**St Thomas More Daily Fitness 30**

Dear Parents/Guardians,

As we enter our third lockdown phase, I feel it is vital that we remember the importance of exercise & the benefits it has on our children’s physical, mental health & wellbeing. Each week, I will set some very simple 30-minute indoor workout activities. Minimal equipment & space will be required. Where possible children should also be encouraged to get outside for some outdoor activity. The set activities will be structured for KS1, Lower KS2 & Upper KS2. In many of the workout challenges, the activities may appear similar, but the work to rest times will alter, also I expect the older children to be working at a higher tempo. The exercises set will benefit many areas of physical development such as cardio, core, agility, strength & resilience. I would encourage that these workouts become part of our children’s daily routine & hopefully include the weekends as well! For further exercise activities there is a whole host of options on the internet ranging from Joe Wicks workouts, fun dance & fitness-based exercises on GoNoodle (which in particularly the young children love to take part in) & cosmic yoga.

If you have any queries or questions regarding any of the activities/challenges, then please contact your child’s class teacher & we can find the best solution for you.

Stay Safe

Mr Gowan