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Dear Parent/Carer

Physical Activity - Whole School Strategy

The PE department has written a Physical Activity Strategy. The overall aim of this strategy is to strive to give students the knowledge they need to make good choices about leading healthy active lifestyles. This has a range of initiatives to help reach the governments guidelines around how physically active school age students should be.

The government recommend that; Children and young people aged 5 to 18 should:

- Aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breath faster and feel warmer.

The strategy is considered at three levels; whole school, PE lessons and extra-curricular. One of the focuses within PE lessons is to maximise physical activity time. With this in mind we are making a small change to our Period 5 lessons. Students will no longer be required to change back into their uniform after their period 5 lesson. This is one small initiative that contributes to the bigger picture. This will allow lessons to continue for longer before having to stop thus increasing the time the students are active. Students who wish to change into uniform will be able to, they will just need to be mindful of the reduced time they will be given to do this.

If you are interested in finding out more about the strategy or feel like you could support this in anyway please feel free to contact me via Email: mark.lloyd@tnha.org.uk.

Yours faithfully

Mark Lloyd
Director of P.E.

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