

Thursday 21st September 2017

Dear Parents/Carers

National Fitness Day Wednesday 27th September 2017

National Fitness Day encourages the nation to **celebrate the fun of fitness and physical activity** across the UK.

Wood End Park Academy will be joining **10,000 schools** to be active for **10 minutes** at **10:00am** on **Wednesday 27th September 2017** for National Fitness Day. We want to be part of the 10,000 and see a record number of people across the UK moving to celebrate the fun of fitness!

Children can attend school in sportswear on this day but must bring in a minimum donation of **£1**. If your child does not wear sportswear then full school uniform should be worn.

Physical activity is important and the National Fitness Day helps to celebrate what fitness means to people, promoting that keeping physically active means something different to us all. We want to break down the barriers that stop people being active, showing that fitness is for everyone!

On this day, at 10:00am we will get the whole school active. While back in the classrooms, **children will be able to reflect on what fitness means to them** in a range of activities. We hope that by encouraging people from all backgrounds, activity levels and interests to share what fitness means to them, it will inspire others to live healthier and happier lives through being active.

Many thanks for your continued support.

Yours sincerely,

Miss Livingstone
PE Teacher

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A Multi-Academy Trust

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