

Child's name: _____ Class: _____

1. Does your child enjoy P.E. lessons at school?

- Yes
- No
- Please give reasons for your answer:

2. Does your child know what the daily mile is? (Year 1 and Year 2 Children only)

- Yes
- No

3. Does your child know if they are running further in the daily mile now, compared to when they started to run it?

- Yes
- No

3. Does your child enjoy running the daily mile?

- Yes
- No

5. Would your child like to share their sporting achievements with their peers e.g. swimming or gymnastic medals and awards?

- Yes
- No

6. Does your child use the Fitter Future workout at home? (year 1 and year 2 only)

- Yes
- No - Please give reasons

7. How do you travel to and from school?

8. Is there a particular sporting activity your child enjoys that we do not currently offer in school?



St. Mary's Church of England VC Infant School

'Sharing, caring, learning and loving with God'

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Headteacher: Mrs Claire Gunn BA (Ed)

Deputy Head: Mrs Bev Waldwyn B.Ed

1st March 2019

Dear Parents

The health and fitness of children is fundamentally linked to the happiness and success they will achieve through their lives. With sedentary activities on the increase we need to ensure that they have the recommended 60 minutes of physical activity every day, split between home and school. We are being informed by the government that by the age of 7 half of the children are not hitting this recommended amount of physical activity.

To ensure we are doing as much as possible to encourage and educate children to lead a physically active and healthy life, we are asking you to complete the attached questionnaire and physical activity diary to help us identify and engage inactive children and celebrate sporting successes both in and out of school. Please give as much detail as possible and return by Tuesday 12th March.

If your child does take part in sporting activities please send in a 'healthy selfie' that will be displayed on our Physical Education board in the dining hall, they will also receive a certificate to celebrate their achievement. Any physical activity for example; playing at the park, cycling, swimming or playing football, should be celebrated and encouraged.

Thank you very much for your help and support. If you have any questions then please feel free to direct them to me.

Kind regards

Becky Thomas

P.E. subject leader