Wombwell Park Street Primary School

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Chief Executive Officer of the ECM Trust: Mrs G Foster-Wilson
Headteacher: Mrs C Lawson
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Wednesday 3rd March 2021

Dear Parents / Carers,

My Move My Way – PE Challenge

We all know that being physically active is important, not just our physical wellbeing but for our mental wellbeing as well.

Team+ have been inspired and motivated to help children and adults to achieve the best physical activity levels possible, which is why they have created 'My Move My Way'. This new physical activity challenge is designed to encourage children and adults to be as physically as possible. Within 'My Move My Way', the concept of Personal Challenge is important. By having a self-led opportunity, it gives us the chance to attempt to improve our own personal performance.

'My Move My Way' can take place anywhere and at any time. How you/your child chooses to complete the 'My Move My Way' challenge should be personal to you/them, and gives you/them a great way of getting fit.

There are four easy steps to the 'My Move My Way Challenge:

1. Choose Your Move (Your Physical Activity)
   - Walking Challenge
   - Running Challenge
   - Cycling Challenge
   - Scooting Challenge

2. Choose Your Way (Length of Challenge)
   - 7 Day Challenge
   - 14 Day Challenge
   - 21 Day Challenge
   - 28 Day Challenge

3. Record the amount of minute you complete the exercise
   - Using the 'My Move My Way Tracker', write down, each day, how many minutes of Your Move you complete.
   - See the attached tracker.
   - At the end of Your Way, add all of the daily minutes you completed together.

4. Submit your results
   - Submit your results at https://docs.google.com/forms/d/1wiRljKQyAhF9Vc-h3rezY0CFmQ9LJzAxYA_BEmkEH5Q/viewform?edit_requested=true
   - You/your child can enter as many times as you/they want.
   - Every time you submit you results you/your child will receive a Certificate of Achievement – the more times you/your child submit results, the more certificates you/they gain.

Each month, Team+ will let the school know where we have finished in the standings for that month when compared to other schools across the country. The more people from our school who participate, the further up the leader board we will be.

We hope that you/your child will enjoy engaging in this challenge and we look forward to seeing the results coming through to us each month.

Yours sincerely,

Miss Garratt, Mrs Petitt and Mr Smith
(PE Leads and Sports Coach)