

Healthy and Fitness Programme Year 3

Dear Parents,

Year 3 have been selected to work with a coach from Burnley Football Club on a six week health and fitness programme which will start from the 21st April. This programme links with their current Science Unit on Healthy Lifestyles and is entitled the GULP Project. This stands for 'Giving Up Loving Pop' and is based around showing children the effects of drinking lots of high sugared drinks.

Each weekly session will consist of twenty minutes classroom based learning and be followed by twenty five minutes of physical activity. The children will already be in their PE kit as they have their normal PE sessions on a Wednesday. 3M's session will be 1:00pm to 1:45pm and 3S will have their session 1:50pm to 2:40pm.

This is a great opportunity to collaborate with Burnley Football Club and will really support the children in gaining additional skills and knowledge to support their learning across the curriculum. The Covid Risk Assessment will be followed by the coach and the delivery of the programme will be overseen by the Year 3 teachers and Sports Coach Amy.

Yours Sincerely,

Miss Charlesworth

Amy Bland

Deputy Headteacher

Sports Coach