



The Gymrun Group

Dear Parents and Carers,

We, the co-authors of this letter, are a collaboration of PE teachers, activity providers and health professionals. We care deeply about the impact of good physical health on children's lives, their ability to learn, their resilience and their overall mental and social well-being.

What does good physical health look like? We believe that by the age of eleven, children should be able to move with increasing speed and accuracy, engage their core muscles, exert increasing force through their arms and legs and run without tiring, all for a sustained period of time.

Our goals are simple; reduce sedentary behavior, increase physical activity and measure physical health. Here is a list of physical activity solutions to signpost *those interested* towards more opportunities, in and out of school.

1. Pre-School Fun Fitness Activities
2. Active Play
3. Active Travel
4. Running
5. Activity/Sports Clubs & Holiday Courses

In the next academic year, children will be completing a physical health assessment. They will achieve one of eight colour graded badges. We expect many of the children who have had less involvement with physical activity to achieve the red or the orange badge.

The order of the Gymrun badges is: Red. Orange. Yellow. Green. Blue. Navy. Purple. Pink. Each badge is a positive step, directing us to the actions needed to support all children to reach the next stage in their physical health development.

We hope you support and welcome the transparency underlying this scheme.

Kind regards,

Mike Weeks

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