



Archdiocese of Birmingham
St. Mary's Catholic Academy
Principal: Mrs S Rathbone BA (Hons) NPQH,
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Thursday 18th September

National Fitness Day
Tuesday 23rd September

Dear Parents / Carers,

On Tuesday 23rd September we will be celebrating National Fitness Day.

National Fitness Day is an annual campaign by UK active, that highlights the role physical activity plays across the UK, helping to raise awareness of its importance in assisting us to lead healthier lifestyles.

In school, we will be starting the day with an assembly led by our playground leaders to introduce the day and share the importance of physical activity and healthy lifestyles. Throughout the day, the children will be taking part in activities to support them to live active healthy lifestyles. We will be running an inter house competition throughout the day in the form of a penalty shootout. The winning house will get an extra break time the following week. **On this day, children can come to school dressed as their sporting hero or in their PE kit.**

In addition, I would like to take this opportunity to remind you about our '**Wall of Fame**' to celebrate and showcase the amazing physical activities our children take part in – both in and out of school. This could include anything from dance, gymnastics, martial arts and sports teams, to fun physical activities at home such as bike riding, hiking, or even a family fitness challenge! If your child has been involved in any physical pursuits that you'd like to share, we would love to include them.

Please send any relevant photos to office@stmarysnewman.co.uk, and we'll proudly add them to our Wall of Fame so they can get the recognition they deserve.

Yours sincerely,

Mrs Crutchley

PE Lead

