



St. Mary's Church of England VC Infant School

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Headteacher: Miss Verity Edey

Deputy Head: Mrs Kathryn Thorp

Thursday 25th February 2021

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. We realise that due to Covid 19 restrictions it is increasingly challenging to be as physically active.

To ensure we are doing as much as possible to encourage and educate children to lead a physically active and healthy life, please could you complete a short questionnaire by following [this link](#) and the attached 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 complete by *Monday 15th March*.

If your child does take part in sporting activities, please send in a 'healthy selfie' or a photocopy of a certificate that will be put into their class 'Physical Activity Achievements' book that will be celebrated on a Friday in the achievement assembly. Any physical activity for example, playing at the park, cycling, swimming or playing football, should be celebrated and encouraged.

I would like to take this opportunity to remind you about the Fitter Future challenge that was set in December. The class who uses Fitter Future the most at home will complete a workout with Doug from Fitter Future. Currently Mars class are winning, but not by a large margin. We will continue the competition until the beginning of the Summer term when the winning class will be announced.

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

Mrs Thomas
P.E. Subject leader

'Sharing, Caring, Learning and Loving with God'