



**Allenbourn Middle School**  
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Headteacher: Mrs Cindy Pritchard  
Deputy Headteacher: Miss Paula Davies  
Assistant Headteacher: Mr Matthew Golding

January 2019

Dear Parent/Guardian,

Happy New Year and hope you had a good break over the holiday.

We wanted to inform you that during the first half of this term your child(ren) will be involved in a programme of activities focusing on health, fitness and wellbeing. During this module they will take part in fitness activities and learn what it means to be active, the different elements of fitness and be encouraged to make informed decisions about what they can do to lead a more active lifestyle. We will also be linking this in with diet and the positive benefits of increased activity. We fully understand there is a wide range of ability, confidence and attitude towards physical activities and will be working with pupils to support and challenge them to achieve their best. Our aim is for the pupils to develop a positive attitude towards their personal fitness and a mind-set that is determined, persevering and resilient.

As Parents/Guardians, we recognise you are the most influential and important person in your child's life. We hope, by respectfully working together, you can help us to encourage responsibility and an understanding of why being more physically active every day is an important aim in life. Our hope is that by encouraging them to enjoy and develop healthy lifestyle habits now it will become life-long and contribute to the overall health of your child(ren). Understanding and supporting our expectations and aims, will promote the message that we are a team working to encourage physical, cognitive and social growth in each child.

Additionally we are having weekly fitness challenges which will be posted on the AMS website and in school. This will involve practising an exercise e.g. the plank every day and earning points for their house by showing they have achieved their target. Please could you talk to your child about the challenge and encourage them to be involved, by practising it each day (perhaps you could do it with them?). Ideas for how they could be more active outside of school are on the back of this letter.

We thank you for your continued support in ensuring your child has their PE kit in school on the correct days. It would be helpful, as the weather is now set to be much colder, if you could ensure your child brings with them extra clothing for outdoors, for example, leggings/joggers, a skin or under layer, gloves etc as we plan to continue our outside programme as far as possible.

Thank you in anticipation of your support with this and if you have any queries, please contact us at school.

Yours faithfully,

*S. Darragh*

PE Co-Ordinator



Allenbourn Middle School Colehill First School Hayeswood First School Merley First School  
St John's First School St Michael's Middle School Witchampton First School

# Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS

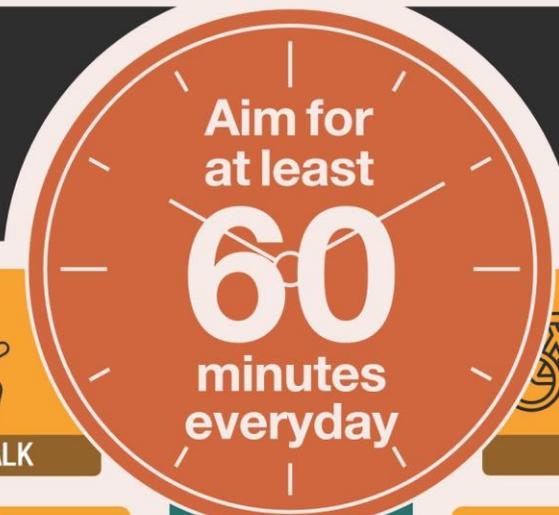


MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

All activities  
should make you  
breathe faster  
& feel warmer



Include muscle  
and bone  
strengthening  
activities  
**3 TIMES  
PER  
WEEK**



### Sit less



### Move more

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday