

During 'Walk at Home' week your challenge is to get active!

Walk to School week has been moved from May to September this year, but we would still like to take this opportunity to encourage our children to keep active and healthy.

Please keep a diary of all the physical activity that you do this week. Make a note of what you did, who you did it with and how long you did it for. E.g. Monday am Joe Wicks workout, Monday pm 45 minute cycle ride.

	am	pm
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Parents/carers,

Thank you for supporting this challenge and helping us to promote a healthy lifestyle within our school community. It is recommended that all primary school children do at least five hours of physical activity every week; this is in addition to the PE curriculum. Last week, the Youth Sports Trust reported that there has been a 15% drop in exercise by primary school children during the period of school closure. We hope that you will enjoy encouraging your child to be active. Please ensure that government advice for exercise outdoors is followed and appropriate social distancing measures are followed. Diaries can be simple notes on this form/home learning book or can be more creative and detailed if you wish.

We would also like to encourage you to share any particular achievements (e.g. mastering a handstand, improving your split time, beating a personal best or completing the couch to 5K challenge) with us either using the class email addresses or on Twitter using the #AimingHigh #WalkAtHomeWeek and including @chesterfordsch in your tweet.

Mrs L White