



**North Road Community Primary School**  
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3<sup>rd</sup> January, 2024.

Dear Parent / Carer,

### **January Fitness Month**

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This year, we are working hard to achieve the Gold School Games Award. As part of this, we will be having a January Fitness Month. This is an opportunity to engage the children in a range of different sporting activities to promote a healthy and active lifestyle.

We are asking every child to record any physical activity they engage in on the Fitness Table overleaf. All children will receive a certificate for completing and returning their 'Let's Get Active' Record and the most active pupil in each class will win a small prize. Activities could include swimming lessons or involvement in other sports clubs, a family walk, bike rides or going to the park. As part of this we will also be encouraging children to walk/scoot/bike ride to and from school. For a sporting activity to be recorded, children must be physically active for at least 30 minutes.

In school, we are working hard to arrange taster workshops in a variety of different sports to give children the opportunity to experience new sporting activities and perhaps increase participation. Children will also continue with their weekly Wake and Shake / Daily Mile activities.

I am looking forward to seeing how the children get active this month!

Thank you for your support.  
Yours sincerely

Miss Steel  
PE Subject Co-ordinator

*Enjoy learning, succeed in life.*