



# *St Mary's Catholic Primary School*

*Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth*

3<sup>rd</sup> December 2019

Dear Parents and Carers,

In line with our PE policy St Mary's are signing up to **Phizifit** as a school.

Phizifit is an innovative online program for children's personal development that promotes their physical fitness and mental wellbeing. It is accessible through an online programme at school **AND** at home. Please visit their website if you would like further information: <https://www.phizifit.com>

We hope that **Phizifit** will encourage all of our children to become more active. Government guidelines suggest that children need to do 2 types of physical activity each week; both aerobic exercise and exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make children breathe faster and feel warmer

We are sure you will agree that, partly because of the ease of modern technology providing entertainment, lots of children are missing out on valuable fitness activities, let's work together to try to get our children moving more!

For us to subscribe your child, we need your permission to provide their names to Phizifit. We have recently sent reminders to those parents/carers who have not provided consent for the school to share this data under GDPR and would encourage you to return the permission slip as soon as possible.

Please do not hesitate to contact me, via the school office, if you have any questions.

Yours faithfully,

*L Evans*

Mrs L Evans

PE Lead