

19/1/2020

Dear Parent/Carer

A New Year 8&9 Physical Activity Club – Invitation Only!

Most of us know that children are supposed to get at least 60 minutes of physical activity a day. However, as children get older, increasing demands on their time can make getting that hour of exercise a challenge. Some children get caught up watching TV, playing video games and surfing the Internet - even doing a lot of studying and reading, while important, can add to a lack of physical activity.

Being active is a key part of good health for all students. Exercise strengthens their muscles and bones and ensures that their bodies are capable of doing normal life skills, like lifting a backpack or walking upstairs. It also helps control their weight and decreases their risk of chronic illnesses, such as high blood pressure and type 2 diabetes.

You will probably be aware of recent concerns around physical inactivity and childhood obesity. As they go through Primary school, many children put on weight and, across the UK, around 35% of pupils in their final year of Primary are categorised as overweight or obese.

Children can be fit even if they're not natural sports people or winning sports trophies. The key is finding activities they enjoy. When children find an activity that is fun, they will want to participate more, get better at it, feel accomplished and want to do it even more. Likewise, if they are pushed into activities they don't like, they are unlikely to want to participate and will end up frustrated and will feel like exercising is a chore.

A new after-school club is starting up (in conjunction with Sports England). This club is for invited pupils only. It is an opportunity for your child to try a number of sports/activities in a fun and less competitive environment. It is not PE or Sport, but a physical activity club which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment. This Multi-Sports Club will take place after school, every Thursday, 3.20pm – 4.30pm (this may vary depending on the activity taking place), and will be delivered by myself and external coaches. Children will require their normal PE kit and ideally, a water bottle. If additional specific kit is needed like swimwear they will be told in advance. The new club will start on **Thursday 5th March 2020** and take place every week at the same time until the end of the academic year. Students should meet outside the sports hall changing rooms.

We have run similar clubs to this, which have proved incredibly successful, regarding the number of participants who turned up every week and had fun. I am therefore, really excited about this year's initiative and I am looking forward to the benefits it will bring to your child.

We look forward to seeing your son/daughter at the club. If you have any questions please do not hesitate to contact me lbyrne@budmouth-aspirations.org.

Yours sincerely

Miss L Byrne
Sport Department