



FARNBOROUGH PRIMARY SCHOOL

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7th May 2020

Dear Parents

Farnborough Gets Active

Are you ready to take part in our battle to be active between classes at Farnborough?

During this strange period in our lives, we have engaged with various ways and people to keep active at home, Joe Wicks was unknown in February and now he is a household name. Exercise has become an important part of our daily routine and most of us are completing some form inside or outside; we may run, walk or cycle. We look forward to this break in our day and see it as an opportunity to keep up with our physical fitness, look after our mental wellbeing as well as spend important family time.

Now this is a chance for each family at Farnborough to get active for their child's class! Next Thursday, we will start competing with each class to see how many kilometres we cover across a week. Starting from Thursday 14th May and ending on Wednesday 20th May each family needs to count how many kilometres they cover each day; all activities are worthy, it can be walking a dog, short and long walks, cycle rides, short and long runs, working out on a treadmill and so on. To measure your distances, there are a number of fitness apps available on android or iphone for example, mapmyrun by underarma, strava, runkeeper or alternatively, use google maps or retrieve information from a fitbit.

Once completed, send in the total number of kilometres to your class teacher and we will add your total to the class' total. The cut off day for sending in your amount is Friday 22nd May. If there is more than one child in a family, send in the same family total to each class. If you are sending to different teachers, please let them know so we can account for them in the total for the school.

The results of this battle will be posted on the website under Wellbeing the following week. When your child is completing their daily exercise, they may wish to wear something sporty such as a sweatband to help them feel ready to complete the Farnborough challenge. A table is attached for your child to record the number of kilometres covered each day.

So everyone, get ready, get set for the Battle to be Active.

We really look forward to seeing your results and please, please, please send in photos of your children completing this challenge.

Stay safe and stay well.

Best Wishes,

The Farnborough Team



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