



'ad omnia paratus'



Head of School: Mrs J Cook

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4<sup>th</sup> June 2018

Dear Parents/Carers,

We will be running a Y3&4 fitness after school club on a Wednesday evening from 3.30 – 4.30pm with Mr Shephard our sports apprentice. The club will follow a new programme that we have recently introduced into school called DTF: Do, Think, Feel Fitness. Through the programme the children will work on developing all components of fitness such as balance, endurance, strength, cardio, agility and coordination and reaction times to help them become healthier, fitter and stronger.

The dates of the club will be as follows: Wednesday 13<sup>th</sup>, 27<sup>th</sup> June, 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> July. **Please note the club will not run on 20<sup>th</sup> June due to Mr Shephard going on the Yr 5 Residential**

Unfortunately, we can only accommodate a certain amount of pupils. If we have more than the required number, names will be drawn out of a hat. If a place has been secured on the club you will be contacted as soon as possible.

**IF YOUR CHILD IS INTERESTED PLEASE COMPLETE AND RETURN THE FORM TO THE SCHOOL OFFICE BY FRIDAY 8<sup>TH</sup> JUNE**

Children must be collected promptly at 4.30pm, as there will be no provision of care past this time. Collection should be made from the school reception.

**IF YOUR CHILD IS UNABLE TO ATTEND ANY SESSIONS PLEASE ENSURE YOU CONTACT THE OFFICE ASAP ON THAT DAY TO COMPLY WITH OUR SAFEGUARDING PROCEDURES.**

Yours sincerely,

Mrs C Muldoon  
PE Co-ordinator



### Year 3&4 Fitness After School Club

My child ..... Class ..... is interested in taking part in the Year 3&4 Fitness After School Club.

**Emergency Contact Number** .....

My child will be collected from the school reception by .....

My child will be going to Lime Trees ☐

**Does your child have any allergies or medical conditions the coaches/teachers need to be aware of?**

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Signed .....

Date .....

