

## Dear Parent/Carer

Your child has been invited to take part in the **Move It Challenge** during their spare time. As part of the challenge, children are asked to keep a log of the amount of physical activity they do each day for three weeks.

To help them, they have received a fun Activity Kit consisting of:

- a wheel for calculating activity points (move-its)
- a log book to fill in
- a set of reward stickers
- 2 postcards to tell friends and family about the challenge

We'd really like you to get involved. You can do this in the following ways:

- Help your child to track the amount of physical activity they do and sign their log book.
- Encourage them to be active and set themselves new targets each week.
- Join in some of the activities with them.

Not everyone is sporty, but we can all be active in different ways. It is recommended that, for good health, children are active for at least one hour a day – this can be in short bursts by doing anything from walking, playing in the park or dancing, to competitive sport or splashing about in the local pool.

The children will also be participating in a class challenge – look out for posters at school or ask your child about it!

**Move It** has been developed by **MEND**, an organisation dedicated to fighting the rising levels of obesity in the UK, and has been funded by the Big Lottery Fund. The aim is to make children aware of the health benefits of physical activity and discover how enjoyable it can be. For more information on **MEND** and to pledge your support for the **Move It** campaign, visit [www.mendmoveit.org](http://www.mendmoveit.org)

We appreciate your support and hope you enjoy getting involved.

Best wishes

Class Teacher



LOOK OUT FOR THE MOVE IT CHILDREN'S ACTIVITY KIT!