



## 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 fitness and health on pupils' activity experiences, their whole school learning and on their overall health and well-being. As a result, we are introducing a fitness and health strategy in partnership with gymrun.co.uk. Our goals are simple; reduce sedentary behavior, increase physical activity and measure physical fitness. 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 fitness badges. The order of difficulty of the badges is red (first stage), orange, yellow, green, blue, navy, purple, pink. These badges engage and motivate pupils, teachers and parents, in a similar way to grading belts in Marshal Arts, and to the existing nationwide badge systems for Swimming and Gymnastics.

Pupils with a lower level of physical fitness 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 pupils to reach the next stage in their physical fitness and health journey.

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

Kind regards,

Mike Weeks

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