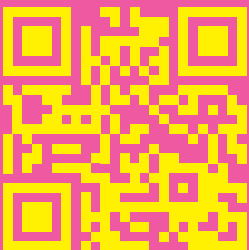
First timer at junior parkrun?

Here's what it's all about:

It's a weekly, free, 2k community event in open spaces for 4 to 14 year olds and their families.

With a focus on fun, you can walk, jog, run, volunteer or spectate.

Events are on Sunday mornings and everyone is welcome – find your local event at: <http://parkrun.me/jpinfo>



How can being a parkrun primary benefit your school?

Fostering a love for movement:

junior parkrun encourages children, families, and staff to enjoy regular physical activity outside school hours, supporting physical and mental wellbeing. It nurtures healthy habits and lays the foundation for a lifelong positive mindset toward movement.

Community engagement:

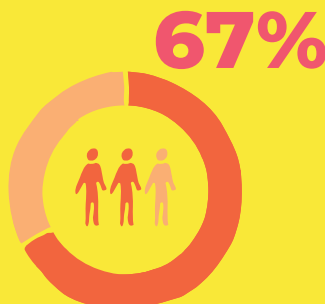
Connecting with your local junior parkrun(s) strengthens community links and fosters a sense of belonging. It provides opportunities for pupils, families, and staff to come together in a positive, inclusive environment beyond the classroom.

Volunteering and personal development:

Through junior parkrun help pupils to build confidence, develop new skills, and contribute meaningfully to your community. These experiences support the national educational framework, promoting resilience and social growth.

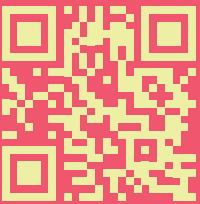
Enhancing education and school values:

junior parkrun supports the PE and PSHE curriculum by offering real-world application of learning. It demonstrates a school's commitment to holistic education, strategic leadership, and promoting wellbeing, inclusivity, and active citizenship.



67% of parents report that junior parkrun improves their child's physical activity levels and their enjoyment of it, too. Children report feeling proud, full of energy, confident and strong.

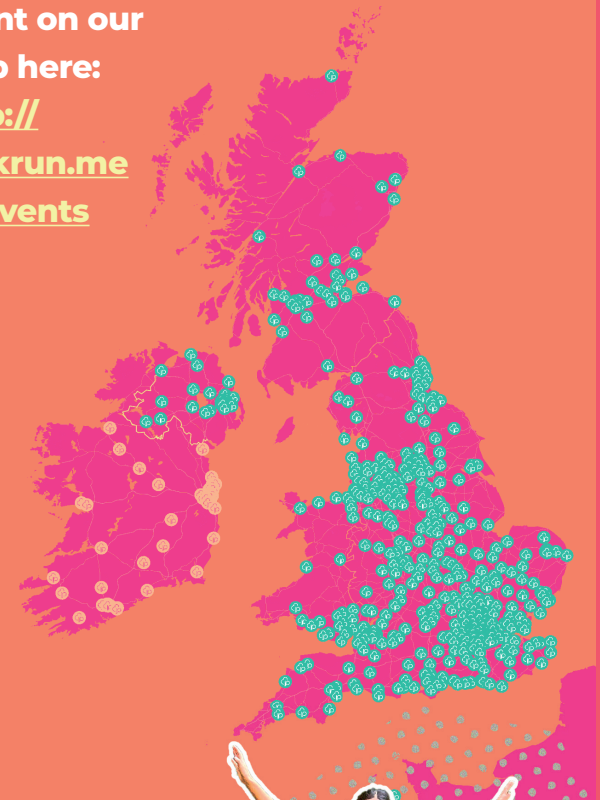
Find your local event



There are currently hundreds of junior parkrun events and new ones are starting all the time so there is bound to be one on your school's doorstep. You can find your local junior parkrun

event on our map here:

<http://parkrun.me/jpevents>



Chasing Dreams

junior parkrun

How to become a parkrun primary:

Register as a **parkrun primary** and connect with your local event.

“junior parkrun has helped remove barriers and encourages participation in physical activity for our pupils. These types of consistent, community-based opportunities are essential. It’s not just about fitness, it’s about belonging, confidence, and continued growth.”

– Mr Reuben, at Cricket Green School.

Host a junior parkrun school assembly.

Share information with parents and carers.

Attend your local event together.

You are now a **parkrun primary**, great job and welcome to the parkrun family!



Sign up to receive your **parkrun primary** toolkit (also available in Welsh) including customisable assembly presentation, communication templates, guidance and much more here: <http://parkrun.me/jpreg>

