Dear Parents and Children

In these uncertain times Team Hempsted believes that physical activity is even more important in our daily lives. It gives us all a sense of purpose, focus and motivation each and every day.

Keeping children active ensures physical literacy and physical fitness maintained at a time when children’s lifetimes could easily become more sedentary.

Team Hempsted has a reputation of providing children with a huge range of sporting activities and it is important to keep these experiences going. Nationally we are challenged to provide inclusive and meaningful experiences of sport and physical activities for ALL young people, in support of the Government’s ambition of 60 active minutes a day.

Please find attached a form for your child to complete each week and send to Julie.Bassett@hempsted.gloucs.sch.uk. House points will be awarded for those completed.

Below is a list of ideas your child can do each day

50 high knees
50 spotty dogs
50 star jumps
Walking (distance)
Cycling (distance)
Jogging (distance)
50 skips
Running (distance)
Play football
Walking the dog
Running on the spot
Step ups
Walking up and down stairs (carefully)
Sit ups with high fives to parents
Keepy uppies (how many)
10 lunges each leg
20 squats
Plank

Enjoy, Mrs Bassett