



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 activity experiences, their whole school learning and on their overall health and well-being. As a result, we are introducing a physical health strategy in partnership with gymrun.co.uk. Our goals are simple; reduce sedentary behavior, increase physical activity and measure physical health. Here is a list of physical activity solutions beyond the curriculum to signpost those interested towards more opportunities, in and out of school:

1. Active Play
2. Active Travel
3. Activity/Sports Clubs & Holiday Courses
4. Inter & Intra School Competition
5. Running
6. Fitness Exercises

This year, your child will complete five challenges inside one lesson to achieve one of eight graded physical health badges. The order of difficulty of the badges is red (first stage), orange, yellow, green, blue, navy, purple, pink. These badges engage and motivate children, teachers and parents, in a similar way to grading belts in Marshal Arts, and to the existing nationwide badge systems for Swimming and Gymnastics.

Children with a lower level of physical health may reach the first stage, the red badge. We want you to see this and every badge as an achievement - a positive step to inform us on what action can be taken for children to reach the next stage in their personal fitness, health and well-being.

We hope you support and understand the transparency behind Gymrun, as we develop a school culture that will build and maintain physical health in all children.

Kind regards,

Mike Weeks

The Gymrun Group

