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Brandon Road, Swaffham, PE37 7DZ



9th February 2026

Dear Parent/Carer

TNHA Physical Activities Project

Your child has been selected to take part in the 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 **Thursday 26th February**. This session will take place at lunchtime at the **Sportshall**. 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 the **Thursday 26th February 2026**.

If you have any further questions regarding the project please feel free to email me: Sam.Bristow@tnha.org.uk.

Yours faithfully

S. Bristow

Mr. S. Bristow
PE Department