



BROOKLAND INFANT AND NURSERY SCHOOL

Enjoyment of learning, achievement for all

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Headteacher: Mrs A. Atkinson

Dear Parents / Carers

Thank you for keeping your children safe at home, we are all working together to help beat the virus as quickly as possible. We know it will be a tricky time, keeping children away from friends and social gatherings.

Normally we would be expecting children to be physically active for at least 60 minutes a day with 30 minutes of this in school and 30 minutes at home. So it is very important that we all try to keep our activity levels up.

Me and my family are doing PE with Joe every morning and I am sure that by now you have routines in place that incorporate activity breaks. If you need any more ideas then please refer to the sheets I am sending out with this letter.

I have attached a sheet with some links to websites that offer ideas for keeping active in these strange times. Some of these websites we subscribe to and use within school and they have opened their sites for our parents and children to use at home. Obviously with all sites parents should use their own judgement as to the age appropriateness of the content.

I have attached a letter from 5-a-Day fitness with a login for our parents to use to access their resources (please do not share this link with anyone outside of our school).

I have also attached a sheet of games ideas that may give you more inspiration.

We have set up an email address for each year group for you to share with me what activities you and your children are doing to stay active (no videos please). I am sure some of you have found some very creative ways to keep your children active and look forward to hearing about them.

I look forward to hearing from you – the email address is below. Remember to keep activity levels up as much as possible whilst staying safe.

Best wishes

Mr Pritchard
PE/Forest School Lead

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