



Dear Parents & 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 improved functional fitness on all areas of children's learning and development. Our goals are simple; reduce sedentary behaviour, increase physical activity and monitor physical fitness.

### **Monitoring Physical Fitness.**

When children monitor and understand their fitness, they are better placed to improve it. This is the essence of Gymrun. Through the Gymrun Five Challenges lesson experience, every child will:

- Embrace physical challenge and personal competition
- Build resilience and cooperative skills
- Celebrate achievements and deal with failures
- Monitor and better understand their fitness

Our belief has always been that it is better to identify areas for development and to address these early on, than to ignore them. When fitness and physical literacy is not nurtured and developed, we create a hurdle to positive physical activity engagement throughout school and into adult life.

We also want every child to understand that it is ok to fail. We want children to experience formative failure – as an inevitable part of the learning process. This requires the learning environment to focus on individual progress, not comparison with others.

The most realistic way to generate feedback on multiple fitness areas is to involve the children directly in the scoring process. In this approach, children learn about and appreciate the values of cooperation, communication, accuracy and honesty. In Gymrun, we are committed to reinforcing these values. In Gymrun, children think critically about their own and others' performances.

### **Gymrun Badge System.**

Our badge system was inspired by the hugely successful nationwide badge award systems which operate in Swimming, Gymnastics and Athletics. Further motivation came from the Sports Colours badge system we operated when I was Director of Sport at St Paul's Juniors from 2011-2016. These Sports Colours badges were highly sought after, but only awarded to the highest achievers. We wanted to create a relevant fitness badge system accessible to every child, at their ability level.

The order of difficulty of the badges is red (first stage), orange, yellow, green, blue, navy, purple, pink. Children with a lower level of 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 each child to reach the next stage in their individual fitness journey.

*Those children who do not count with absolute accuracy and honesty (and there will usually be one or two), will learn in subsequent Gymrun lessons the importance of integrity.*

## **Building Fitter Futures.**

Gymrun was set up to build a fitter future for every child by linking physical activity to fitness progression. Some physical activities beyond the school curriculum signposting children towards more opportunities include; active play, active travel, activity & sports clubs, holiday activity courses, inter & intra school competitions, running, cycling & swimming, and fitness routines.

Gymrun relies on a context and a culture within schools where children, staff and parents focus on, take responsibility for and celebrate fitness progression for every child. We hope you support and understand the transparency behind Gymrun, as we innovate school cultures that choose to position fitness progression for every child at the heart of school life.

For more information, please do take a look at the recent series of three videos on [Gymrun on YouTube](#) titled, 'What they say about Gymrun'. Each video is one minute long. Should you have unanswered questions, please do email me directly.

Kind regards,

Mike Weeks

The Gymrun Group.  
[mike@gymrun.co.uk](mailto:mike@gymrun.co.uk)