

Principal: Mark Woodhouse

Brandon Road  
Swaffham  
Norfolk  
PE37 7DZ  
T: 01760 721480 E: [office@tnha.org.uk](mailto:office@tnha.org.uk) <http://tnha.org.uk/>



6 January 2022

Dear Parent/Carer

### TNHA PHYSICAL ACTIVITY PROJECT

Your child has been selected to take part in the first Nicholas Hamond Academy physical activity project. This project aim is to increase the opportunities for students to partake in physical activities during the school day and beyond. This is to encourage students to meet the government's target of 'all U18's taking part in 60 minutes physical activity each day'. As an academy we feel it is important to raise awareness of this and support students in achieving this goal.

It is hoped that the benefits of completing this project will include:

- Building confidence and social skills
- Develop Co-ordination
- Improve concentration and learning
- Improves health and fitness
- Improves quality of sleep

The students will be given a physical activity passport in which there are 5 challenges to complete. They need to complete each one to progress onto the next stage. Students will be rewarded by completing each stage.

The first session on the project is on **Wednesday 19 January**. This session will take place at lunchtime at the **Gym** (next to the Main Hall). The session starts at **1.30pm and finishes at 1.55pm**. Students just need to change into trainers for the session. During the first session students will also be given their passports.

We hope your son/daughter will take up this opportunity and look forward to seeing them on 19 January.

If you have any further questions regarding the project please email me at [Sam.Bristow@tnha.org.uk](mailto:Sam.Bristow@tnha.org.uk)

Yours faithfully

**Mr. S. Bristow**  
**P.E. Faculty**