

**Headteacher:** Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

20<sup>th</sup> January 2021

Dear parent/carer,

I hope my letter finds you safe and well.

The current situation caused by Covid 19 restrictions means that youngsters have lost many of the opportunities that they would usually have to engage in sport and exercise both in school and in the community. If your child is looking for some new ideas about exercise and maintaining fitness, I have provided a list of websites that provide a range of exercise ideas for children of all ages.

- [www.sgochallenge.com](http://www.sgochallenge.com) Log in password – Shenley
- Joe Wicks Work Outs
  - <https://www.youtube.com/user/thebodycoach1>
- Youth Sport Trust - Free home learning challenges
  - <https://www.youthsporttrust.org/free-home-learning-resources-secondary>
- Twitter - @PEatHome1 – Amazing PE related activities that can be done around the house -  
<https://www.kessp.com/page/?title=PE+at+Home&pid=46>
- Active learning on the BBC
  - <https://www.bbc.co.uk/teach/super movers>
- Website/App – TopYa - personal fitness/activity challenges.  
<https://topya.com/>

During online lessons, students work through tasks related to topics such as staying active, improving performance, values that are promoted through sport, safety in sport and the benefits of exercise for physical and mental well-being. The websites above are available for students who wish to supplement their virtual PE lessons with additional physical activity.

Yours sincerely,

**N Vaughan**

Mr N Vaughan

Assistant Headteacher – Director of PE & Health Faculty